

Capsicum Recipes

Capsicups

Ingredients

onion 1 chopped
potatoes 3 boiled and mashed
turmeric powder ½ teaspoon
chilli powder ½ teaspoon
chaat masala 1 teaspoon
green chilli 2 chopped
limejuice ½ teaspoon
oil 1 tablespoon
capsicums 4 nos
cottage cheese 100 gms mashed
salt to taste

Method

Slice the head of the capsicums de-seed and apply salt on the inside.

Take a bowl half filled with water and boil the capsicums in it at high for 8 minutes.

In another dish take oil green chillies and onions and cook on high for 3 minutes.

To this add the mashed potatoes cheese limejuice turmeric powder and salt and mix well.

Cook on high for 2 minutes.

Fill the mixture into the capsicum cups and garnish with fresh coriander and cook on high for 6 minutes and serve hot.

Stuffed Capsicum with Corn

Ingredients

8 large green peppers
1 1/4 tsp salt, divided
1 tsp ground black pepper
3 cup cooked rice
15 oz canned black beans - drained and, rinsed
11 oz canned mexican-style corn - drained
1 medium onion, chopped
1 cup walnuts, chopped
4 pcs chopped green chilies
1/2 tsp ground cumin
1 jalapeno pepper slices

Method

Cut a thin slice from the stem end of each pepper, remove seeds and membrane and rinse.

Season with 1 teaspoon salt and black pepper, set upside down on a paper towel to drain.

Combine rice, corn, onion, walnuts, chiles, cumin and 1/4 teaspoon salt in 13x9 microproof casserole.

Cook on HIGH 2 mins. Spoon 1 cup mixture into each pepper.

Return stuffed pepper to the casserole. Pour 1/4-inch water in bottom of dish.

Cover with vented plastic wrap. Microwave at MEDIUM (50% power) for 7 mins.

Uncover and sprinkle cheese on top of each pepper.

Microwave on HIGH 1 min. Garnish with jalapeno pepper slices.

Mirch Besani

Ingredients

250 grams capsicum
half coconut
4 green chillies
coriander leaves few
1 table spoon of oil to fry
1 spoon jeera
1/4 spoon turmeric powder
1 spoon jeera powder
2 tablespoons of besan
1 medium size ripe lemon
salt to taste

Method

Wash and clean capsicum, chillies and coriander leaves and dry them with a cotton cloth. Cut capsicum into medium pieces lengthwise. Fine chop the green chillies and also cut coriander leaves. Keep the half coconut grated. Keep the besan light roasted in a thick vessel till fine smell comes. Keep it separate in a bowl.

In a thick vessel pour the oil. Keep the flame slow through out the cooking. When oil is hot add cut chillies. When they are fried add jeera, turmeric powder and salt. Add the capsicum pieces.

Mix the stuff and cover it with a plate and pour half cup water into the plate. After five minutes slowly stir the contents and cover again with the lid. After about five minutes stir lightly and sprinkle the jeera powder, grated coconut and roasted besan.

Slightly stir and cover it with the lid for about two minutes. Turn off the flame. transfer the contents into a serving bowl and sprinkle the lemon juice on it. Add finely chopped coriander and serve hot with rotis, chapattis or hot plain rice.

Cooking time required for this is about 15 minutes and quantity sufficient for serving for 4 people.

Capsicum Curry

Ingredients

2 capsicum
1-1/2 cup besan (gram flour)
1/2 tsp mustard
1/2 tsp cumin seeds
4 green chillies
5-6 cloves of garlic
1 1/2 cup buttermilk
1/4 tsp turmeric
salt
oil 5 tbsp
coriander

Method

Heat oil in nonstick vessel, add mustard when oil is hot then cumin.

Add crushed garlic and turmeric, fry for 1/2 min, now add chillies and fry for 1/2 min.

After this add cut capsicum and fry till soft.

Now add buttermilk and let it boil when boiling sprinkle besan (add besan till it is thick mixture) with one hand and mix with other hand (with spatula),

Now add salt, coriander and mix then cover and steam for 4-5 min.

If sticking add little more oil and steam if again sticking add some more oil. when done let it cool for a while and crumble with hand (it is very imp to crumble).

Paneer Chilli Fry

Ingredients

250 gms. paneer
1 big green bell pepper (cut long strips lengthwise)
2 medium onions (chopped lengthwise)
soya sauce
chili-garlic sauce
agi-no-moto (also known as chinese salt)

Method

Cut Paneer into square cubes and fry it in veg. ghee (or oil). Keep it aside.

