

Recipe Name: Kashmiri Style Bharit Marchavangun
Recipe-Stuffed Chillies

Diet Type:

Course: Appetizer

Cuisine: Kashmiri

Quantity:



Ingredients

Ingredient	Quantity
• 10 Badi hari mirch (Large Green Chilli) - (less spicy bajji variety)	4
• 1 cup Walnuts	
• 1 teaspoon Cumin seeds (Jeera)	
• 1-1/2 teaspoon Anardana Powder (Pomegranate Seed Powder) - powdered	
• 1 teaspoon Dry ginger powder	
• Salt - to taste	
• 1 cup Vinegar	
• 3 to 4 tablespoon Sunflower Oil	

Preparation

- To prepare Bharit Marchavangun/Kashmiri Stuffed Chillies Recipe, first lightly dry roast walnuts, cumin seeds separately until fragrant, in a kadai.
- Then add the roasted walnuts, cumin seeds, pomegranate seeds powder, ginger powder and salt to taste into a blender and blend into smooth paste with very little water.
- Keep aside.
- Wash and pat dry the chillies.
- Make a slit in the center leaving the stem part intact.
- If you do not like heat, scoop out the seeds.
- I love heat, so left the seeds on.
- Soak the slit chillies in vinegar for about 30 minutes.
- Remove the chillies from vinegar.
- Do not throw the vinegar away, you can use it in cooking Chinese noodles/fried rice.
- Stuff the chillies with the walnut mix stuffing.
- Heat oil in a Pan for shallow frying.



- Place few stuffed chilies a time and fry on low flame until browned and cooked on all sides.
- Repeat the same procedure for all the stuffed chilies.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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