

## Recipe 7: Sarson Da Saag te Makki Di Roti (Traditional Punjabi Winter Dish)

### Ingredients:

For Sarson Da Saag:

- 500g mustard greens (sarson), cleaned and chopped
- 250g spinach leaves, cleaned and chopped
- 100g bathua leaves (optional), cleaned and chopped
- 2 green chilies, chopped
- 1-inch piece fresh ginger, chopped
- 4 cloves garlic, chopped
- 1 medium onion, finely chopped
- 2 medium tomatoes, finely chopped
- 2 tablespoons maize flour (makki ka atta)
- 3 tablespoons ghee or butter
- Salt to taste
- Water as needed

For Tempering:

- 2 tablespoons ghee or butter
- 1 teaspoon cumin seeds
- 2 cloves garlic, minced
- 1 dried red chili (optional)

For Makki Di Roti:

- 2 cups maize flour (makki ka atta)
- Warm water, as needed
- Pinch of salt
- Ghee or butter, for cooking and serving

### Preparation:

Sarson Da Saag:

1. In a large pot, boil mustard greens, spinach, bathua leaves, green chilies, ginger, and garlic with a little water until tender (about 30-40 minutes).
2. Cool slightly and blend the greens to a coarse paste.
3. In a deep pan, heat ghee and saute chopped onions until golden. Add tomatoes and cook until soft.
4. Add the blended greens, salt, and maize flour. Mix well and simmer on low heat for about 30 minutes,

stirring often to prevent sticking.

5. For tempering, heat ghee in a small pan, add cumin seeds, minced garlic, and dried red chili. Pour over the saag.

6. Stir and simmer for 5 more minutes. Serve hot with a dollop of butter.

**Makki Di Roti:**

1. In a mixing bowl, combine maize flour and salt. Gradually add warm water and knead into a soft dough.

2. Divide dough into balls. Roll gently between plastic sheets or by hand to form thick rotis.

3. Heat a griddle (tawa) and cook each roti on medium heat, flipping carefully until golden on both sides.

4. Apply ghee generously on the hot rotis before serving.

### **History & How It Reached the Region:**

Sarson Da Saag te Makki Di Roti is deeply rooted in Punjabi cuisine, particularly in the agricultural communities of Punjab, India and Pakistan. It originated as a seasonal winter dish, making use of mustard greens harvested between November and February.

Historically, this dish symbolized self-reliance and abundance, prepared with home-grown greens and maize. The slow-cooked saag and rustic maize flatbreads became emblematic of Punjabi hospitality and warmth, served at festivals like Lohri and Makar Sankranti.

### **Personal Significance Story:**

Growing up in a Punjabi household, the arrival of winter always meant one thing-Sarson Da Saag te Makki Di Roti simmering away on the stove.

My grandmother would spend hours carefully cleaning the greens, telling us stories of her childhood when the entire village would gather to cook this meal after the mustard harvest. She insisted on cooking it slowly, letting it bubble for hours until it became rich and creamy.

Her signature touch was a final spoonful of ghee, poured sizzling over the saag just before serving.

Every bite, with a piece of crispy roti slathered in butter, felt like being wrapped in a warm, nostalgic hug from home.