

# Daal Recipes

# Dal Makhani

## Ingredients

1/2 toor dal  
1/4 cup yellow moong dal  
1/4 cup masoor dal  
1 onion grated  
2 green chillies sliced  
1/4 tsp. ginger grated  
1/2 tbsp. coriander finely chopped  
1/2 tsp. cumin seeds  
1/4 tsp. red chilli powder  
3-4 tbsp. butter  
salt

## Method

Mix and wash dals well. Soak for 30 minutes.

Pressure cook till soft but not overcooked. (Approx. 3 whistles)

Mash a little with the back of a spoon, while hot.

Heat butter in a deep pan. Add seeds, allow to splutter.

Add onion, ginger and green chillies.

Stir fry till soft, add masalas (red chillies and salt) and dals, mix well.

Bring to a boil. Simmer for 3-4 minutes.

Garnish with chopped coriander and lemon juice.

Serve hot with rice, rotis, etc.

# Toor Dal

## Ingredients

1 cup toor dal  
2 1/2 cups water  
1 tsp. red chilli powder  
1/2 tsp. coriander seed powder  
1/4 tsp. turmeric powder  
salt to taste  
1/4 tsp. garam masala (optional)  
2 pinches asafoetida  
1 tsp. chopped tamarind  
1 tsp. jaggery crushed  
1 tbsp. ghee  
1/2 tsp. each cumin and mustard seeds  
1 stalk curry leaves  
1/2 tomato chopped fine  
1 tbsp. chopped coriander

## Method

Wash and pressure cook dal till done. (Approx. 4 whistles will do). Cool cooker and remove dal.

Beat the dal with a hand beater till smooth. Keep aside.

Make a thin paste of the dry spice powders and salt and 1/2 cup water.

Heat ghee in a saucepan, add the seeds to splutter. add tomatoes and curry leaves.

Fry for a minute. Add masala paste. Fry for a minute. Add the chopped tamarind and jaggery.

Stir for a minute more. Add dal and stir. Add water.

Bring to boil and simmer on low for 7-8 minutes.

Garnish with chopped coriander.

Serve piping hot with steamed rice and papads.

# Sweet Sour Dal

## Ingredients

1 cup toor dal	1/2 tsp. dhania (coriander seed) powder
1 tbsp. mint leaves finely chopped	1/4 tsp. garam masala
1 tbsp. coriander leaves finely chopped	2 pinches asafoetida
1 stalk curry leaves	salt to taste
1 tbsp. broken jaggery	1/2 tsp. each cumin & mustard seeds
3 tbsp. tamarind water	2 tbsp. ghee
3 green chillies	5 cups rice starch water or water
1" piece ginger	
1 tsp. red chilli powder	
1/4 tsp. turmeric powder	

## Method

Wash and pressure cook dal in two cups water.

Cool, remove, drain and keep aside the top water of dal.

Remove two tbsp. Thick dal and keep aside.

Beat the remaining dal with a hand whipper, adding the water that was kept aside.

Crush the green chilli and ginger together.

Make a paste of all the dry powders in 1/4 cup water.

Keep aside. Heat ghee in a saucepan and add the seeds. Add ginger garlic and stir.

Add asafoetida, mint, masala paste and stir for a minute.

Add jaggery, tamarind water and stir. Allow to cook for 2-3 minutes. Add beaten dal.

Boil for 6-7 minutes. Check taste for salt and spiciness. Garnish with chopped coriander.

To be served with hot steamed rice. To serve, place one serving of rice on a plate.

Top with one tsp. Of thick dal kept aside.

Lace with 1/2 tsp. Desi ghee. Serve along with a serving of the dal.

# Spinach Dal

## Ingredients

1 cup yellow moong dal  
1 bunch fresh spinach chopped fine  
1 tsp. ginger grated  
1/2 tsp. garlic grated  
4 green chillies  
1 tbsp. coriander chopped fine  
1/2 tbsp. lemon juice  
1/4 tsp. clove-cinnamon powder.  
1/2 tsp. each cumin and mustard seeds  
salt to taste  
2 tbsp. ghee

## Method

Wash dal and pressure till done. (Approx. 2 whistles will do)  
Cool and remove dal from cooker. Wash and drain spinach.  
Put half the spinach in a mixie, add 2 green chillies and blend.  
Heat 1 1/2 tbsp. Ghee. Add seeds and splutter.  
Add garlic, ginger and chopped spinach. Stir.  
Add ground spinach. Fry for 2-3 minutes.  
Add dal and coriander. Bring to a boil. Do not overcook.  
Remove from heat. Heat remaining ghee in a small pan.  
Add clove cinnamon powder, remaining 2 chillies and pour over dal.  
Add lemon juice and salt. Stir well. Serve hot with rice or parathas.

# Channa Moong Dal

## Ingredients

1/2 cup green moong dal  
1 tbsp. yellow channa dal  
1 tbsp. ghee or oil  
1/2 tsp. garam masala  
1 tsp. red chilli powder  
1/4 tsp. haldi (turmeric) powder  
1/2 tsp. dhania (coriander seeds) powder  
salt to taste  
1/2 lemon  
1 tbsp. coriander chopped  
1/2" ginger grated  
1/2 tsp. each cumin and mustard seeds  
2 cups water

## Method

Both dal together add 1 cup water and a pinch of turmeric.

Pressure cook dal. (Approx. 4 whistles will cook the dal).

Cool the cooker.

Remove dal. Mix all the spice powders in 1/2 cup water to make thin paste.

Put ghee in a pan and heat, add the cumin & coriander seeds.

Once they splutter add ginger. Add the paste of spice powders.

Fry for a minute, add the dal. Add remaining water and stir well. Bring to a boil.

Add lemon juice. Check and add salt if required. Garnish with chopped coriander.

Serve hot with hot steamed rice.

# Lasan (Lahsuun) Dal

## Ingredients

1/2 cup yellow moong dal  
1/4 cup masoor dal  
1/4 cup toor dal  
3-4 flakes garlic crushed  
1" piece ginger crushed or grated  
4 green chillies finely chopped  
1 stalk curry leaves  
1 tbsp. coriander finely chopped  
2 onions cut into rings or very thin strips  
1/4 tsp. turmeric powder  
2 pinches asafoetida  
salt to taste  
3 tbsp. ghee  
1/2 tsp. each cumin & mustard seeds

## Method

Wash dals together. Drain water.

