

# Dal

Serves: 4

Preparation Time: 15 minutes

Cooking Time: 45 minutes

## Ingredients:

### Dal Base

1/4 cup *Oily or Palin Toor Dal (Split Yellow Pigeon Pea)*

1/4 cup *Chana Dal (Split Black Chickpeas)*

1/4 cup *Moong Dal (Split Yellow Moong Bean)*

1/4 cup *Masoor Dal (Red Lentil)*

1 teaspoon *Salt*

### Seasoning

1 1/2 teaspoons *Cumin Seeds*

1 tablespoon *Ghee or Oil*

1 teaspoon *Brown Mustard Seeds (Rai)*

1 cup *Onion* - finely chopped

1 stem *Curry Leaves* – remove leaves and discard stem

1 cup *Tomato* – chopped

1 tablespoon *Ginger* – grated or finely chopped

1 tablespoon *Garlic* – crushed or finely chopped

2 teaspoons *Red Chili Powder*

1/4 teaspoon *Turmeric Powder*

1 teaspoon *Coriander Powder*

1/2 teaspoon *Cumin Powder*

1 large *Jalapeno* or any *Green Chili* - cut in big chunks

1/4 cup *Cilantro* - finely chopped

1/2 teaspoon *Garam Masala Powder*

*Salt* to taste

## Directions:

### Dal Base

1. Combine all Dals in a pressure cooker pot and wash with few washes of water. Add 3 cups of water, salt and pressure cook over medium low heat for 4 whistles or 3 to 4 minutes after cooker starts steaming.
2. Turn off heat and keep aside until all steam has been released for about 10 to 15 minutes. Open cooker and stir with wire whisk to crush and smooth it out.
3. Add 3 1/2 cups of water; stir and bring it to a boil.



### **Seasoning**

1. While Dal is boiling; in a separate skillet over medium high heat, add cumin seeds and let it toast till fragrant and few shades darker.
2. Add ghee or oil and mustard seeds. Once the mustard seeds pop, add onion and cook stirring frequently until onions are translucent.
3. Add curry leaves and cook until onions are lightly golden in color.
4. Add tomato, ginger, garlic, red chili powder, turmeric powder, coriander powder and cumin powder. Stir well and add some water if it is too dry.
5. Continue cooking for few minutes until tomatoes are crushed.
6. Pour this mixture to the dal pot and mix well. Season it with salt, and let simmer for 10 to 15 minutes adding more water (if required) for desired thickness of dal.
7. Garnish with Jalapeno, cilantro and Garam Masala Powder; turn off heat and cover pot immediately. Let it sit for 5 minutes covered. Stir well before serving.

### **Note:**

To cook without pressure cooker, combine all Dal in a bowl and wash with few washes of water. Fill enough water to cover Dal by couple inches and let it soak for at least 4 hours. Wash one more time and transfer to a pot. Add salt and enough water to cover it by few inches. Cook uncovered over medium to low heat, stirring occasionally to make sure it is not scorching at the bottom of the pot. Cook until dal is tender adding more water as required.