In a tava, take some oil and add Onion to it.

Saute it until light brown and then add capsicum (or bell pepper).

And saute them together for around 2 mins.

Add Soya Sauce, aji-no-moto and chili garlic sauce and salt according to taste.

Finally add paneer.

You can serve this as appetizer by putting toothpick on bunch of paneer, capsicum and onion together.

Capsicum and Paneer Sabzi

Ingredients

1 cup paneer cut lengthwise
1 cup capsicum cut lengthwise
1/2 cup onions cut lengthwise
1 cup tomatoes cut lengthwise
pinch of ajinomoto
salt and red chilli powder to taste
1/2 cup coriander leaves

Method

1 cup paneer cut lengthwise
1 cup capsicum cut lengthwise
1/2 cup onions cut lengthwise
1 cup tomatoes cut lengthwise
pinch of ajinomoto
salt and red chilli powder to taste
1/2 cup coriander leaves

Capsicum - Cauliflower Bhaji

Ingredients

1 medium sized cauliflower
2 large/3 medium sized capsicums
2 medium sized onions
2 medium sized tomatoes
2 tbsp everest pav bhaji masala
1/2 tsp turmeric powder
1/2 tsp chilly powder
1/4 tsp jeera powder
1/4 tsp dhania powder
1/4 tsp amchur powder (dry mango powder)
salt to taste
3 tbsp oil

Method

Cut the onions and tomatoes finely. Cut the capsicums into strips (length-wise).

Separate the florets of the cauliflower and cut them longitudinally

In a flat-bottomed vessel, heat some oil.

Add the onions and saute them till light brown.

Add the Tomatoes and continue to cook till a fine paste forms (hint : add some salt while cooking the

Onions and tomatoes, will speeden up the process)

Now add the capsicum and cauliflower florets.

Add all the masalas and cook on a medium flame till the vegetables are cooked. (Do not add any water).

Masala Capsicum

Ingredients

3 capsicums
6-8 spoons cooking oil (add more oil for good taste)
2 spoons thick tamarind juice
1 spoon mirchi powder
3 spoons dhania powder
2 spoons til powder
2 spoons coconut powder(dry)
1/2 spoon jeera
pinch of haldi, hing
salt to taste

Method

Cut capsicum into medium-size pieces.

Put oil in the cooking pan/kadai.

After heating the oil add jeera, hing & then add the capsicum pieces.

Let it cook for 10-15 minutes without lid.

Meanwhile, prepare the mixture.

Take tamarind juice and add mirchi powder, haldi, dhania powder, til powder, dry coconut,

Required amount of salt and mix well all the ingredients.

Add this mixture into the capsicum and allow it to cook for 3-5 minutes.

Now, Masala Capsicum is ready to serve with hot rice.

Stuffed Jalapeno

Ingredients

For Filling:

8-10 jalapeno peppers or as many as you can handle.

1 large onion

3 cloves garlic

Batter:

1 cup gram flour

1/4 cup rice flour

1/4 tsp. turmeric powder

2 pinches soda bicarb

1 tbsp. hot oil

salt to taste

water

Method

Mix all ingredients of batter to form a dip thick enough to thickly coat back of a spoon. Keep aside.

Dice the onion and garlic into very fine pieces.

Saut onion and garlic in a little olive oil.

Wash the Jalapeno peppers and slice them open length wise so as to create a pocket - (for those who cannot stand the heat, remove seeds).

Fill the inside with sauted onion and garlic.

Dip the whole pepper in the batter and deep fry - serve hot with a chilled bottle of beer - 650 mL Taj Mahal or Bass Ale goes fantastic with these appetizers.

Capsicum with Channa Flour

Ingredients

capsicum (also called green bell pepper)- 2-3 depending on size.

garlic-3-4 flakes

chana flour(chick pea flour)- about 2 tablespoons

tumeric powder

chili powder-according to taste

garam masala-according to taste

salt-to taste

coriander leaves

oil

Method

Chop the capsicum finely.

Take oil in a pan.

Add little bit of hing, mustard and jeera.

Then add in the garlic which has to be chopped in small pieces.

After that put in the capsicum.

Stir properly and then cover with a lid for approx 10 minutes.

Add in the chana flour, tumeric, chili powder, garam masala and salt.