Heat the ghee in a saucepan and fry the onion till dark brown and crisp.

Drain out with a spoon. Remove 2 tsps. Ghee from the saucepan and keep aside.

Add ginger and garlic to the rest. Fry for a minute, add dals and stir for 2-3 minutes.

Add 3-3 1/2 cups water. Transfer to a cooker container.

Add the turmeric to the dal, and pressure cook till done. (Approx.3 whistles)

Cool cooker and remove the dal. Stir gently.

Transfer to serving dish, add chopped coriander and fried onions.

Reheat the ghee kept aside, add seeds, asafoetida, and curry leaves.

Pour over dal while spluttering. Stir gently. Serve hot with steamed rice or parathas.

# Tasty Dhal

## Ingredients

whole green gram (moong) - 1/2 cup  
gram dhal - 1/2 cup  
ripe tomatoes cut into cubes - 4  
onion finely chopped - 4  
chopped ginger - 1 inch  
chopped coriander - 1 tsp  
chilli powder - 1 1/2 tsp \*  
garam masala - 1/2 tsp \*

cumin powder - 1/4 tsp \*  
coriander powder - 1/4 tsp \*  
sugar - tsp  
turmeric powder - 1/4 tsp \*  
salt to taste  
fresh cream (optional) - 1 tsp  
oil - 2 tablespoons

## Method

Cook the dhals together in the pressure cooker.

U may have to wait for five to six whistles.

Allow it to cool. In a pan take the oil and heat.

To this add onion and ginger and fry, till the onions turn golden brown.

Now add the tomatoes and let them cook for a few minutes.

Now add the cooked dhal and stir.

Add all the dry masalas , salt and sugar.

Boil on a low flame, stirring occasionally for five to ten minutes.

Add the fresh cream before taking off the fire.

Garnish with chopped coriander and serve hot with roti or puri or any rice dish.

# Dal Tadka

## Ingredients

moong dal or masoor dal - 1.5 cups

turmeric - a pinch

green chillies - 3 or 4 (acc to ur spice level)

garlic - 2 pods (sliced or minced)

coriander leaves - for garnish

curry leaves - for garnish

salt - to taste

lime juice - 1 - 2 tsps

## For Tadka:

cumin seeds - 1 tsp

mustard seeds - 1 tsp

ghee - 2 tsps

hing - a pinch

## Method

Pressure cook the dal with turmeric. (Take care to see that the dal is not mushy)

Take a non stick vessel and add ghee, cumin seeds and mustard seeds.

After the seeds splutter add hing.

Then add the green chillies and garlic and fry them for a minute.

Add the cooked dal and salt, fry for 4-5 minutes.

Garnish with curry leaves and coriander leaves.

Add some lime juice and serve it with rotis/rice.

# Daal

## Ingredients

moong dal - 1 cup  
onion (cut into small pieces) -1 cup  
garlic - 2-3flakes  
kasoori methi (optional) - 1tsp  
green chillies - 2-3  
chilli powder - 1/2 tsp  
salt - to taste

## Method

Cook moong dal with 2 cups of water, little salt, & garlic

In a pan heat oil, add onions and fry for few minutes.

Now add green chillies, tomatoes, kassori methi leaves and chilli powder .

After few minutes, add the mashed moong dal and little water if required.

Garnish with fresh coriander leaves.

It is great with rotis.

# Phanu (Pahadi Daal Gravy)

## Ingredients

dal moong or arhar - 1 cup  
onion - 1 medium, chopped  
ginger-1/2 tsp grated  
oil ( for frying and sauteing)  
1/2 tbsp rai (mustard seeds)  
1/4 tsp jeera  
4 to 5 green chillies  
yogurt - 3 tbsp  
a pinch of asafoetida (hing)  
a pinch of turmeric  
salt - to taste  
water

## Method

Wash daal and soak it in water for 2 hrs.

Blend the soaked daal with yogurt and chillies in a blender to form a thick paste.

Heat some oil in a thick pan. Take 1/4 portion of the paste.

Make small cutlets out of this paste and deep-fry them

Keep the cutlets aside put 1 tbsp oil in a frying pan.heat it.

Add jeera, rai (mustard seeds), hing and let them splatter a little bit.

Add chopped onion and turmeric. Add the remaining 3/4 paste.

Pour 3 cups of water and cook it till it boils. (Amount of water can be increased/decreased if you want thinner/thicker consistency).

Add cutlets, cover with lid and let it cook at low fire. Serve with hot rice

# Ghee Bhat with Chholar Daal

## Ingredients

one cup of chholar daal (chana)  
one large onion-sliced  
one large potato-cut into pieces  
2/3 dry red chillies  
1 tbsp. of white cummin powder  
1/2 tbsp. of coriander powder.  
1/2 tbsp. of curry leaves.powder (optional)  
1/2 tbsp. of turmeric powder  
salt, 1/2 tbsp. of sugar, oil  
cloves, cardamom - 3 pieces each (smashed)  
cinnamon powder - 1/2 tbsp.

Ingredients for Ghee Bhat  
two cups of basmati rice  
1 tbsp. of black mustard seeds.  
a handful of dry curry leaves.  
a handful of dry chieves.  
salt, ghee.

## Method

Heat oil in pressure cooker.add red chillies.

Add onion and fry. Add potato-pieces. Mix cumin, coriander, curry leaves, & turmeric pow. In 1/2 cup of water. Add it. Add salt, sugar. Add washed daal. Pressure cook until it is done. Meanwhile dry roast clove-cardamom-cinnamon powder.

Add to the cooked daal. Let the gravy thicken on medium flame.

Test the salt-remove from the oven.

The daal will be thick and a sweet aroma will come out if cooked properly.

## Method for ghee bhat

Cook rice with 4 cups of water. Let it be cool. Heat ghee. Add mustard seeds,curry leaves and chieves. Let them splutter. Add rice and keep stirring. Grains should be intact.

Add salt. Remove. Chholar daal goes well with puri, loochi, parota (paratha) etc.

It is a very popular dish in west bengal.

# Spicy Channa Dal

## Ingredients

1 cup channa dal [black gram dal].

5 cup water.

1 small onion finely chopped.

1 medium tomato finely chopped.

1 tbsp. each ginger & garlic finely chopped.

2 green chillies finely chopped.

2 tbsp. cilantro finely chopped.

