

Sarson Ka Saag / Mustard Greens curry



Leafy Mustard is indeed one of the most nutritious green leafy vegetable. Sarson Ka Saag / mustard greens curry is a popular and a healthy Punjabi dish. It has a unique flavor and taste of Mustard greens. sarson dish is traditionally topped with butter and sarson ka saag goes well with Makki Ki Roti and also chapathi.



Ingredients

- **1 Bunch of Mustard Greens**
- **1/2 Cup of Spinach**
- **1 Boiled Potato**
- **1 Chopped Onion**
- **1 Tbsp of Finely Chopped Ginger**
- **3 Garlic Cloves(Chopped)**
- **1 Chopped Tomato**
- **2 Green Chillies(Chopped)**
- **1 Tsp of Chilly Powder**
- **1/2 Tsp of Turmeric**
- **1/2 Tsp of Garam Masala**
- **1 Tbsp Fried Onions(optional)**
- **1/2 Tsp of Sugar**
- **1 Tbsp of Dried Methi Leaves(optional)**
- **2-3 Tbsp of Oil**
- **Salt and Water as needed**

Method



- Wash the greens thoroughly in water and Chop it roughly. Keep it aside.
- Boil and chop the potato and keep it aside.
- Heat a pan with 2 cups of water, bring it to rolling boil. Now add the greens and chopped ginger to the water, keep it uncovered for 5 mins, wait until leaves are tender.
- Now turn off the stove. Immediately, “shock” the blanched leaves in cold water and drain the excess of water.
- On the other side heat a pan with oil, add green chillies and garlic. Saute for few mins.
- Add onions and salt, saute for few mins until onions turns transparent.
- In a medium flame, add chilly powder, turmeric and garam masala. Saute for few secs.
- Add tomato puree or chopped tomato and little water. Fry for few mins. Keep it covered and cook for 3 mins until oil separates. Turn off the stove.
- Take a blender/mixie, add the greens, onion-tomato mixture and fried onions. Grind it coarsely.
- Heat a pan with little oil, add the ground puree, boiled and chopped potato, dried methi, little sugar, water and salt. Cook in medium flame for another 3-4 mins and switch off the stove.
- Hot Sarson Ka Saag is ready to serve.

Tips

- Serve hot with Makki Ki Roti

- **Adding fried onions gives little sweetness to the dish.**



Health Benefits of Sarson Ka Saag

- **Storehouse of Phytonutrients.**
- **Rich in Vitamin A, K, antioxidants and folic acid.**

Makki Ki Roti / Corn Flour Chapathi



Makki in Punjab stands for maize and Roti means Indian flat bread. This is a traditional North Indian Bread. It taste different from wheat chapathi. It is quite easy to prepare and nutritious. Best accompaniment for this roti is Sarson ka Saag(Mustard Greens Gravy)

Ingredients

**1/2 Cup of Corn Flour
Pinch of Ajwain(Carom Seeds)
2 Tbsp of Hot Water
Salt as needed
Butter/Ghee for frying**

Method



Chapathi Press

- **Combine flour, ajwain and salt in a bowl. Mix well.**
- **Add hot water slowly, 1 tbsp at a time.**
- **Knead the flour into a dough. Dough to be soft not sticky.**
- **Divide the dough into equal balls.**
- **Take a ziploc bag/plastic bag, cut it open.**
- **Place it on your rolling surface.**
- **Wet the surface with oil/butter.**
- **Place the ball and press it gently with your hand (I used chapathi press to flatten the balls)**
- **Carefully remove from the plastic bag and place on a hot tawa/pan.**
- **You will see tiny bubbles rises on the surface of roti.**
- **Now it's time to flip the roti with a spatula. Once first flip is done, apply oil or ghee on the upper surface and spread all over the roti.**
- **Flip again in 30 secs and apply some oil. Press roti gently with a spatula and cook till brown spots appear on both the sides of the roti.**
- **Hot Makki ki roti is ready to serve.**

Tips

- Best combination for this roti is Sarson ka saag.
- You can use grated radish to the flour. Squeeze out excess water from the radish, otherwise it makes dough soggy.



Health Benefits of Makki Ki Roti

- Corn Flour is a gluten free food.
 - Rich in vitamin A , magnesium and iron
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BAJRA ROTI | BAJRA SPINACH ROTI



Bajra Roti is used mainly in Rajasthan, Gujarat and Haryana. Bajra are also called Kambu in tamil. Millet are getting popular as they are gluten free. This bajra or pearl millet is tasty and nutty in flavour. This is my first time I made, it taste really great with onion raita and dal.

Ingredients

- 1 Cup of Bajra Flour/Pearl millet/Kambu**
- 1/2 Cup of Wheat Flour**
- 1 Cup of Finely Chopped Spinach**
- 1 Finely Chopped Green Chilly**
- 1/2 Inch Finely Chopped Ginger**
- 1 Tsp of Jeera/Cumin**

3 Tbsp of Chopped Cilantro/Coriander leaves
3 Tbsp of Oil
Salt and water as needed

Method



Ingredients

- **Mix bajra ,wheat flour, spinach, green chilly, ginger, jeera, cilantro, oil and salt in a big wide bowl.**
- **Make a well in the center. In the meantime boil the water in a kettle.**
- **Now slowly add warm water in the centre of the bowl. Mix thoroughly with a fork to get stiff dough. I took 1/2 cup of warm water to knead the dough.**
- **Now the dough is ready. Cover and let the dough rest for 30 minutes.**
- **Knead the dough and divide into equal portions and make it into round balls.**
- **Heat tawa or pan. In the meantime lightly grease the rolling surface with flour. Take one ball and make it circular with a rolling pin.**
- **Carefully place the roti on the heated pan. You will see tiny bubbles rises on the surface of roti.**
- **Now it's time to flip the roti with a spatula. Once first flip is done, apply oil or ghee on the upper surface and spread all over the roti.**
- **Flip again in 30 secs and apply some oil. Press roti**

gently with a spatula and cook till brown spots appear on both the sides of the roti.

- Bajra roti is done when both sides are brown and crispy. Remove it from pan and place it in serving dish.
- Repeat the same process with each ball of dough.

Tips

- Serve with any dal or yogurt or any subzi.
- You can use methi leaves or grated carrot instead of spinach.



Health Benefits of Bajra(Kambu)

- Gluten free grain rich in vitamins, minerals and fiber.
- It contains 13 essential amino acids.
- It's good for bones.
- This grain is easily digestible.

- **Lowers the cholesterol level in body.**
- **Good to eat bajra roti's in winter.**