Again stir properly and let this cook with the lid on for another 10 minutes.

The chana flour should properly coat the capsicum.

Garnish with coriander leaves and your ready to eat with hot rotis.

Capsicum Speical

Ingredients

capsicum (medium size) 2 nos

potato, onion, tomato (medium) 1 nos each

cottage cheese 1/2 cup

makhana (puffed lotus seeds) 1/2 cup

cashew nuts 1/4 cup

curd 1/2 cup

1- teaspoon red chilli powder, salt to taste, ginger to garnish, oil to fry

Method

Dice Potato & cheese in cube form & chop Capsicum, Onion , tomato in small pieces.

Deep fry - potato , cottage cheese cubes & Makhana and keep aside.

Saute the onions to golden brown.

Add tomato pieces and saute till done.

Add curd to above, and stir continuously till oil comes up.

Add salt & chilly powder

Add fried potato, cheese, makhana, capsicum, cashew nuts & mix well.

Cover and cook for two minutes on sim flame.

Garnish with ginger and serve medium hot with nan or rice

"Chilli" Desi Style

Ingredients

one can goya brand kidney beans (raajma) 15.5oz

one can 'diced tomatoes' (any brand) 15.5oz

one pkt mccormick chilli seasoning.

teaspoon jeera

teaspoon rayee (aawaalu)

teaspoon salt

one large onion

one lime

coriander to garnish at the end

Method

Dice onions finely.

Take a wide but shallow nonstick casserole, add about 5 tablespoons of oil.

When the oil is hot add jeera and rayee, when they start popping add the onions.

When the onions are a little cooked, add the can of diced tomatoes and kidney beans.

Put a lid on the casserole and let them cook for about 15 min.

Add fresh lime juice, McCormick Chilli seasoning (probably half a packet) and salt.

Stir thoroughly with a wooden spoon and taste.

It is ready. If you want add salt or the seasoning or lime according to your group's preference.

Capsicum Indochinese Style

Ingredients

2 big capsicums,
1/2 onion (big size)
8-10 button mushrooms (white)
1/2 tsp turmeric powder
1/2 tsp garam masala
1tbsp soya sauce
1 tsp amchur powder
chilli sauce and chilli powder to taste
1tbsp ghee or oil
3-4 garlic cloves (optional)
small piece ginger

Method

Wash the Capsicum in water properly.

Cut it in half around the width and remove all seeds and make it hollow like a cup and keep aside.

Finely Chop a) Onion b) Button Mushrooms.

Make a paste of Ginger and Garlic,

Fry the chopped onions in ghee until golden brown and add the

Ginger garlic paste and fry that also for some more time.

Add the finely chopped mushrooms and all other remaining ingredients, mix the mixture well and sprinkle very

Little water and cover the pan, cook at medium heat for some time.

Once mixture is tender remove from heat.

Take the capsicums and fill this in each one to the top.

Bake at 375 degrees in a oven for approx 15-20 minutes.

Check to see that the capsicum remains firm and just well done.

Serve it as a side dish with Dal fry and plain steamed rice,

Capsicum Delight

Ingredients

capsicum : 4 to 5 big ones
tomatoes : 1 round sandwich tomatoes
onions : 2 large ones
vegetable oil : 5 to 6 tb spoons
coriander leaves : a bunch of them
salt : to taste
sugar : 2 tb spoons to give a nice taste
chili powder : 1 to 2 tb spoons
garam masala : 1 to 2 tb spoons
tomato ketchup : 2 tb spoons to give a little tangy taste

Seasoning :

3 tb spoon oil
Asafoetida (Hing) : just a pinch
Turmeric powder : a pinch
Urad dal : 1 tb spoon
Mustard seeds : 1 tb spoon
Jeera : 1 tb spoon

Method

The way this dish comes out depends largely on the way the onions, the capsicums, and the tomatoes are cut. The onions are to be cut long and thin. The capsicums are to be cut long and thin too. I would suggest removing the seeds before cutting capsicums. The tomatoes on the other hand, are to be cut real small and fine.

Heat oil in the kadai and once hot, add a pinch of Asafoetida (Hing), a pinch of turmeric powder, 1 tb spoon each of jeera, mustard seeds and urad dal. Put the cut onions into the kadai now. Keep sauting till the onions turn light brown. Now, put the finely cut tomatoes, 2 tb spoons of sugar, 1 tb spoon of Chili powder, 1 tb spoon of garam masala , 2 tb spoons of tomato ketchup, and add salt to taste. Keep sauting again for another 5 to 7 minutes. Now, close it and place it aside. Heat some oil in another kadai and put the finely cut capsicums into it.