1/2 tsp. turmeric powder

1/2 tsp. red chilli powder

1/2 tsp. garam masala powder

1 tsp. jeera

1 pinch of hing

salt to taste

2 tbsp. butter

2 tbsp. pure ghee

## Method

Wash the dal & in pressure cooker put the dal, water, turmeric, salt & butter.

After one pressure, let it cook on slow heat for another five minutes.

In the meantime take ghee in a pan, heat it & put jeera.

When jeera starts splutter put garlic & onion, let it be little golden brown, now mix tomatoes & ginger, let them cook for 1-2 minutes.

Then add hing, chopped chilli & chopped cilantro, let it cook again for another minute, in last add red chilli & garam masala powders.

Now dal is also done. Open the cooker & mix the masala throughly, let the dal boil once with masala, so that it can taste really good.

If the dal is more thick, boil little water and mix it while dal is boiling.

Serve hot with chapati or rice.

# Dal Palak

## Ingredients

1 cup tur dal (wash it and soak it for 1-2 hr with hot water)	
1 cup spinach leaves (wash it and chopped it)	2 table spoon of lime juice
1 tomato (finely chopped)	2 table spoon oil
1 onion (finely chopped)	1/2 tea spoon jeera
1/2 tea spoon ginger garlic paste	pinch of hing (asafoetida)
1 tea spoon red chilly powder	2 green chillies (finely chopped)
1/2 tea spoon turmeric powder	salt to taste
1 tea spoon coriander powder	

## Method

Take a vessel and cook tur dal in it.

When it cooked 3/4 then add spinach leaves, onion, tomato, salt, turmeric powder, ginger garlic paste and hing.

Now cook all the things till they are cooked completely.

In a frying pan heat the oil and add all above mentioned ingredients (except lime juice) and pour it over cooked dal.

Now add lime juice in it and mix it well.

Serve hot with chapati or rice.

# Aloo Moong Dal Karara

## Ingredients

250 gms aloo (potato) cut in square pieces	salt as per taste
100 gms moong dal	10 gms red pepper
2 nos medium tomato cut in medium pieces	1 teaspoonful ground dhania powder
50 gms green chilli	1 teaspoonful amchur powder
20 gms black pepper	1/2 teaspoonful jeera
2 teaspoonful garam masala	

## Method

Boil moong dal with little water enough to boil in cooker for 5 minutes on low heat after one whistle and allow pressure to release.

Keep frying pan with cooking oil on heat and put potatoes in it and fry for 3/4 minutes.

Now put dhania powder, garam masala, black pepper, salt, red pepper into it and fry with covered lid for 6 minutes and in between keep stirring potatoes.

Now put cooking oil in second frying pan and put jeera into it and allow till it turns brown.

Also put some dhania powder in it. Now put moong dal dried of water in it and fry.

Now put amchur powder in it and fry for 5 minutes till dal is further dry.

Now mix tomato pieces in this as also fried aloo (potatoes) from second frying pan.

Dish is ready to serve. Can serve 5 persons.

# Spicy Punjabi Chaane Ki Dal

## Ingredients

1 katori chaane ki dal	2 tomatoes
salt, turmeric powder, chilly powder (quantity mentioned in method of preparation)	1 green chilly
2 onions (grind it)	garam masala
garlic (10-12) flakes	coriander leafs
6-7 spoon ghee	
jeera (1/2 spoon)	

## Method

Wash channe ki dal properly with plenty of water.

Put it in pressure cooker along with 3 1/2 katori water, add 1/2 spoon salt, pinch of chilly powder, pinch of turmeric powder. 3/4 whistles, after the 4th whistle put on sim for sometime, after that turn the gas off, do not release pressure,

## For Masala Preparation:

Take a kadhai, add ghee, put grinded onions, add garlic, cook it till onions turn brown.

After that add jeera.

Add crushed tomatoes, cook again for five minutes, add green chilly, 1 spoon salt, 1/2 spoon chilly powder and turmeric.

Put the entire masala in cooker, add water if required, make sure added water is boiled, give one more whistle, and put it on sim for some time.

Add garam masala, and coriander leaves.

Hurray, the dish is ready, serve hot with rice or chapattis.

# Punjabi Dal

## Ingredients

urad dal, with skin 1/2 cup  
chana dal 1/4 cup  
red kidney beans 1/4 cup  
onions 2 nos.  
tomatoes 3 nos.  
garlic 8-10 cloves  
green chillies 2-3 nos.

red chili powder 1 tbsp.  
cumin powder 1/2 tbsp.  
fresh coriander leaves 1.4 cup  
kasuri methi 1 tbsp.  
butter 3 tbsp.  
oil 4 tbsp  
salt to taste

## Method

Clean, wash and soak urad dal, chana dal and kidney beans in sufficient water for at least six hours.

Peel and finely chop onion and garlic.

Wash, remove stem and finely chop green chillies.

Wash and finely chop tomatoes.

Wash and chop coriander leaves.

Drain soaked dals, add six cups water and pressure-cook for half an hour or until the dals are completely cooked.

Meanwhile, heat oil in a pan, add chopped garlic, stir-fry briefly till golden brown.

Add chopped onion, slit green chillies and saute for four to five minutes or until the onion is golden brown in colour.

Add red chilli powder, cumin powder and stir-fry briefly.

Add chopped tomatoes and cook on high heat for three to four minutes, stirring continuously.

Stir in the cooked dals and butter and mix well.

Add salt, chopped coriander leaves and cook dal for ten minutes on low heat, stirring occasionally.

Crush kasuri methi between the palms, sprinkle on the dals and serve hot.

# Tomato Dal

## Ingredients

1 cup uncooked toor dal  
4 med sized tomatoes-chopped  
1 green chilly-sliced  
coriander leaves-finely chopped  
1/2 tsp turmeric powder  
1/2 tsp asafoetida  
salt to taste

## For the Seasoning:

1 tsp mustered seeds  
1 tsp urad dal  
1 tsp cumin seeds  
a few curry leaves  
2 tsp oil

## Method

Clean the dal, add required water, turmeric powder and the asafoetida and pressure cook the dal.

In a sauce-pan, heat 2 tsp oil and add to it the mustard seeds, urad dal and the cumin seeds.

When the dal turns brown and the mustard seeds begin to splutter add the curry leaves, tomatoes and green chilly.

Cover and let it cook well till the tomatoes are soft and almost mashed-up.

