

Dal Makhani

Serves: 4

Preparation Time: 15 minutes

Dal Soaking Time: 8 hours or more

Cooking Time: 1 hour 30 minutes

Ingredients:

1/2 cup *Whole Urad Dal (Black Gram)*

1/8 cup *Red Kidney Beans*

1 tablespoon *Oil*

1 teaspoon *Cumin Seeds*

Whole Spices – 2 *Cloves*, 2 *Cardamom Pods*, 1 - 2" *Cinnamon Stick*, 2 *Bay Leaves*

2 teaspoons *Ginger* – grated or finely chopped

2 teaspoons *Garlic* – crushed or finely chopped

1/2 teaspoon *Turmeric Powder*

3 to 4 *Tomatoes* – blend to puree (about 1 3/4 cups)

3 teaspoons *Red Chili Powder* – adjust to taste

1 teaspoon *Coriander Powder*

Salt to taste

3 tablespoons *Butter*

1/2 tablespoon *Dry Fenugreek Leaves*

1/4 cup *Heavy Whipping Cream*

2 tablespoons *Cilantro* – finely chopped



Direction:

1. Wash Urad Dal and Kidney Beans few times and soak with about 8 cups of water for 8 hours or overnight.
2. Rinse once and cook in pressure cooker with 3 or more cups of water on medium heat for 4 whistles (or about 7 minutes after cooker starts steaming).
3. Turn off heat and keep aside until all steam has been released, for about 10 to 15 minutes. The beans should be very soft and little meshed up. Keep this aside.
4. Heat oil in a pot over medium high heat and add cumin seeds.
5. When it starts to splatter, add whole spices.
6. After 30 seconds or so, add ginger, garlic, turmeric powder and cook for 30 more seconds.
7. Add tomato puree and bring it to a boil.
8. Add chili powder, coriander powder, and salt. Cover and cook for 5 minutes on medium heat.
9. Add butter and cook for 2 more minutes.
10. If there's any liquid left from boiling the beans, add that liquid or just some water and bring to a boil.
11. Add the cooked beans and mix well.
12. Add dry fenugreek leaves, crushing them with hand while adding.
13. Once the beans start to boil, reduce heat to low, cover the lid and cook for 40 minutes or more stirring occasionally in between so that the beans do not get stuck at the bottom. Cook until it is a good thick gravy consistency.
14. Add cream, mix well and cook covered for further 5 minutes on low heat.
15. Garnish with chopped cilantro and serve with Naan or Zeera Rice and Kachumber.

Note: To cook Dal without pressure cooker, cook uncovered over medium to low heat, stirring occasionally to make sure it is not scorching at the bottom of the pot. Cook for about 1 hour or until dal is tender adding more water as required.