

GHUGNI

No. of Pax. – 04

Ingredients	Qty.	Protein	Fat	Carbohydrate
Safed Matar	200 gms.	10.89	0.8	28.96
Cooking Soda	A Pinch	N/A	N/A	N/A
Onion	100 gms.	1.1	0.1	9
Garlic	20 gms.	1.26	0.02	5.96
Ginger	30 gms.	0.69	0.27	3.69
Tomato Puree	50 ml.	0.45	0.1	1.8
Red Chilly Powder	15 gms.	2.38	0.93	4.74
Turmeric Powder	15 gms.	0.94	0.76	10.41
Whole Cumin	15 gms.	2.8	2.25	5.49
Fennel	8 gms.	0.096	0.016	0.56
Refined Oil	35 ml.	Nil	35	Nil
Seasoning	As Reqd.	N/A	N/A	N/A
Red Chilly Whole	2nos	N/A	N/A	N/A
Green Chilly	2nos.	N/A	N/A	N/A
Paanchforan Powder	To flavour	N/A	N/A	N/A
		20.606	40.246	70.61

Total Nutritive Value - **131.462gms.**
Total Calorific Value - **727.078kcal**
Total Calorie Per Person - **181.76kcal**

PROCEDURE

1. Soak safed matar overnight in lightly warm water with cooking soad and salt.
2. Next day boil safed matar till it become soft.
3. Prepare a smooth brown gravy tomato puree base.
4. Add boiled safed matar with the water and cook in the gravy.
5. Adjust seasoning nicely.
6. Prepare a khara masala with whole cumin, red chilly whole and fennel and spread on ghugni.
7. Paanchforan comprises of Radhuni, Fenugreek Seeds, Cumin Whole, Black Cumin, Fennel Seeds which is available readymade – broiled and made into powder which to be sprinkled on top just before serving.
8. Serve hot with dices of onion, chopped green chilly and chopped tomato as garnish.

Texture - Soft & semi thick gravy.

Colour - Golden yellow.