Add the cooked dal and mix well.

Remove from fire and garnish with chopped fresh coriander leaves.

Serve hot with plain rice or phulkas.

# Hot & Tasty Dal

## Ingredients

toor daal - 1 cup

potato - 1

tomato - 1

curry leaves (optional)

black pepper powder - 1 or 2 teaspoons

salt

seasoning (oil, mustard seed, cummin seeds)

## Method

Wash and peel the potato.

Cut the potato and the tomato into pieces.

Then add them to the daal along with the curry leaves, black pepper and pressure cook it.

After it is done, take out from the cooker, add salt and the seasoning.

Serve with plain rice.

# Masoor & Tuvar Daal with Zucchini

## Ingredients

1 cup masoor daal	4-5 tsp ghee
1 cup tuvar daal	salt to taste
2 small zucchini (cut to small cubes)	Garnish
2 onion (finely sliced)	1 tsp jeera (cumin seeds)
6-7 garlic (finely sliced)	1 tsp rai (mustard seeds)
1 inch long ginger (finely sliced)	a few bunches cilantro (dhania leaves)
3-4 tomatoes (cut into big cubes)	1/2 tsp chat masala or a few drops of lemon juice
a few curry leaves	
5 green chillies (finely sliced)	

## Method

Pressure cook the two daals with a little turmeric, salt, green chillies, few drops of ghee, ginger, curry leaves & garlic for about 20 minutes. Let it cool.

In a frying pan add the ghee, add jeera & rai, when they start spluttering, add onion & fry till its light brown in color.

Add zucchini & fry till it becomes soft. Add tomatoes & continue frying.

When you see the masala & the ghee separating, add the cooked daal.

Add a little water if needed. Cook for about 5 minutes.

Mix well. Garnish with cilantro & chat masala/lemon juice.

Serve hot with chappati or rice.

# Godi Dal (Mangalorean Dal)

## Ingredients

1 cup toor dal- cooked and mashed rough to form a paste.

"milk" of half coconut - which is obtained by blending the coconut and 2 cups water.

1 tbsp. jaggery

2 tbsp. tamarind, soaked in water

garam masala to taste

cumin, curry leaves, asafoetida

clarified butter/ ghee

## Method

Heat the dal in a pan, add the coconut milk and bring to a boil.

Add the jaggery and tamarind water, and garam masala and salt as per your taste.

On a separate pan, heat the ghee, and add cumin seeds, curry leaves and asafoetida till cumin sputters.

Pour this mixture in the boiling dal and cover.

Serve with a garnish of chopped coriander, tastes great with rice.

# Rontas Dhal

## Ingredients

1 cup maida or wheat flour  
salt to taste  
ingredients for dhal  
1 cup tur dhal  
4 green chillies- slit

a pinch of asafoetida  
2 dry red chillies  
1 tsp mustard seeds  
1 tbsp oil or ghee  
a few curry leaves

## Method

To make dhal, wash the tur dhal and pressure cook.

Remove from cooker and add slit green chillies, asafoetida and salt to it.

Mix well with water and boil again.

The dhal should not be very thick.

In a small kadhai, heat oil.

Add mustard seeds. When the seeds crackle, add bits of red chillies and curry leaves.

Add this seasoning to the cooked dhal.

## To make rontas:

Mix rice flour and maida/wheat flour and salt . Add enough water to make a smooth dough. Make small balls as in case of puris. On a clean cloth, flatten these balls with the help of your fingers to form small puris.

You can dip your fingers in a little oil and then flatten the balls.

Remove the rontas and deep fry in oil. They should not be fried for long. They should look white in colour. Put the hot rontas in hot dhal and serve.

If children are fussy about eating vegetables, you can add some vegetables while boiling dhal. It can be a complete and nourishing meal for them.

# Spinach & Moong Dal Special

## Ingredients

1 fresh bunch of spinach thoroughly washed and cut	1/2 tsp turmeric powder
1 cup moong dal	2 tsps coriander powder
1 medium sized tomato chopped	juice of one lemon
2 pods of garlic, crushed	2 tsps sugar
1 piece of ginger, crushed	2 tbsp oil
1 tsp cumin seeds	salt to taste
1 tsp ajwain seeds	
2 tsps red chilli powder or as desired	

## Method

Wash the moong dal well and pressure cook (three whistles)

Take oil in a deep nonstick pan/pot

Add cumin seeds, ajwain seeds and let them splutter

Add garlic and ginger

Add tomatoes and saute for a couple of minutes till they are soft

Add pressure cooked moong dal along with the water which is used to pressure cook the dal.

If the gravy is too thick, add some more water

Add salt, sugar, red chilli powder, turmeric and coriander powder and let the gravy simmer till everything is mixed well

Now add the chopped spinach and mix well .add juice of lemon

Cover the pan/pot and let the vegetable simmer for few minutes till the spinach is tender, stir occasionally

And your spinach & moong dal special is ready to be served!

# Dal Fry

## Ingredients

1 cup of toor dal  
1 onion cut into long stripes.  
1 green chilly chopped.  
1 tomato finely chopped.  
1 tsp mixture of mustard seeds,  
whole coriander seeds, cumin seeds  
fenugreek seeds.  
1/2 tsp of turmeric  
1 tsp chilli powder.

1 tsp of dry mango powder  
1/2 inch grated ginger.  
2 tbsp of cooking oil.  
2 tbsp of fresh chopped coriander.  
salt as per taste.

## Method

Wash dal thoroughly and add 2 cups of water and cook the dal in a pressure cooker until done.

Cool down cooker, remove dal & beat with spoon or a hand beater.

Heat 2 tbsp of oil in a kadai or a saucepan.

Add tsp mixture of mustard, cumin, fenugreek & whole coriander seeds.

When seeds start popping add chopped onion, tomato, and grated ginger and cook it until soft.

Add dry mango powder and tsp of chilli powder and fry for a minute.

Add dal mixture and bring to boil.

Simmer for 5 to 10 minutes.

Take dal fry in a serving dish and garnish it with chopped fresh coriander.

Serve this dal fry with roti, rice or pulao.