Cover the kadai and cook over low flame. Keep sauting it to avoid capsicum sticking to the bottom of the kadai. Cook for about 10 minutes. The smell that comes out is sure out of the world!!

When once cooked, add the contents on the other kadai into this and mix well. I would suggest using two ladles to mix so that capsicums don't get mashed. Once thoroughly mixed, taste it and if you find it a bit spicy, add a little butter to make it mild.

Capsicum with Peanuts

Ingredients

big capsicum - 4
roasted peanuts - 5 tsp
coconut - 4 tsp (grated)
tamarind paste - 2 tsp
jeera - 1 tsp
oil - 3 tsp
garam masala - 2 tsp
red chillie powder - 1 tsp
turmeric - a pinch
salt to taste

Method

Soak the roasted peanuts for 10 min.

Cut the capsicum in to pieces.

Put the oil in a pan, add jerra and allow it to split.

Then add capsicum pieces cook until the pieces are soft.

Grind the peanuts with grated coconut & tamarind paste with little amount of water.

Add this paste to the capsicum in the pan .

Allow it to cook for 2 min.

Add salt, chillie powder, garam masala & turmeric

Cook until the oil floats on the gravy.

Sprinkle some coriander.

Serve hot with Chapati or Fried rice. Hope you will enjoy this recipe.

Stuffed Capsicum

Ingredients

2 capsicum
300 gms paneer
1 tsp mustard seeds
1 tbs finely chopped ginger
4-5 chopped green chillies
4-5 curry leaves
salt according to taste
1 tbs oil

Method

Chopped cilenthro and tomatoes for garnishing

Heat 1 tbs oil. Put mustard seeds and curry leaves.

Add chopped ginger and chopped chillies.

Finely add mashed paneer and mix it properly.

Put this masala aside.

Take capsicum remove it's cap and inner part which contains seeds.

Put paneer masala in these capsicum bowls and cover with it's cap.

Put this stuffed capsicum in microwave oven for 4-5 minutes.

If there is power level in your microwave, use medium level.

Before serving garnish it with chopped tomato and cilenthro leaves.

(optionally you can add mashrooms, cabbage and carrots with paneer masala.)

Capsicum and Paneer Meljol

Ingredients

1/4 kg green simla michi (capsicum)

1/4 kg paneer

2 nos. onions

1/2 tsp ginger garlic paste

salt to taste dash ajinamoto

oil as required (preferably olive oil)

Method

Chop the onion fine. Wash the capsicums, slit down the Centre and de-seed.

Cut into fine cubes. Cut paneer into cubes.

In a kadai, add two tbl spoon oil .

Heat well. Add the panner cubes, fry till golden brown. Keep aside.

Next fry the capsicum with a pinch of salt and a dash of ajinamoto. Keep aside

Finally saute the onions with ginger garlic paste.

When well done, stir in the fried capsicum and then the paneer.

Garnish with coriander and grated cheese and serve piping hot with rotis

Non Fat Chillie

Ingredients

one cup each of small diced onions, celery, carrots, red & green bell peppers, ripe tomatoes, mushrooms, kidney beans, chick peas, salt to taste

2 table spoon cumin (jeera) powder

lemon juice to taste

red hot chillies flakes if available or red hot chili powder to taste

4 table spoon chopped cliantro (coriander or dhanian leaves)

Method

Over night soak one cup of Kidney beans and chick peas and next morning boil them to tender.

Or from a grocery store buy a can of each kidney beans and chickpeas (garbanzo beans)

Heat the saucepan on the stove

Add diced onions to the pan heat it for a minute or so to sweat.

Add celery, bell peppers, carrots and stir occasionally for about 5-6 minutes.

Add some salt so as to get some more juices out of these vegetables.

Add chilli powder. Now add tomatoes to these vegetables and stir for 2 minutes.

Add both the beans to the mixture and stir well.

Add 3 cups of water. Let it come to a boil.

Add mushrooms and let it cook.

Add cumin powder, lemon juice and salt to taste. Let this cook over medium heat for 15 minutes

Add cliantro.

