

Sambar Powder

Written by Mother's Touch

Ingredients

Quantity:	Measure:	Ingredients:	Description:
3	Tablespoon	Chilly Powder, Red	Roast and
1	Teaspoon	Turmeric Powder	Roast and Powd
1	Teacup	Coriander/Dhania	Roast and Powd
3	Tablespoon	Jeera/Cumin Seeds	Roast and Powd
1	Tablespoon	Pepper Corns	Roast and Powd
1, 1/2	Teaspoon	Mustard Seed	Roast and Powd
1	Teaspoon	Methi - Fenugreek	Roast and Powd
2	Tablespoon	Dhal, Chana	Roast and Powd
1	Tablespoon	Dhal, Urid (white)	Roast and Powd
1/2	Teaspoon	Asafetida (Hing)	Roast and Powd
2	Tablespoon	Curry Leaves	Roast and Powd

Method

1. Dry roast all the items separately on low flame except chili powder, turmeric and asafoetida .
2. Grind together with turmeric and asafoetida to a fine powder.

Store in an airtight jar. You can use this sambar-powder as and when you want for up to one year.