# Aam Dal

## Ingredients

1 cup aahar or tuvar dal  
half tsp haldi-turmeric powder  
1 1/2 tsp salt or to taste  
1 unripe mango  
1 onion-finely chopped  
3 cloves garlic-finely chopped

1/2 tsp mustard seeds-sarson  
1 dry red chilly  
a few curry leaves  
1 tbsp ghee or 2 tsp oil

## Method

Wash and soak the dal for 1 hour

Add 1 1/2 tsp salt and haldi. keep on medium fire to boil till the dal is half cooked.

Peel the mango cut into big pieces. add to the half cooked dal.

Cook till dal is tender and the mango pieces are cooked to a pulp.

Keep aside. Heat the ghee in a frying pan and fry the mustard seeds till they splutter.

Add chopped onion and garlic and fry till brown.

Add red chillies and curry leaves. Add to the cooked dal. Aam dal should be watery in consistency.

Serve with rice.

# Quick Dal With Palak

## Ingredients

tur daal: 1 cup

palak (spinach) : 3-4 bunches

tomato : 1 cup

tamarind : a small ball

garlic flakes: 3-4

onion: 1 (small)

kadipatta : 10-15 leaves

coriander (kotmeer): a bunch

asafoetida (hing): a pinch

red chilli powder: 1- 2 tsps

ghee: 1tsp

methi seeds: 5-6 seeds

jeera : 1 tsp

red chillies : 2-3

## Method

In a pressure cooker add water, tur daal, spinach, methi, 2 garlic flakes, a little of the coriander, one whole tomato, one onion sliced into pieces, asafoetida and close the cooker.

Cook until the daal is soft (about 5-8 mins). Mash this cooked mixture lightly.

Add salt and chilli powder. Cook on a slow flame.

Boil tamarind and half of the kadipatta leaves separately, till the tamarind becomes soft - extract the pulp and add the tamarind water to the daal mixture.

Cook on a slow flame for 2-3 minutes.

In a sauce pan, heat a little oil - add the remaining garlic and kadipatta, add red chillies (2-3) and jeera. When the oil is hot and sputtering, add it to the daal and immediately cover the daal with a tight lid.

Allow to stand for a few minutes.

Serve hot with rice and ghee and papad.

# Kosambari

## Ingredients

one cup chana dal  
green chilli- 3 to 4  
ginger  
grated coconut-3 tea spoon  
salt  
lemon or raw mango juice 3 tea spoon  
oil for seasoning.  
corianedr for garnishing.

## Method

Soak chana dal for 3 to 4 hours.  
Grind soaked chanadal with green chilli, ginger roughly.  
After that add salt, lemon juice & coconut powder.  
Season that with oil, mustard seeds, jeera (if you need more spicy add red chilli).  
Garnish with coriander leaves.

# Dhansak

## Ingredients

1/4th cup toor dal	1/2 to 1 cup onions
1/4th cup moong dal	1 tbsp. ginger-garlic paste
1/4th cup urad dal	green chilies, garam masala, salt to taste
1/4th cup masoor dal	1/4th tsp. cumin seeds
1/2 to 1 cup green pepper diced	1 tbsp. oil
1/2 to 1 cup broccoli	coriander leaves
1/2 to 1 cup eggplant	1/2 tsp. ghee (optional)
1/2 to 1 cup carrots	
1/2 to 1 cup celery	
1/2 to 1 cup tomatoes	

## Method

Wash toor dal, moong dal, urad dal and masoor dal together.

Add 2 to 2 1/2 cups of water. Add broccoli, carrots, celery and cook in the pressure cooker.

Heat oil add cumin seeds, green chilies, onion and fry until onion becomes golden brown.

Add ginger-garlic paste and fry for some more time. Add tomatoes, green pepper, eggplant.

Cover the vessel. Add some salt. Stir occasionally. Cook the vegetables. Then add cooked dal.

Add some water, garam masala, coriander leaves, some salt if needed.

Stir until boiling. Add ghee for great taste.

# Pahari Ras & Fried Dal

## Ingredients

equal amounts of whole urad dal, rajma,  
whole chana dal (black chana), black eyed pea,  
chori dal(gehat) (approximately 1/4th cup each)  
soak all the dals overnight for quick cooking.

two table-spoons rice flour

(you can soak rice for an hour and grind it too)

pinch of turmeric powder

2/3 tsp coriander powder

1 tsp garam masala powder

5 cloves

2 bay leaves

cinnamon sticks(6 1/2 inch pieces)

oil

salt to taste

finely chopped garlic(1 tsp)

half bulb of finely chopped onion

half tomato finely chopped

pinch of hing(asafoetida)

3 chopped green chillies

(divide the chopped chillies into 2 portions)

## Method

Pressure cook all the dals with turmeric powder, coriander powder, garam masala, bay leaves salt till tender.

Don't over cook the dals. Separate the lentils from the lentil soup with a sieve or rice conainer.

Make a free flowing (very thin) paste of rice flour and add it to the soup

Pour the soup in a skillet or kadhai and keep cooking it for several boils on medium heat.

If the ras gets thick then add more water and boil.

Heat 2 tablespoons oil and add finely chopped garlic, one portion of green chillies, cloves, cardamom, cinnamon ticks and hing till the garlic becomes light brown and cloves begin to splutter .

Saute the ras with it . Eat it with boiled rice or take it as an appetizer. Fried dal: ( Boiled lentils separated from their soup)

Heat 2-3 tablespoons of oil in a frying pan and add onions to it.

Fry the onions till they become golden brown and then add tomatoes to it along with some salt and green chillies.

Cook the tomatoes till they lose their water and then add the dals to it and mix well.

# Bellary Saaru

## Ingredients

1/2 cup toor dal

1 small cup coconut 3-4 green chillies

1/2 cup coriander seeds

1/2 bunch cilantro

3-4 teaspoon cumin seeds

pinch of asafoetida

1 onion

1 1/2 cup water

1/2 cup toor dal

3-4 tsp tamarind juice

salt to taste

curry leaves (optional).

## Method

Grind all to paste with water except onion.

Pressure cook toor dal(1/2 cup).

Make vaghar add curry leaves and turmeric, onion and fry (golden brown).

Add toor dal boil for five minutes and add tamarind juice.

Then add paste boil well for ten minutes.

# Moong Dal Rasam

## Ingredients

5-6 tsp. moong dal	hing
3-4 tsp. urad dal	6-7 tsp. shredded coconut
1 tsp. oil	little turmeric powder
1/4 tsp. black pepper	curry leaves
1/2 tsp. cumin seeds	1 ripe tomato
2 red chillies (or according to taste)	salt to taste
1/4 tsp. mustard seeds	

## Method

Pressure cook moong dal with some water, turmeric powder and little oil.