Capsicum Gojju

Ingredients

green peppers (capsicum) - 2 - finely chopped
coconut milk - 1/2 cup
tamarind - 1/2 tsp
dhaniya (coriander seeds) - 1 tsp
black pepper corns - 1/2 tsp
jeera - 1/2 tsp
red chillies - 3 to 4
fenugreek - 1/4 tsp
asafoetida - a pinch
turmeric - a pinch
mustard - 1/2 tsp
oil - 1 tablespoon
salt - to taste

Method

Heat a kadai and fry the coriander seeds, black pepper corns, jeera, red chillies.

Grind these ingredients to a fine powder. (This can be also stored in an air tight container)

Heat oil in the kadai and put in the mustard seeds. Add the asefoetida and turmeric

Then add the chopped capsicums and fry until tender.

Add coconut milk and tamarind. You can also add water if needed

Heat the mixture on slow fire until the capsicums are cooked.

Now add the ground masala, salt and bring the mixture to boil.

Garnish with fresh coriander leaves and serve with rice

Capsicum and Onion Masala

Ingredients

capsicum 500gm

onion 200gm

tomato 100gm

garam masala 6 tsp

besan powder 4 tsp

red chilli powder (depends on whether you want spicy or not)

oil 30gm

salt to taste

Method

Make thin slices of onions.

Cut the capsicum into thin pieces vertically.

Take Oil in a Pan.

Add onions and fry them till they become brown.

Add capsicum pieces and boil them for some time (till they are boiled)

Add garam masala and stir them to mix properly.

Add salt and red chilli powder

Take a small bowl of hot water, add besan, stir till it mixes properly.

Add Besan mix and mix it thoroughly.

Boil for 5 minutes.

Paneer Stuffed Simla Mirch

Ingredients

green simla mirch - 2
cooking oil - one spoon

For the stuffing

paneer - 100 gm
frozen peas (soaked in water for 5 minutes) - one small bowl
ginger grated - one spoon
salt to taste
coriander leaves cut
green chillies one cut in small pieces

Method

Grate the paneer.

Add paneer, peas, grated ginger, coriander and salt and mix together. Keep aside.

Take simla mirch, remove the top with a knife so as to make an opening in it.

Fill it with half the mixture. Repeat for the other mirch too.

Now take a baking tray, put some oil around the mirch using your fingers and keep in the baking tray.

Bake at 350 degree for approx. 40 minutes.

Remove and cut the mirches in two along the length.

Spread coriander on top and serve with parathas.

Besan Wali Capsicum

Ingredients

500 gms of capsicum
2 table spoon besan (gram floor)
little ginger chopped
3-4 small green chiii finely chopped
pinch of asafoetida (hing)
corriander leaves finely chopped
salt to taste
1 tea spoon ajwain
1/3 tea spoon turmeric powder
1/3 tea spoon corriander powder
1/3 tea spoon amchoor
1/3 teaspoon garam masala
1/3 teaspoon aniseed
oil for frying

Method

Heat the oil in a pan and add hing and ajwain.

Mix chopped capsicum in pan and cook it till capsicum gets soft.

Add salt, haldi, corriander powder, aniseed and let it cook for further 5 mins.

Then add besan, garam masasla and amchoor.

Mix it well and let it be on heat for about 5 mins.

Capsicum Fry

Ingredients

1 capsicum or green pepper or bangalore mirchi
1/4 tsp mustard seeds
1/4 tsp cumin seeds
1/2 tsp cumin powder
1/4 tsp methi powder
1 1/2 tsp sesame powder
1 small onion chopped (optional)
1/4 tsp turmeric
1/4 tsp ginger-garlic paste
3 tsp oil
little parsily
1 tsp lemon juice
salt to taste

Method

Cut the capsicum or green pepper or Bangalore mirchi in small pieces or whichever way you like.

Heat the pan with oil, add mustard seeds, cumin seeds, turmeric, ginger garlic paste and onions. Cook for 2-3 minutes and see to it that onions become little brown.

Then add capsicum pieces, cumin powder, methi powder, sesame powder, lemon juice and salt to taste, Then cook for atleast 5 - 10 minutes until capsicum is cooked and it leaves oil.

Atlast garnish with parsily.

Serve with Chapati or with Rice alongwith Sambar.

Capsicum Delight

Ingredients

2 - each of red, green and yellow capsicum, cut into thin long strips
1- cup long grained rice soaked for 15 minutes and then cooked
1 tb. spoon butter/ olive oil
1teaspoon basil
1/2 teaspoon oregano
salt to taste (about 1 teaspoon for this measure)
3 tablespoon grated cheese

Method

Cook Rice and cool on a plate

Heat oil/butter in a thick bottomed pan.

