

Besan Stuffed Bharwa Mirch Recipe | Easy & Spicy

Make flavorful Besan Stuffed Bharwa Mirch with large mild chilies and a tangy roasted gram flour filling. Cook slowly on a tawa and serve with hot roti.



Prep time
15 minutes

Cook time
25 minutes

Total time
40 minutes

Servings
5 stuffed chilies

Calories
250 kcal

Ingredients

Large Green Chilies	5
Oil	As required
Cumin Seeds	As required
Fennel Seeds	As required
Ajwain	A little
Asafoetida	¼ tsp
Turmeric	½ tsp
Besan	1 bowl
Salt	½ tsp or to taste
Degi Mirch Powder	1 tsp

Coriander Powder	1 tsp
Garam Masala	½ tsp
Amchur Powder	1 tsp
Fresh Coriander	A little
Oil for Filling	About 1 tsp

Method

1. Prepare the Spice Tempering

Heat a little oil in a pan. Add cumin seeds, fennel seeds, and a little ajwain. Roast them lightly before adding ¼ teaspoon asafoetida and ½ teaspoon turmeric. Keep stirring so the spices do not burn.

2. Roast the Besan Properly

Add one bowl of besan to the tempered spices. Roast it while stirring continuously. Continue until the raw smell disappears and the besan becomes aromatic. Then, add ½ teaspoon salt. Break any lumps gently with a ladle.

3. Prepare the Spiced Besan Filling

Mix in 1 teaspoon Degi Mirch, 1 teaspoon coriander powder, ½ teaspoon garam masala, and 1 teaspoon amchur. Next, add some finely chopped coriander. Pour in about 1 teaspoon oil and combine everything thoroughly to prepare an even filling.

4. Fill the Green Chilies

Take each large chili and fill it gradually with the prepared besan mixture. Gently press the filling inside so it stays in place. However, do not pack it too tightly because excessive pressure may split the chili.

5. Cook the Stuffed Chilies on Low Heat

Heat a tawa and add a little oil. Arrange all the stuffed chilies on it. Cover and cook them over low heat for a while. Then, carefully turn each chili without allowing the filling to fall onto the tawa.

6. Cook Until Tender and Serve

Cover the chilies again and cook the other side. Turn them occasionally so they cook evenly from all sides. Once the chilies become tender and well cooked, turn off the heat. Serve the hot Besan Stuffed Bharwa Mirch with fresh roti.

Chef tips

- Roast the besan thoroughly to remove its raw taste. Keep stirring the spices to prevent burning. Do not pack the filling too tightly. Cook the chilies slowly over low heat. Also, turn them gently so the filling stays inside.



Full recipe: <https://meenrazcooking.com/en/recipe/besan-stuffed-bharwa-mirch/>

Watch the video: youtube.com/watch?v=zO5-mm_0kmY

