

Tab 1

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Jyothi's [article](#) and recipe with variations for vegetables and flavouring - skips the potato

- **Slow Cooker Sindhi Sai Bhaji Recipe**

- Video:  **How to make Sai Bhaji using the Instant Pot - Sindhi Cuisine**

- The slow cooker (Crock-Pot) is actually an ideal vessel for Sai Bhaji because the long, low-heat process mimics the traditional "slow-simmer" method that breaks down the lentils and melds the greens perfectly.

- **Ingredients**

- **The Base:**

- ☐ 500g Fresh Spinach (roughly chopped)
- ☐ 1/2 cup Chana Dal (must be soaked for at least 1 hour, preferably 2)
- ☐ ~~1/2 cup Dill leaves (optional, but provides the signature aroma)~~

- **The Veggies:**

- ☐ 1 large Onion (finely chopped)
- ☐ 2 Tomatoes (chopped)
- ☐ Potato (peeled and cubed)
- ☐ 1 small Eggplant (cubed)
- ☐ 1 Carrot (diced)
- ☐ Peas / Sweetcorn (optional at the end)

- **Aromatics & Spices:**

- ☐ 1 tablespoon Ginger-Garlic paste
- ☐ 2 Green chilies (slit)
- ☐ 1 teaspoon Cumin seeds
- ☐ 1 teaspoon Turmeric powder
- ☐ 1 teaspoon Coriander powder crush seeds
- ☐ 1/2 teaspoon Red chili powder (to taste)
- ☐ Salt to taste
- ☐ 1 cup Water (Slow cookers retain moisture, so less water is needed than on the stovetop)



○ Cooking Instructions

■ SOAK Chana Dal

■ Optional Sauté (Highly Recommended):

- ☐ If your slow cooker has a "brown/sauté" function, use it to fry the **cumin seeds** and **onions** in a tablespoon of oil until soft. If not, you can quickly do this in a frying pan first. This "unlocks" the flavors of the spices.

■ Assembly:

- ☐ Add the **sautéed onions and cumin seeds** (or raw, if preferred) to the slow cooker. And ginger garlic
- ☐ Layer in the soaked **chana dal**, followed by
 - the chopped **potatoes**,
 - **eggplant**,
 - **carrots**, and
 - **tomatoes**.
- ☐ Pile the **spinach** and **dill** on top. They will look like they won't fit, but they wilt down significantly within the first hour.
- ☐ Pour in the **1 cup of water** and
- ☐ Add the remaining **dry spices**.

■ Timing:

- ☐ **High:** 4 to 5 hours. (**More** on Instant Pot)
- ☐ **Low:** 7 to 8 hours. (**Normal**)

- **The Finish:**
 - ☐ Once the time is up, the lentils should be completely soft.
 - ☐ Use a whisk or a potato masher to blend the mixture together into a coarse, thick consistency.
 - ☐ Stir in a squeeze of lemon juice at the end for brightness.
- **Variations (The Wildcard Rule)**
 - **Texture Twist:** Try adding a handful of **frozen peas** or **sweetcorn** in the last 30 minutes of cooking for a pop of sweetness and bright color that contrasts with the deep green of the bhaji.

• Personally Relevant Content

- **Household Meal Planning**
 - **Batch Cooking:** This recipe freezes exceptionally well. For a household with varying schedules, portioning out the leftovers into airtight containers allows for a quick, nutritious microwaveable meal later in the week.
 - **Student-Friendly Prep:** Since this is a "set and forget" meal, it's a great candidate for someone with a heavy academic workload. Once the ingredients are in the pot, no active supervision is required until it's time to eat.
- **UK Kitchen Specifics**
 - **Slow Cooker Energy Efficiency:** Running a standard slow cooker for 8 hours typically uses less electricity than an electric oven does in an hour, making it a very cost-effective way to prepare hearty stews during the UK winter months.
 - **Sourcing Freshness:** While pre-packaged "bagged" spinach is convenient, look for "bunch spinach" in local UK greengrocers if possible; the stems add a lot of fiber and flavor that holds up better during a 7-hour slow cook.
- **Serving Logistics**
 - Given the thick, porridge-like consistency of slow-cooked Sai Bhaji, it pairs perfectly with a thick slice of buttered crusty bread or even pita, which might be more readily available than traditional Indian flatbreads on a weekday evening.

Would you like me to find a recipe for a simple **Cucumber Raita** to serve as a cooling side dish for this meal?

N Pressure Cooker recipe

SPINACH IN PRESSURE COOKER

"SAI BHAJI"

Ingredients

- ☐ - Channa daal (3/4 measuring cup)
- ☐ - 1 medium to large carrot
- ☐ - 10-12 green beans
- ☐ - 1 1/2 normal-sized tomatoes
- ☐ - 1 medium eggplant
- ☐ - 1 large or 2 small potatoes
- ☐ - 3/4 package spinach (about the size of a full bowl)
- ☐ (If it's "Leaf spinach," meaning it's not chopped, it must be put in a
- ☐ food processor)
- ☐ - Pinches of methi and salt to taste
- ☐ - Garlic and ginger
- ☐ - 1 1/2 onions

1. Chop all the vegetables into small squares.
2. Place 2 tablespoons of cooking oil in a pressure cooker,
3. add 1 heaped teaspoon of ginger and 1 teaspoon of garlic,
4. green chili (depending on the strength),
5. and chopped onion.
6. Sauté lightly, then add 2 large pinches of methi and 2 sprigs of curry leaf (the leaves can be whole or chopped).
7. When the onion softens slightly, add the spinach and continue to sauté thoroughly. After a short sauté, add the chana daal, carrot, green beans, eggplant, potato, and tomato.
8. Add about 1/3 teaspoon of the yellow curcuma masala.
9. Stir well. Add water just enough to cover the vegetables (remember, the vegetables will release their own broth).
10. Cover and let it cook for approximately 15 minutes on high or low. After 15 minutes, turn off the heat and let it cook for another 10 minutes with a cloth over the pot.
11. Once the lid is open, add salt to taste and blend with a hand blender until the vegetables are half-blended, meaning a little whole (not too mashed).
12. Best accompanied with yellow rice.