Pan of Bliss
Let's cook it real slow!

Sarson Ka Saag Recipe

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Prep Time 1 hour 30 minutes minsCook Time 1 hour hrTotal Time 2 hours 30 minutes



Ingredients

- 4 cups Sarson leaves with tender stems (chopped)
- 1 cup Bathua leaves or Amaranth leaves (chopped)
- 1 cup Spinach leaves (chopped)
- 1 cup Tender radish greens (chopped)
- 3-4 inches White radish roots
- 1 no. Onion (chopped)
- 1 tsp Red chilli powder
- 10 nos. Green chillies (as per taste)
- 2 tbsps Ginger (chopped)
- 10-15 nos. Garlic cloves

- 4-5 cups Boiled water
- 1 tsp Salt or as per requirement
- 3/4 cup Maize flour (fine cornmeal)

For Seasoning

- ¼ cup Ghee
- 1 tsp Cumin seeds
- 1 no. Dry red chilli
- 1 tbsp Garlic (finely chopped)
- 1 tbsp Ginger (chopped)

For Garnishing

- 2 tbsps White butter (unsalted)
- 2 nos. Green chillies

Instructions

Step 1

1. Sort out all the greens (mustard greens, bathua, spinach, and radish greens). Wash the leaves in running water. Drain well on a kitchen napkin. Using a chopping board, chop them finely. Discard the thick stems of the leaves and retain only the tender ones.

Step 2

1. In a deep pan, boil 4 cups of water and add salt. Add the chopped mustard greens, bathua leaves, spinach, radish greens, and white radish pieces. Cook on medium flame without the lid for 1 to 1 ½ hours, stirring occasionally using a muddler to mash the leaves. As the saag cooks, prepare the next step.

Step 3

1. Prepare Thecha: In a mortar and pestle, add 8 garlic cloves, 1 tablespoon ginger, 6 green chillies, and salt to make a paste. You can use a grinder to make a paste to quicken the process.Add the thecha to the greens, mix well. Continue cooking until the leaves are cooked completely. Using the muddler, stir and mash the leaves to disintegrate the cooked saag.

Step 4

1. The saag should be cooked for 1 ½ hours. Switch off the flame. In batches, add maize flour and mix well. Do not add together as it can form lumps. So, using a tablespoon, add maize flour and mix.

Step 5

1. After the maize flour is added and mixed thoroughly with the saag, switch on the stove. Cook on low to medium flame. Stir the saag with the muddler to mix the leaves and the maize flour. Cook for 10 to 15 minutes till the saag turns creamy and thick. If it becomes too thick, you can add ½ to 1 cup of hot water and mix well.The saag base is ready. You can remove the required portion of saag for tadka or seasoning. The rest can be cooled and then stored in the refrigerator. You just need to take out the required quantity and do the seasoning.

Step 6

1. Seasoning: In a seasoning pan, add ghee. Sprinkle cumin seeds to crackle. Add 1 red chilli, finely chopped onions, garlic, and ginger. Fry on a low flame.(You can even add a chopped tomato at this stage. I haven't used a tomato for this recipe.)Lastly, add 1 tsp of red chilli, mix, and switch off the flame. Pour it over the sarson ka saag and mix well. Garnish with 1 tbsp of white butter. You can even garnish the saag with fried ginger juliennes.
2. Serve with makki ki roti or parathas topped with a dollop of white butter, alongside jaggery, freshly chopped onion rings, fresh green chillies, and Punjabi mango pickle.

For Makki Ki Roti

1. In a mixing bowl, add 2 cups of maize flour, ½ teaspoon ajwain (carom seeds), and salt. Mix well. Add warm water and knead into a soft dough. Cover and rest the dough for 15 minutes.
2. After resting the dough, knead it once again. Use silver foil or butter paper to prepare round rotis. By following this step, the rotis won't break or disintegrate. Using a rolling pin, gently press the dough into small round rotis. (One tip for beginners is to add some whole wheat flour with maize flour while kneading the dough. For 1 cup of maize, take ½ cup of wheat flour.)On a hot tawa, cook the rotis on both sides until brown spots appear. Apply some ghee on both sides. Or add some white butter before serving the rotis with sarson ka saag.

Notes

FAQs Is there an alternative to maize flour? Maize flour is a thickener and also helps in toning down the pungency of the mustard greens. You can either omit it or substitute it with chickpea flour (besan). Is there a substitute for bathua leaves? A good substitute is Amaranth leaves. Otherwise, spinach leaves are good enough. Any alternative for radish? Turnip or red radish can be used. How long does sarson ka saag last in the fridge? It can last up to 1 week in the refrigerator and inside the freezer for one month. It will last longer if it is kept before the seasoning is done. Store the saag in an airtight glass jar or container in the freezer. Take out the required portion of the saag and season as per your requirement.