Add a tomato to this to cook with. In a little oil fry hing, urad dal, black pepper, cumin seeds, red chillies for a while until the dal turns little brown in color and add coconut at the end.

Grind these ingredients along with the cooked tomato.

To a vessel add little oil and mustard seeds.

After the seeds pop add the curry leaves.

Now add the cooked moong dal, the ground mixture, salt to taste and bring it to boil.

Mix them well. Serve this with rice.

It is always better to have little moong dal or else the rasam will become thick.

# Quick Daal

## Ingredients

2 tbsps of tur dal

2 tbsps of udad dal

2 tbsps of moong dal

2 tbsps of udad dal

2 pieces of garlic

1 tsp of cumin seeds (jeera)

a few curry leaves

salt for taste

1/4 tsp turmeric

1" ginger piece, cut into small pieces

1 green chilli, slit into two

2 tsps ghee

chopped coriander leaves

juice of one lemon

## Method

Pressure cook all the daal together. Remove and churn it using buttermilk churner.

In a hard bottomed pan, pour ghee, add cumin seeds, curry leaves, ginger, garlic and chilli pieces.

Add the cooked daal, salt and turmeric. Cook till the daal starts to boil.

Add water if the consistency is too thick.

Remove from flame and add chopped coriander leaves and lemon juice.

# Pulla Kura

## Ingredients

tuar daal 1/2 cup  
palak 1 bunch (250gm)  
tamrind pulp 2 tbsp or according to your taste  
turmeric powder a pinch  
oil 1 tea spoon  
red chillies 4-5 crushed  
mustards 1/2 tsp  
fenugreek seeds 1 tsp  
curry leaves 5  
hing 1/4 tsp  
salt to taste

## Method

Clean and wash palak leaves. Chop them.

Pressure cook tuar dal. Now heat oil in a pan. Add mustards and methi seeds.

Add red chillies curry leaves and turmeric. Add palak and mix well.

Saute for a minute. Pour tamrind water and salt. Allow to cook for 5 minutes.

Add some water while cooking. When palak is done add dal and mix well.

Add 1 cup of water and mix well and cook for 3 minutes.

Add hing powder and mix well. It goes very well with rice.

# Khatti Masala Daal

## Ingredients

tur daal - 1 cup

oil - 2 tblsp

onion - 1

ginger paste - 1/2 tsp

garlic paste - 1 tsp

tomato(diced or crushed) - 3 tblsp

tamarind - 6-8 pieces (not paste)

red chilli powder - 1 tsp

turmeric - 1/2 tsp

mustard seeds - 1 tsp

jeera seeds - 1 tsp

curry leaves

salt to taste

coriander leaves

## Method

Wash tur daal and boil it. Smash it.

In a kadai, put oil. Add curry leaves, mustard seeds and jeera seeds. Fry for a minute

Add onion and fry till slightly brown. Add ginger and garlic paste. Fry for a minute.

Then add the tomatoes (paste or diced). Cook it till the oil separates.

Add tamarind (not paste) in it. Add turmeric powder and red chilli powder.

Cook it for 4 to 5 mins. Add the smashed tur daal. Add water as per the thickness required.

Add salt to taste. Garnish with coriander leaves.

# Dal Spinach

## Ingredients

spinach - 3 cups chopped

moong dal - 4 tbsp

onion - 1 chopped

tomato - 1 chopped

green chilli - 1-2 chopped

salt to taste

sugar - 1 tbsp

oil - 2 tbsp

## Method

Wash the spinach and dal and put it in a vessel to boil with half a cup of water.

After 10-15 mins when both the ingredients are cooked, remove and wash them with cold water.

Squeeze out all the excess water and grind to a fine paste.

Heat oil in a pan and fry the onion, chilli and tomatoes.

Put in the salt and sugar. Stir. Add the spinach paste and mix well.

Cover and simmer for 5 minutes. Serve hot with chapatis or rice.

High in nutrition, low in fat.

# All-in-one Dal

## Ingredients

toor dal - 1/2 cup

moong dal - 1/2 cup

onions - 1 (chopped)

tomatoes - 1 (chopped)

green chillies - 2 (chopped)

ginger - about 1/2 sq.in (chopped)

garlic - 2 to 3 cloves (chopped)

peas - 1/4 cup

carrots - 1/2

(chopped)(can use the frozen peas and carrots available)

spinach - 1 cup (chopped)

salt to taste

turmeric - 1/4 tsp.

## Method

Boil both the dals with turmeric in a pressure cooker.

Boil or microwave separately the peas and carrots for a few minutes till they are cooked.

In a non-stick pan or kadai, saute the mustard seeds, cumin seeds and a dash of asafoetida.

Add in the onions, ginger, garlic and green chillies and fry for sometime.

Add tomatoes and fry for about a minute or two.

Add in the dals, spinach, peas and carrots.

Add some water if the mixture is too thick.

Add salt to taste and cook for about 4-5 minutes or till the spinach is soft and cooked.

(You can also boil the spinach along with the dals, so the cooking time will be less.).

# Yellow Dal

## Ingredients

tur dal - 1 cup

moong dal - 1/4 cup

tomatoes- 2 chopped

hing- to taste

salt- to taste

chilli powder - 1 tbsp

sambhar powder - 1 1/2 tbsps

ghee - 2 tbsps

cumin seeds - 1 tsp

turmeric powder - 1 tsp

## Method

Cook both the dals with turmeric powder in the pressure cooker.

Heat ghee in a pan, add cumin seeds and splutter.

Add chilli powder, hing, sambhar powder and tomatoes and mix well.

Saute till the ghee oozes out. Add salt and mix well.

Lastly add the cooked dals and boil for few minutes.

Garnish with coriander leaves.

# Spinach-n-yoghurt Daal

## Ingredients

spinach (palak) : 1 bunch  
(washed and chopped)  
yoghurt / curd (dahi) : 3 tbsp  
yellow gram (besan) flour : 3 tsps  
yellow gram (chana) daal : 1 tsps (optional)  
peanuts (raw) : 2 tsps (optional)  
salt, sugar

## For Seasoning

oil : 1 tbsp  
asafoetida : a pinch  
mustard : tsps  
cumin seeds : tsps  
turmeric : tsps  
dried red pepper : as per liking  
curry leaves (optional)

## Method

Soak the chana daal and peanuts in water (preferably hot) for 30 mins.

