

Bharwa Shimla Mirch Recipe | Spicy Stuffed Capsicum

Bharwa Shimla Mirch is a flavorful Indian stuffed capsicum recipe. The capsicums are filled with an aromatic onion and spice mixture, then slowly cooked until soft and delicious. Serve them with roti, paratha, dal, or rice for a satisfying meal.



Prep time
15 minutes

Cook time
25 minutes

Total time
40 minutes

Servings
4

Calories
180 kcal

Ingredients

Capsicum	As required
Oil	2 tablespoons
Onion	4
Garlic	8 to 10 cloves
Ginger	1-inch piece
Nigella seeds	¼ tablespoons
Turmeric powder	1 teaspoon
Salt	½ teaspoon or according to taste
Amchur powder	1 tablespoons

Garam masala	½ tablespoons
Whole coriander seeds	2 tablespoons
Whole dried red chillies	2
Fennel seeds	1 tablespoons

Method

1. Roast the Whole Spices

Heat a pan over low heat. Add the whole coriander seeds, dried red chillies, and fennel seeds. Roast the spices over low heat. Keep stirring continuously to prevent them from burning. Roast them for about 2 to 3 minutes. Once they become aromatic, turn off the heat. Allow the spices to cool slightly. Grind them into a coarse or fine spice mixture and keep aside.

2. Prepare the Stuffing

Finely chop the onion, garlic, and ginger. You can use a vegetable chopper to make this step easier. Heat 1 tablespoon of oil in a pan. Add the nigella seeds and allow them to crackle slightly. Add the turmeric powder and mix briefly. Now add the chopped onion, ginger, and garlic. Cook everything over low heat for about 3 to 4 minutes. Stir occasionally to prevent burning. Add the previously ground spice mixture. Now add salt, amchur powder, and garam masala. Mix everything thoroughly. Cook the stuffing for another 2 minutes over low heat. Turn off the heat once the mixture is nicely roasted. Transfer it to a plate and allow it to cool completely.

3. Stuff the Capsicums

Wash the capsicums thoroughly. Carefully remove the stems without breaking the capsicums. Remove all the seeds from inside. Make sure the capsicums are clean before adding the stuffing. Fill each capsicum with the prepared spice mixture. Add the stuffing gradually. Press the filling gently with your fingers. Do not pack it too tightly. Overfilling may cause the capsicum to break while cooking. Prepare all the capsicums in the same way.

4. Cook the Stuffed Capsicums

Heat 2 tablespoons of oil in a pan. Carefully place all the stuffed capsicums inside. Cover the pan with a lid. Cook them over low heat for approximately 5 minutes. Remove the lid and carefully turn each capsicum. Make sure the stuffing does not fall out. Continue turning the capsicums so they cook evenly on all sides. Cover the pan again. Cook for another 3 to 4 minutes over low heat. Check the capsicums for softness. Once they are tender and properly cooked, turn off the heat. Your delicious Bharwa Shimla Mirch is ready to serve.

Chef tips

- Always roast the whole spices over low heat. High heat can burn them and make them taste bitter.
- Allow the stuffing to cool before filling the capsicums. This makes the capsicums easier to handle.
- Do not pack the stuffing too tightly. The capsicum may break while cooking.

- Always cook stuffed capsicum over low heat. Slow cooking helps it become tender without burning.
- Turn each capsicum gently while cooking. This helps keep the delicious stuffing inside.
- Use small or medium-sized capsicums when possible. They are easier to stuff and cook evenly.

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

Watch the video: youtube.com/watch?v=vEZ1zQBzw3k