

Recipe Name: Calcutta Style Ghugni Recipe-Tangy Yellow Peas Curry

Diet Type:

Course: Snack

Cuisine: Bengali Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Dried Yellow/White Peas (Vatana) - soaked for 4 hours	4
• 1 inch Ginger - grated	
• 1/2 teaspoon Kalonji (Onion Nigella Seeds)	
• 1/4 teaspoon Turmeric powder (Haldi)	
• 1 Lemon - to be used when serving	
• 2 Green Chillies - finely chopped	
• 3 inch Ginger - thinly sliced	
• 3 sprig Coriander (Dhania) Leaves - finely chopped	
• Salt - to taste	
• 1/4 cup Cumin seeds (Jeera)	
• 1/4 cup Coriander (Dhania) Seeds	
• 1/8 cup Rock Salt	
• 1/8 cup White pepper powder	
• 1/8 cup Amchur (Dry Mango Powder)	
• 1/8 cup Red Chilli powder	
• 10 Bay leaves (tej patta)	

Preparation

- To begin making the Calcutta Style Ghugni Recipe, firstly we will make the Muri Masala.
- To make the muri masala, roast the cumin and coriander seeds until browned well.
- Roast on low heat, so it does not burn and turn black.
- Remove from heat and keep it aside.
- Next roast the bay leaves until crisp.
- When you crumble with hands it will crush immediately.
- Combine all the roasted ingredients with the rest of the remaining ingredients and blend into a fine



powder.

- Store the Muri/Moodi Masala in the freezer to retain freshness for about 4 to 6 months.
 - We will not be using all the masala for this dish.
 - To next step is to make the Ghugni Recipe.
 - We will first cook the soaked yellow peas until soft and mushy.
 - See video recipe of how to cook peas in a pressure cooker.
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- After 3 whistles turn the heat to low and simmer for 15 minutes and turn off the heat.
 - Allow the pressure to release naturally.
 - Peas comes under the legume category when dried and hence requires the similar amount of soaking and cooking time as other legumes.
 - Once the yellow peas are cooked, making the Ghugni is very simple.
 - Heat a teaspoon of oil in a pan; add in the grated ginger, turmeric powder, the cooked peas and just 1 or 2 teaspoons of the above moodi masala.
 - Adjust the salt as required.

Macronutrients

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