



Gujarati Broccoli Bake

Prep : 5 Mins
Cooking time: 10 Mins

Base ingredients

250g Broccoli

Topping

100g Chick Pea (Gram) Flour
1/4 Tsp Turmeric
1 Level Tsp Coriander & Cumin Powder

1/2 Tsp Garam Masala (or alternative, Chinese five spice)
1/4 Tsp Asafoetida (Hing)
1/4 Tsp Red Chilli Powder
1 Level Tsp Salt
1.5 Tsp Sugar
2 TblSp Sunflower/Veg Oil
1 Heaped TblSp Finely Chopped Coriander

Cooking Stage

1 Tsp Veg Oil
1/2 Tsp Mustard Seeds
1/2 Tsp Cumin Seeds
1/2 Tsp Asafoetida

600 ml Hot Water

Medium sized pan with a lid (or a medium Wok with a lid)

Prepare the Broccoli

1. Take off 1cm off the base of the broccoli
2. Cut away the stalk, florets will fall apart. Cut into medium sized Florets

Make the Topping

1. Add Chick Pea flour into bowl
2. Add Turmeric, Coriander & Cumin powder, Garam Masala, Asafoetida, Chilli powder, Salt, Sugar. Mix around
3. Add Oil and mix around (use Hands) to create a bread crumb texture. (Rub it between your hands, make a fist of the mixture, it should crumble away)
4. Add Fresh Coriander and mix again with hands

Method

1. Using a medium sized pan, Set Heat on High
2. Add 1 Tsp Veg Oil
3. Add Mustard Seeds (wait till they pop then add..) Cumin Seeds, Asafoetida
4. Add Broccoli and stir around
5. Add 100ml of the water to the bottom of the pan
6. Turn the Heat to Low
7. Sprinkle the topping, evenly distribute it over the broccoli.
8. Pour 400ml of the water around the broccoli (take care not to wash the topping away)
9. Turn the Heat to Medium
10. Place Lid on Pan and cook.
11. After 5 Mins, check there is enough water to cook for the remainder 5 Mins. You may need to add about 100-150 ml more water around the edges of the pan.
12. Place Lid on Pan and cook for remainder 5 Mins.

Ready!

Serve with Red peppers, Pitta. (Gujarati Broccoli Bake Pitta sandwich!)
Also try some Raitu as a side condiment!