

Cholar Dal

Ingredients

bengal gram (chana) dal - 1 cup
ghee - 2 tbsp
cumin seeds - 1 tsp
cardamom - 4
cinnamon - 5 cm piece
bay leaves - 2
red chillies - 2, broken into halves
coconut - ¼ cup, finely chopped pieces
chilli powder - 1 tsp
turmeric powder - ½ tsp
cumin powder - 1 tsp
sugar - 1 tsp
salt - to taste

Method

Cook dal with 4-5 cups of water till soft.

Heat ghee in a small pan and season with cumin seeds, cardamom, cinnamon and bay leaves.

Add red chillies and coconut pieces. Fry till coconut is light brown.

Lower the flame, add all the powders and add this mixture to the dal.

Add salt and sugar and water if needed.

Simmer for 5 minutes and switch off the flame.

Dal Dhokli

Ingredients

For Dhokli :

wheat flour - 1 cup
chick peas (besan) flour - 1/4 cup
oil - 2 tbsp
chilli powder - 1/2 tsp
turmeric powder - 1/4 tsp
salt - to taste

For Dal :

red gram (tuvar) dal - 1 cup
oil or ghee - 2 tbsp
mustard - 1 tsp
cumin - 1 tsp
peanuts - 2 tbsp
green chillies - 3
curry leaves - few
chilli powder - 1 tsp
coriander powder - 2 tsp
cumin powder - 1 tsp
turmeric powder - 1/2 tsp
asafetida powder - 1/4 tsp
salt - to taste
ghee - 1 tbsp, optional
coriander leaves - 2 tbsp

Method

Roll out the dhokli dough into thin rounds and cut into diamond shapes.

When the dal begins to boil, add the dhoklis , stirring well to prevent the dhoklis from sticking to each other.

Lower the flame and simmer covered for 8-10 minutes.

Transfer to a serving dish and pour melted ghee (optional) and sprinkle coriander leaves on top.

Serve hot.

Dal Makhni

Ingredients

black gram (whole black urad) - 1 ½ cup

kidney beans (rajma) - ¼ cup

ghee - 2 tsp

cinnamon - 3 pieces

cloves - 3

garlic - 8 flakes, chopped

ginger - 2 cm, chopped

onion - 1 small, chopped

tomato - ½ cup, chopped

chilli powder - 1 ½ tsp

turmeric powder - ½ tsp

cumin powder - ½ tsp

salt - to taste

sugar - 1 tsp

butter - ½ cup

malai or fresh cream - ¼ cup

garam masala - 1 tsp

Method

Soak rajma over night. Soak urad for 1hr. Heat ghee in a pressure cooker.

Add cloves, cinnamon, garlic, ginger and onion. Fry till onion turns light brown.

Add chilli, turmeric and cumin powders, fry for few seconds. Add tomato cook till soft.

Drain rajma and urad from water, add to the pan. Add 3-4 cups of water and pressure cook for 25-30 minutes.

Cool the cooker for 10 minutes before opening it. Mash the dal lightly.

Add butter, sugar and salt. add water if needed.

Simmer for 5 minutes. Sprinkle garam masala on top and serve hot garnished with malai.

For Dhokli :

Add water and make a dough as for chappathis. Keep covered for 15 minutes.

Cook the dal with 3 cups of water till soft and mash well.

Heat oil in a kadai, season with mustard, cumin and peanuts green chillies and curry leaves.

Add dal and 5-6 cups of water . Add chilli powder, coriander powder, cumin powder and turmeric powder. Add salt.

Sambar

Ingredients

tuvar dal - 1 cup
shallots (sambar onion) - 1 cup, peeled
vegetables - 2 cups, cut into medium size pieces
tamarind - size of a big lime
sambar masala - as per recipe below
salt - to taste
oil - 2 tbsp
mustard - 1 tsp
curry leaves - few

For Sambar Masala :

coriander seeds - 2 tbsp
cumin seeds - 1 tsp
pepper corns - ½ tsp
mustard seeds - ½ tsp
bengal gram (chana) dal - 1 tbsp
red gram (tuvar) dal - 1 tbsp
black gram (urad)dal - ½ tbsp
fenugreek - ¼ tsp
red chillies - 8-10
grated coconut - 2 tbsp
asafetida powder - ½ tsp
turmeric powder - ¾ tsp

Method

Soak tamarind in 1 cup of water for 15 minutes and extract the juice.