Add cut Capsicums and fry till almost cooked. Keep stirring so that they do not become soft.

Add Basil and half the Oregano and mix well and fry for a minute.

Now add the cooked rice and salt and mix well.

Spread on a serving dish, cover with grated Cheese and sprinkle with Oregano.

Warm in the Microwave for a minute before serving.

Besan Stuffed Capsicum

Ingredients

capsicums (preferably small to medium sized ones) - 10

oil for frying - 4, 5 tbsps

salt to taste

stuffing

besan, sifted clearly - 1 cup

red chilli powder - 3 tsps

cumin powder - 4 tsps

salt to taste

oil - 4 tsps

hing (asafoetida) - 1 tsp

Method

Mix all the ingredients mentioned above for the stuffing.

Wash capsicums properly and dry them with a tea cloth.

Cut the stems of the capsicums carefully.

Then slit the capsicum vertically extra carefully so that you have enough place to stuff the masala.

Let the capsicum not break into half, it should just be open enough vertically to carry the stuffing.

Then stuff it with the besan masala.

Fill out each capsicum with sufficient amount of masala.

Then in a skillet add 5 tbsps of oil and after it gets hot add all the stuffed capsicums one by one slowly so that the oil doesnot splutter out.

Cover it with a lid and cook on med-lo to med heat turning all the capsicums once in every 6,7 mins.

After all the capsicums have been cooked enough then add salt and just a bit of red chilli powder (optional).

Remove them from the skillet and arrange them onto a well decorated plate with lots of freshly chopped coriander leaves going on top of them.

Capsicum Cabbage

Ingredients

cabbage 1 lb
bell pepper (green, red) 1 small each
dry kastori methi 1/2 katori
paneer grated 3/4 cup
oil 1tbsp
mustard seeds 1 tsp
black pepper 1/4 tsp
salt to taste
chopped coriander leaves 1tsp

Method

Shred cabbage finely
Chop bell pepper into fine pieces
Heat oil in a pan and add splutter mustard seeds
Now saute cabbage and capsicum for 2-3 mins and then add rest of the
Ingredients and cover for 1-2 mins
Occasionally stir and remove from heat when capsicum becomes tender.
Decorate with fresh coriander leaves and serve hot with parathas.

Begum Kee Mirchi

Ingredients

4 capsicum - red, orange, yellow, green - 1 each
1 large onion
2 cups cashews
5-6 cloves
5-6 black pepper
1 cinnamon stick
2 tablespoon ghee
1 teaspoon cumin seeds
5-6 green chilly
2 cups yogurt
1/4 inch ginger
1/2 teaspoon saffron
coriander leaver for garnish

Method

Grind cashews, cloves, black pepper, cinnamon stick, green chilly and ginger well together

Add yogurt to the above mixture and blend it into a fine paste.

Cut Capsicum and onions into thin slices of around 3 inch long.

Heat ghee in a kadhai(preferably earthern-ware).

Add cumin seeds to the ghee.

After the seeds start breaking, add onions to it.

Shallow fry it for 2-3 minutes or until it becomes golden brown.

Add Capsicum to it and stir fry it for 5 mins till it becomes tender.

Add the spiced paste, saffron and a cup of water and let it cook for 5-7 mins over a low flame.

Add salt to taste.

Garnish it with coriander leaves and serve it hot with pulav or any indian breads.

Sweet Pepper Paruppu Usli

Ingredients

4 fresh green peppers
1/4 cup bengalgram dal
1/2 cup thur dal
3 red dry chillies
1/2 teaspoon of asafoetida
2 tablespoon oil
salt to taste
1/2 teaspoon of mustard seeds
1 teaspoon of urad dal

Method

Soak the bengalgram dal and thur dal in water for an hour.

Grind it well with chillies, salt and asafoetida. Grind it to a smooth paste.

Add 2 teaspoon of oil and pour the paste onto a microwave dish.

Cook on high for four minutes.

Now chop the green peppers fine.

Cook the green peppers in a kadai with one teaspoon of oil for about 8--to 10 minutes.

Heat the rest of the oil in a non stick pan.

Add the mustard seed and the urad dal.

Now add the cooked dal paste and the green peppers. Mix well. Cook it in a low flame.