Pressure cook the spinach with enough water for 6-7 mins (1 whistle).

Meanwhile mix the besan flour in yoghurt to make a smooth paste.

Mash the cooked spinach (along with the water) to form a pulpy mixture.

Add the besan-yoghurt paste to this spinach.

Prepare the seasoning (tadka) with the mentioned ingredients and pour over the spinach.

Add salt, sugar and bring the spinach mixture to vigorous boils (2 to 3).

# Mixed Spicy Dal

## Ingredients

tuvar dal 50 gms  
channa dal 50gms.  
moong dal 50gms.  
masoor dal 50gms  
urad dal 50 gms  
turmeric pd. 1 tsp.  
salt

## For Tadka

onions 1 medium size finely chopped  
tej patta 1-2  
tomatoes 1 (optional)  
green coriander leaves finely chopped  
oil

## For Masala:

red dried chilli 10-11 fry in 1 tsp. of oil  
garlic 9-10 cloves

## Method

Soak all the dal together overnight

Boil it in pressure cooker by adding water, turmeric pd. & Salt for about 10-15 minutes in medium flame

Make paste of red dried chilli and garlic by adding little water in the blender

Once dal is done add the above mixture in it.

For tadka, heat oil, tej patta & onions and fry till brown

Now add tomato, green coriander and mix well with onion and add it to the dal.

Garnish with green coriander, serve hot with any vegetable in the main meal

# Daal with Palak and Capsicum

## Ingredients

2 cups of daal (a mixture of any daals is fine) - soaked for 1 hour  
1 cup of chopped palak  
1/2 cup finely chopped capsicum  
3 green chillies  
1 teaspoon garam masala  
mustard, jeera for seasoning  
1 large piece of raw mango  
salt to taste.  
2 teaspoons oil

## Method

Cook the daal and mango together till it is done (if u use a pressure cooker, wait for 2 whistles)

In a non stick pan, heat 2 teaspoons of oil. Add the mustard and jeera to the hot oil.

When they splutter, add the capsicum and stir fry for 5 minutes.

Add the garam masala and fry for 1 more minute. Add the daal to the pan.

Add salt. Sprinkle the palak over the daal and let it cook for another 10 min.

Serve hot with rice or rotis.

## Variations:

You can replace palak with methi or radish leaves.

You could also use sprouted moong or any sprouts instead of the daal

# Mixed Vegetable Moong Daal

## Ingredients

moong daal (about 1 full cup/coffee mug)      fresh chopped vegetables  
ginger (take some fresh ginger, peel the skin,      (cauliflower, carrots,  
and liquify in the blender to a paste-like      radish or turnip (mooli),  
consistency      butternut squash or acorn squash (pumpkin),  
the amount of ginger to be taken would      and sweet peas)  
depend on your taste      fresh lemon (1/2)  
don't take too much though)      canola oil or any cooking oil (1 tablespoon)  
fresh cilantro  
(green coriander leaves) 1/2 a bunch  
(cleaned, washed, and chopped into pieces)  
jeera (about 1 tbsp)  
green chillies (chopped) (around 3)  
turmeric powder (little, for color)

## Method

Dry roast the moong daal in a pan or a wok in low heat for a few minutes by stirring constantly.

Keep on stirring till a wonderful aroma comes out. Keep aside. In a separate pan heat quite a lot of water (depending on how liquidish you want your daal to be ).

The water should be very hot. Take a big, deep pan with a lid. A stock pot would be fine.

Pour the oil in it and set at medium-high. After the oil is heated, put the ginger paste, jeera, and green chillies in it. Stir constantly and saute at medium to medium-low heat.

After a few minutes, add the veggies and the daal, and the haldi. Then add the hot water. Then add the salt and the chopped cilantro. Cover the pan and maintain the heat at medium-high. Keep covered with the pan lid throughout to retain the aroma of the fresh vegetables and the cilantro. After about 35 minutes, check and see if the daal is boiled and close to being soft and mashy. The vegetables would also be done by then.

If not, add some more hot water. Adjust the salt amount if you add water. The whole thing should be done in another 15 minutes.

Finally, add the fresh lemon juice and then serve with hot basmati rice.

# Dal With Raw Mango

## Ingredients

tur dal 1 cup  
mango-1 (if sour mango 1/2)  
salt to taste  
pinch of turmeric  
green mirchi 1 or 2

## For Seasoning:

ghee 1 tbs  
mustard seeds 1/2 tsp  
cumin seeds 1/2 tsp  
a pinch of hing  
lal mirch powder 1/4 tsp  
coriander leaves for decoration

## Method

Wash dal and boil until it will cook.

In a pan boil some water and add mango pieces, turmaric, lal mirch and salt.

Cook until mango become soft.

Now add cooked dal to this and boil if require add little more water.

In other pan heat ghee add mustard, cumin seeds, lal mirch powder and hing.

Add this seasoning to dal and decorate the dal with some coriander leaves.

# Green Gram Dal

## Ingredients

onion - 1 small onion  
green gram - 1/2 cup (do not use cut gram)  
dhania powder - 1/2 tsp  
chilli powder - 1/4 tsp  
ginger - small piece  
garlic to taste (optional)  
salt to taste (3/4 tsp)  
coriander leaves

## Method

Cook the green gram well.

Chop the 3/4th of onion and chop into small pieces.

Grind the remaining piece of onion with dhania powder, salt, ginger, garlic into paste (use little water).

Fry cut onions in 2 tsp of oil (vegetable).

Add the paste when the onion turns brown.

Stir for a while.

Add the cooked daal and cook till they mix well.

Garnish the daal with dhania or coriander leaves.

This can be served with chapathi.

# Sukhi Urad Dal

## Ingredients

split urad dal : 2 cups  
grated ginger : 2 tsp.  
green chillies : 3, chopped  
coriander powder : 1/2 tsp.  
turmeric powder : 1/2 tsp.  
asafoetida : less than a pinch  
cumin seeds : 1 tsp.  
vegetable oil : 2 tsp.

## Method

Soak urad dal for about 2 hours.

Microwave the dal for about 9 minutes by covering the dish with a plate.

Meanwhile, heat oil in a pan and splutter cumin seeds in it.

Next add asafoetida, coriander and turmeric powder.

