

Bafat Powder - Bulk

Written by Mother's Touch

Ingredients

Quantity:	Measure:	Ingredients:	Description:
25	Grammes	Cinnamon	Garam Masala
25	Grammes	Cloves (spice)	Garam Masala
50	Grammes	Pepper Corns	Garam Masala
2500	Grammes	Chillies Red Dry	Red Color: Pungent
500	Grammes	Chillies Red Bedki (short variety)	Red Color: Pungent
250	Grammes	Coriander/Dhania	Digestive
150	Grammes	Jeera/Cumin Seeds	Digestive
50	Grammes	Mustard Seed	Digestive
50	Grammes	Turmeric/Haldi	Yellow Color: mild

Method

Dry the above ingredients in the sun for 3-4 days. Powder and store in air tight bottles.

Large quantities like the above, may be ground in professional grinding shops. You can also take small quantities of the above ingredients in proportion, and wet grind in diluted vinegar.

2-3 tablespoons for 1 kilogram of fish, meat and vegetables,

Make a seasoning of minced onion, some green chillies, ginger and garlic in little oil. Add masala and fry. Add it to the cooked vegetable, meat or fish.