Remove it when you feel it is done well.

Serve it with hot Rice

Rasila Hari Mirch

Ingredients

green chillies 50 gms
fenugreek seeds 10 gms
coriander seeds 15 gms
lime juice from 4-5 lime
salt to taste

Method

Slit the green chillies and remove the seeds and put them in the lime juice.

Powder fenugreek seeds and coriander seeds separately (raw) and mix them to the Chilli-lime and add salt. Mix them well and keep it aside for a day.

It gives the rich taste the next day which can be had with Makai Ka Roti or Jowari Ka Roti or even with Curd Rice. Isn't it tasty.

Spicy Chillies

Ingredients

medium sized green chillies 5
besan flour 1/2 cup
grated coconut 1/2 cup
oil 1 tsp
chilli powder 1 tsp
salt as required
oil for deep frying

Method

Make a slit on Green Chillies, and remove all the inside stuff.

Mix the Besan Flour, Grated Coconut, chilli powder, 1 tsp oil, salt, add some water,
To make like a chapati dough.

Now take some portion of dough and stuff this mixture inside the Green Chilli.

And do the same thing to all the Green Chillies.

And once all are done, deep fry them in oil until they turned to Brown colour.

And it takes very less time and has a very great taste goes well with Sambar Rice or Rasam Rice.

Paneer Capsicum

Ingredients

1/4 kg paneer
1/4 kg capsicum
2 big onions
3 big tomatoes (pureed)
1 tbsp ginger- garlic paste
1 tsp jeera
2 tsp red chilli powder
1 tsp haldi powder
2 tsp coriander powder
1 tsp garam masala
1 cup milk
1/2 cup cream

Method

Grate the onions. Cube the paneer. Slice the capsicums.

In a kadai heat oil, and add jeera. When it splutters, add the grated onions and fry till pink. Add the ginger- garlic paste and fry for some more time. Add the sliced capsicum and fry for 2 minutes. Add all the powder masala and fry. Add the pureed tomatoes and salt. Let it cook. Lastly add the paneer pieces and let it cook in the masala.

Finally add the milk and the cream. Cook for 5 minutes.

Garnish with coriander leaves and serve it hot with hot parathas.

Capsicum-Potato with Methi

Ingredients

1/2 kg capsicum (bell peppers)
4-6 medium sized potatoes
1 tsp fenugreek (methi) seeds
3-4 green chillies
1/4 tsp turmeric (haldi)
pinch of asafoetida (hing)
2 tbsp oil
salt to taste

Method

In a pan dry roast the methi seeds lightly. Powder coarsely. Keep aside.

Next peel and cut potatoes into medium sized cubes. Soak them in water so that they don't turn black.

Wash the capsicums and cut them into medium sized pieces after taking out the seeds.

Heat oil in a pan. When hot add the powdered methi seeds and fry for 1 minute.

Next add slit green chillies, hing and haldi.

Put in potato cubes. Saute on high flame for 2 minutes. Put in cut capsicums and saute.

After 2 minutes reduce heat to medium, add salt to taste and cook till done.

Garnish with coriander leaves and lemon juice just before serving.

Capsicum Masala

Ingredients

1 big Capsicum (green bell pepper)
2 small Potatoes (skin peeled)
1/4 cup Peas
1 onion (finely chopped)
1 tomato (finely chopped)
1/2 tsp garam masala
1/2 tsp rasam powder
1/4 tsp curry powder
1/4 tsp turmeric powder
1 table spoon chopped coriander leaves
1 tablespoon tamarind water
mustard seeds
oil for frying
salt to taste

Method

Cut capsicum and potato into small pieces.

In a kadai, put oil and keep on medium flame.

When it gets hot, add turmeric powder and mustard seeds.

When mustard seeds splutter, add finely chopped onions and saute till it turns golden brown.

Then add finely chopped tomato and fry for 3 mins.

Now add capsicum, potato, peas and fry for about 15 mins in medium flame.

No need to add any water because when you fry these vegetables, the water content in it is all extracted and that itself will cook the vegetables.

When the vegetables are 3/4 cooked, add tamarind water, salt and all the masalas and stir for another 10-12 mins.

Finally garnish it with chopped coriander leaves and serve it hot with rotis. Enjoy!