Stir for about 1 minute.

Add ginger and chillies and the microwaved dal.

Stir for 5 minutes and your dal is done.

## Note:

If you do not have a microwave , you can also pressure cook the dal with very less water.

You can also use chilke wali urad for this dish, however the chilka has to be removed by boiling the dal before making the dish.

# Chane Vadia Daal

## Ingredients

1 cup chana daal  
6 vadia,  
broken 4 cups  
water 1/2 tsp.  
cumin 2 tsp.  
oil 1/2 tsp.  
turmeric 1/2 tsp.  
garam masala salt & chili powder according to taste

## Method

Clean and wash daal.

In a pressure cooker fry vadia with one tablespoon oil for 2 minutes.

Add daal, water, turmeric, salt and chili powder.

Close cooker and cook on high for another 10 minutes.

In a small pan, fry cumin with ghee.

Mix garam masala and pour it on daal.

# Coconut Moong Dal

## Ingredients

moong dal 1/2 cup  
coconut freshly grated 1 cup  
red chilly powder 1 tsp  
turmeric powder 1/2 tsp  
garlic cloves 5-6 nos.  
curry leaves  
mustard seeds.  
red chilly 2 nos.

## Method

Take the moong dal & roast it dry without any oil till it is pink in colour.

Then cook the dal till it becomes soft & can be smashed.

Meanwhile grind the coconut, garlic, red chilly powder & turmeric powder together.

After the dal is cooked, remove it from flame & add the grinded mixture to it with salt & keep it aside.

Take a pan add on some oil & then to it the mustard seeds.

Once it starts spluttering add the 2 red chillies & curry leaves to it & then the dal mixture.

Let the dal become little hot but do not boil it.

Serve it with hot rice & papad.

# Tuvar Dal With Palak

## Ingredients

1 cup tuvar dal (yellow lentils)  
3-4 bunch spinach  
1-cup tomato (sliced)  
1/4 tsp. turmeric  
3-4 flakes garlic  
1 small onion (sliced)  
10-15 curry leaves (optional)

1 bunch coriander  
pinch asafoetida  
1-2 tsp. red chilli powder  
1 spoon ghee  
5-6 fenugreek  
1 tbsp. coriander seeds  
2-3 dry red chilli

## Method

In a pressure cooker add water, lentils, spinach, fenugreek, garlic, a little of the coriander, one whole tomato, one onion sliced, asafoetida and close the cooker.

Cook until the dal is soft (about 5-8 minutes)

Mash this cooked mixture lightly. Add salt and chilli powder, cook on a low flame.

Add turmeric and half of the curry leaves.

In a saucepan, heat a little oil, add the remaining garlic and curry leaves, add dry red chillies and coriander seeds.

When the oil is hot and sputtering add it to the dal.

Allow to stand for a few minutes.

# Apple Sambar

## Ingredients

2 apples (sour)  
tamarind juice extracted from lemon sized ball  
sambar powder (mtr) 4 spoons  
asafoetida  
1 onion cut into slices  
1 green chilli  
1 cup cooked toor dhal

## Method

Peel off the apples and cut into small cubes.  
Soak the apples in lemon juice for 30 mins.  
With 2 spoons of oil in tava, add mustard, cummins.  
Fry onions till they turn brown. Add green chillies.  
Add tamarind juice, sambar powder, boil this mixture for 5 mins.  
Add the apple cubes and continue boiling for another 5 mins  
Added the cooked dhal and continue boiling for another 5 mins.  
Add salt, coriander leaves and put the stove in sim for 10 mins.

# Asparagus Daal

## Ingredients

1 cup toor daal  
6-8 sprigs of fresh asparagus sticks  
1/2 tsp mustard seeds  
1/2 tsp jeera  
1/4 tsp hing (asafoetida)  
2-3 medium sized green chillies  
coriander leaves chopped  
a few curry leaves  
a pinch of garam masala (optional)  
4-5 tbsp of oil/ghee  
salt to taste

## Method

Pressure cook the toor daal.

Chop the asparagus sticks into 2 inch tall pieces.

Heat oil/ghee in pot, add mustard seeds, when they splutter, add jeera, hing and the curry leaves.

Then add the green chillies. Fry for a bit.

Add the asparagus sticks and fry for a while.

Then cover with lid and cook on slow fire for a while.

When asparagus is tender (it should not become too mushy), add haldi, the cooked toor dal and salt to taste.

Add a pinch of garam masala if you like.

Add water to make it as thick or thin as you like. Ideally, the consistency should be medium.

Boil the daal and then add chopped coriander leaves.

Serve hot with rice or chapatis.

# Cabbage With Dhal

## Ingredients

1 lb finely chopped cabbage  
1/2 cup toor dhal or moong dhal  
1/2 tsp mustard seeds  
1/2 tsp cumin seeds,  
1 clove of garlic  
2 tbsp oil  
salt to taste.

## Method

Soak dhal for 1 hour.

Afterwards boil it in 1 1/2 cups of water until very soft and keep it aside. (Do not pressure cook the dhal).

Add mustard, cumin seeds and garlic paste to oil, splutter.

Add finely chopped cabbage and mix it well.

Close the vessel and allow it boil for 6 to 8 minutes on a medium flame and keep stirring occasionally.

When cabbage turns soft, add dhal, salt and mix well.

Add some more water and allow it boil for another 7 to 8 minutes with vessel closed.

Cabbage with dhal is ready to serve.

This goes very well with chapati

# Masoor Dal With Palak

## Ingredients

masoor dal - 1 cup  
palak - 1.5 cups finely chopped  
onion one piece - chopped finely  
red chilli - as per taste  
turmeric - a pinch  
dhania powder - 1 tsp  
ginger/garlic paste - 1 tsp  
coriander - few leaves  
ghee - 1/2 tsp  
salt - to taste  
oil - 1 tbsp

## Method

Wash palak (spinach) thoroughly, chop and keep aside.

Heat oil in a pressure cooker.

Add chopped onions and coriander leaves and fry the onions till they are pale brown in colour.

Add ginger/garlic paste, dhania powder, red chilly powder, turmeric and salt. Stir till ginger /garlic smell goes away and oil leaves the side of the pan.

Add masoor dal and palak.

Add 1/2 tsp of pure ghee.

Close the pressure cooker and cook till dal is done.

Serve hot with plain rice, papad and fried "dahi - mirchi".