

Stuffed Parwal with Kashmiri Mirchi Ka Salan by Chef: Bishandutt Dabral

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| 🕒 | Total Prep Time: | 50 mins |
| 🕒 | Prep Time: | 25 mins |
| 🕒 | Cooking Time: | 20 mins |
| 🕒 | Finishing Time: | 5 mins |
| 👤 | Recipe Serving: | 4 Person |
| 🌈 | Difficulty Level: | Medium |



Ingredients and preparation of Stuffed Parwal with Kashmiri Mirchi Ka Salan

Ingredients for Stuff Parwal

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| Onion paste | 2 Tbsp |
| Ginger Garlic paste | 1 Tbsp |
| Peanut fresh | 20 gms |
| Coconut grated fresh | 10 gms |
| Mustard Oil | 2 Tbsp |
| Mustard seeds | 1 tsp |
| Turmeric powder | ½ tsp |
| Red Chilli powder | ½ tsp |
| Garam masala powder | ½ tsp |
| Thread to tie Padwal | |
| Salt | To taste |

For Kashmiri Mirch Ka salan

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| Asafetida | A pinch |
| Bay leaves | 2-3 Nos |
| Ginger Garlic Paste | 1 tsp |
| Onion paste | 50 gms |
| Tomato Paste | 30 gms |
| Kashmiri Chilli paste | 20 gms |
| Turmeric powder | ½ tsp |
| Curd beaten | 20 gms |
| (Chane ka aata) | 25 gms |
| Fresh Cream | 20 ml |
| Fresh coriander chop | 15 gms |
| Ghee Desi | 30 gms |
| Salt to | To taste |

How to Prepare Stuffed Parwal with Kashmiri Mirchi Ka Salan

- 1) Slit the Padwal from one side, scoop out the pulp and seed of the Padwal
- 2) Take a bowl and add Onion paste, Ginger Garlic Paste, Padwal seed with Pulp. Make a paste of it and keep it aside. Roast peanut and crush it roughly. Sauté grated coconut on hot pan/ tawa, when it became light golden in color then remove it for the hot pan and keep it aside.
- 3) Heat 1 Tbsp Mustard oil in a pan or a kadhai and add Mustard seed, let mustard seed crack in the oil. Sauté for 2 minutes and add turmeric powder, Red chilli powder, garam masala powder and further sauté it for 2 minutes, then add above mixture, sauté it for 3 minutes till it becomes golden brown. Add sauté coconut and crush peanut, sauté for a minute and add salt to taste. Stuffing is ready
- 4) Stuff the above mixture inside the Padwal tightly and tie with thread as shown in the photo. Tie each parwal so that it doesn't lose the mixture from inside
- 5) Take a Shallow pan pour 1 Tbsp of mustard oil and place all bharwa parwal one by one inside the pan, cover with a lid and let it cook under the slow flame for 3-4 minutes, turn it around and again cook it for 3-4 minutes splash with remaining oil in between. Now cook it without lid for 2-3 minutes. Your Bharwa Parwal is cooked now

How to make Kashmiri Mirchi ka salan

- 1) Gram flour (Chane ka aata) Lightly sauté and make a thick paste by adding cold water. If needed mix with a small whisk. Beat curd with the whisk
- 2) Take a pan or kadhai, heat 20 gms ghee add asafetida, Bay leaves, Ginger Garlic Paste sauté it for 2 minutes then add onion paste and sauté it for 2-3 minutes add Tomato paste sauté for 2-3 min then add Kashmiri chilli paste, turmeric powder and sauté it for 3 minutes. Add beaten curd and Gram flour paste cook it for 2 minutes then add Fresh Cream, salt and chopped fresh coriander (keep some for garnish), cook under the slow flame for 5 minutes and add stuffed parwal into the gravy. Cook it for 2 minutes add 10 gms of ghee stir it for a minute. Your gravy is ready to eat. Serve it with hot rice or Chapaties

Garnish

Fresh chop coriander

Important Tips

Instead of mustard oil peanut oil can be used