Bharwa Shimla Mirch

Ingredients

6 Large Capsicums

For Filling:

3 large potatoes

1/2 cup minced red onions

2 cups crumbled paneer

1 tsp dhania powder

1 tsp mirch powder

1 tsp amchur powder

1 tbsp cashewnuts (half-grinded)

1 tbsp minced green chillies

1 tbsp minced cilantro leaves

For Batter:

3 Tbsp besan (chickpea flour)

Method

Cut the capsicums in half and de-seed them.

Sprinkle some salt on them and set it aside for half an hour.

Heat 2 Tbsp oil in pan and fry onions till it is transparent.

Add the rest of the ingredients except garam-masala and paneer.

Add salt and stir till the potaoes are cooked along with spices (10 mts).

Remove the pan from the stove and add Paneer and garam Masala. Mix it well.

Make a thick batter with besan, haldi and salt.

Fill the halved capsicums with Filling.

Dip the capsicum in batter filling side down. Only dip half of capsicum.

Pan-Fry the capsicums by puuting the filling side down on the pan.

Cook both sides and drain it on the paper towel.

Decorate it in a platter and serve as a side dish with a main entree.

Mirchi Pasanda

Ingredients

green chillies : 10 nos finely chopped.

(note: medium spicy. chillies should be soft and light green in color)

grated coconut : 3 table spoons

capsicum : 2 nos finely chopped to the size of green chillies

udad dal : 1/2 teaspoon

mustard : 1 teaspoon

salt : 3/4 spoon (as per taste)

cooking oil : 2 table spoons

turmeric powder: 1/2 teaspoon

Method

Heat oil in a kadai. Add Mustard. After they splutter, add udad Dal.

When it becomes light brown, add Grated Coconut. Stir for few seconds.

Add turmeric Powder. Continue stirring.

Add finely chopped Green Chillies and Capsicum.

Add salt and saute for one minute on high flame.

Reduce the flame and continue sauting for another one minute.

Transfer it to a serving dish. Serve with Rice & Dal or Curd Rice.

It make a spicy, but very tasty side dish.

Bharli Mirchi

Ingredients

mirchi (green peppers)- those which are long and big- 3

besan- 1 cup

cilantro

salt

oil- 4 teaspoons

Method

Cut the mirchi such that we can fill in the masala.

Keep it aside.

Take besan, add salt to taste, add chopped cilantro and 2 teaspoons oil.

Stuff the mirchi with the above masala.

Put the stuffed mirchis in a frying pan and add just a little oil from all the sides of mirchi.

Cover it, cook it on sim till done.

Check frequently to see that the besan is getting cooked.

Make a little bit crispy, will taste good, enjoy!

Potato Capsicum Masala

Ingredients

potato 1/2 kg
capsicum 2 medium size
tomato 3-4
onion 2 medium size
turmeric powder 1/2 tspn
chillie powder 1/2 tspn
dhania powder 1/2 tspn
garam masala 1/2 tspn
jeera 1/2 tspn
salt for taste
oil for cooking
coriander leaves little.

Method

Pressure cook potatoes, peel and cut into big pieces.

Cut capsicum into one inch square, tomatoes into small pieces and slice onions.

In a pan heat little oil, put jeera and put onion fry till it becomes light brown.

Put capsicum pieces fry and add cut tomato and all the dry powders ,salt and cover with a lid until the vegetables are cooked.

Now add the potato pieces fry for few minutes. Garnish with coriander leaves. Serve hot with Pulka or Roti

Potato Bell Pepper sabzi

Ingredients

4 potatoes sliced length wise 1/2" wide
2 onions sliced lengthwise
2 bell peppers sliced lengthwise
3/4 tsp. jeera powder
1 tsp. dhania powder
1 tsp. garam masala
1/4 cup whipping cream or fatfree sour cream
1 tbspn. tomato puree
butter or oil
1/2 tsp. jeera
hing
1 tsp. kasuri methi powder (dry methi leaves)

Method

Heat butter or oil in a pan, add jeera and hing, Add onions to it and fry for 1-2 min.

Until slightly browned. Add bell peppers to this and fry further.

Add potatoes and cook on medium heat. Add little water and cook covered.

Mix tomato puree and whipping cream in a separate bowl.

When the vegetables are nearly cooked add the dry spices, and cook further.

When fully cooked add the puree /cream mix to the vegetables.

The vegetables should be cooked until little dry (you do not need too much gravy).

Add the kasuri methi, stir and switch off the heat .

To retain the flavor of methi you should not cook it further.

Serve hot with parathas.