

Recipe Name: Mangalorean Style Bafat Pito Recipe-
Bafat/Bafad Spice Mix Powder

Diet Type:

Course: Lunch

Cuisine: Mangalorean

Quantity:



Ingredients

Ingredient	Quantity
• 10 Byadagi Dried Chillies	15
• 10 Dry Red Chillies	
• 4 tablespoon Coriander (Dhania) Seeds	
• 2 tablespoon Whole Black Peppercorns	
• 2 tablespoon Cumin seeds (Jeera)	
• 4 tablespoons Turmeric powder (Haldi)	

Preparation

- To begin making the Mangalorean Style Bafat Pito Recipe by combining all the ingredients (dry red chillies, coriander seeds, peppercorns, cumin seeds and turmeric) together in a mixer.
- Grind them into a fine smooth spice powder and add it into a storing jar.

Macronutrients

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