Prepare the sambar masala. (If using ready made Sambar powder, mix it with ½ cup of water)

Cook dal with 3 cups of water till soft. Heat oil in other Kadai. Season with mustard and curry leaves.

Add onions and fry till light brown.

Add vegetables and about 2 cups of water. Simmer till the vegetables are cooked.

Add tamarind extract (or 1 Tbsp of tamarind paste mixed with 1 cup of water) .Simmer without covering for 5-8 minutes.

Add the sambar masala, salt and dal. Add water if needed. Simmer for 2-3 minutes and remove from fire.

For Sambar Masala :

In a small pan, roast all the ingredients from coriander seeds to fenugreek without adding any oil.

Roast red chillies with 2 tsp oil and remove. To the ruminating oil in the pan add coconut and roast till light brown.

Add asafetida and turmeric powder, stir and remove from fire.

Combine all these and grind to a slightly coarse paste, using a little water.

Tomato Pappu (Tomato Dal)

Ingredients

red gram (tuvar) dal - 1 cup

ripe tomatoes - ¼ kg

onion - ¾ cup, chopped

green chillies - 2 , chopped

oil - 1 tbsp

mustard - ½ tsp

cumin - 1 tsp

black gram (urad) dal - 1 tsp

curry leaves - few

chilli powder - 1 tsp

salt - to taste

Method

Cook toor dal with 3 cups of water till soft.

Chop tomatoes.

Heat oil, season with mustard, cumin and curry leaves,

Add onion and green chillies. Fry till onions are just wilted.

Add tomatoes, cook covered on a low flame till soft.

Add chilli powder, dal, salt and water if needed.

Simmer for 5 minutes. Serve with rice or chappathis.

Andhra Mamidi Pappu (Mango Dal)

Ingredients

red gram (tuvar) dal - 1 cup
raw mango pieces - 1 cup
oil - 2 tbsp
mustard - 1 tsp
fenugreek - ¼ tsp
asafetida - little
curry leaves - few
green chillies - 8-10 or to taste
onion - ½ cup, chopped
turmeric powder - ½ tsp
salt - to taste
sugar - 1 tsp, optional
coriander leaves - 1 cup, chopped

Method

Cook dal with 3 cups of water till soft.

Chop mango into small pieces.

Heat oil, season with mustard, fenugreek, asafetida and curry leaves.

Add onion and chopped green chillies and fry till onion is light brown.

Add turmeric, mango pieces and 1-1 ½ cup water.

Cook till mango is soft.

Add dal, salt, sugar if using and more water, if needed.

Simmer for few minutes.

Serve Garnished with coriander leaves.

Unde Huli

Ingredients

red gram (tuvar) dal - 1/2 cup
bengal (channa) dal - 1/2 cup
grated coconut - 1/2 cup, optional
cumin seeds - 1 tsp
pepper corns - 1/2 tsp
baking powder - 1 tsp
asafetida - 1/4 tsp
chilli powder - 1 tsp
turmeric powder - 1/2 tsp
salt - to taste

For Gravy :

tamarind - size of a lime
oil - 2 tbsp
mustard - 1 tsp
fenugreek - 1/4 tsp
curry leaves - few
chilli powder - 1 1/2 tsp or to taste
salt - to taste
jaggery - 1 tbsp, optional

Method

Wash and soak both the dals together in 4 cups of water for 1 hr.

Drain from water and reserve the water.

Add pepper corn and cumin and grind together coarsely. (Use the dry grinder blade. The mixture should be firm enough to be shaped into balls)

Add rest of the ingredients and mix well. Form into balls and steam for 15 minutes.

For Gravy :

Soak tamarind in 4 cups of water and extract juice.

Heat oil, season with mustard, fenugreek and curry leaves.

Add tamarind juice and reserved water in which dals were soaked.

Add chilli powder and salt. Simmer for 5 minutes.

Keep aside 3 of the dal balls and add the rest to the gravy. Simmer for 3 more minutes.

Mash the reserved balls, mix with a little water and add.

Add jaggery if using. Give a final boil and remove from fire.

1 Tbsp of tamarind paste may be mixed with 4 cups of water and used instead of extracting tamarind juice.