

Masala - some information. Bafat

Written by W.J.Pais

Masalas

Mangalorean masalas are made from special condiments, either by grinding them into a paste, or by roasting the ingredients on a hot tawa, and then powdering them into a fine powder.

The common types are Bafat and Indad. These names have originated from our ancestors, and we have been tasting foods made out of these not understanding what lies beneath these tastes.

The most common ingredients involved are:

Red dry chillies.

Coriander, Jeera and turmeric.

Cinnamon, Cloves and black pepper give a tangy feeling.

Tamarind is a fruit derived from the tamarind tree. Tamar Hindi, was what the Arabs who came to trade with India called it. Tamar in Arabic is "Dates"; which we call Khajur. They made it popular outside India.

To make paste, we use either water or vinegar.

Bafat Masala, can be used for Meats and Fish as well as Vegetables.

The formula is:

250 Dry Red Chillies

50 Small bedki chillies.

25 Coriander

15 Jeera - cumin

5 Pepper corns

5 Mustard Seeds

5 Turmeric

2 cinnamon

2 cloves

With this ratio, you can purchase raw ingredients, and have them ground at a mill, and store the powder for use during the year.

Bafat Meat Paste

Grind the following ingredients either in water or vinegar.

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Fry the masala in a little oil, and then add the meat, or fish.

- 10 Large Chillies Red Dry
- 1 Piece Turmeric/Haldi
- 2 Tablespoon Coriander(Dhania)
- 1 Teaspoon Jeera (Cumin Seeds)
- 1 Teaspoon Mustard Seed (Sarson)
- 10 Nos. Pepper Corns
- 4 Medium Chillies Green
- 1 Inch Ginger (Adhrak)

3 onions peeled for grinding.

In addition add the following to individual dish while cooking:

Slice the following

5 Flakes/Cloves Garlic

A small piece of ginger, and a few green chillies.

Add the following

5 Nos. Cloves (Lavang)

1 Piece Cinnamon (Dalchini) 1.12

3 Tablespoon Vinegar Add to taste 1.13

As Required Salt to taste 1.14

There is no special seasoning or tempering as done for vegetables, and oopkaris.

These are not hard and fast rules. As one gets more and more experience, one tends to make modifications, and innovations, to get new nuances of taste and flavor.