

Yellow Dal Fry

INGREDIENTS

1 cup toor dal or arhar dal

2-1/2 cups water

1 tsp salt

1/4 tsp turmeric

For Seasoning:

3 tbsp clarified butter or ghee

1 cup tomatoes chopped (3 medium size tomatoes)

1/2 tsp cumin seeds (jeera)

1/2 tsp mustard seeds (rai)

2 whole dry red chilli

2 bay leaf

1 tbsp green chilli finely chopped adjust to taste

2 tsp ginger finely shredded

2 tbsp cilantro finely chopped (hara dhania)

1/2 tsp red pepper adjust to taste

1/2 tsp salt

1 tsp sugar

1/2 tsp mango powder (amchur)

1/4 tsp garam masala

METHOD

1. Wash and soak toor dal in approx. 3 cups of water and leave it for at least one hour. Dal will be double in volume after soaking. Drain the water.
2. Put dal with 2-1/2 cups of water into a pressure cooker and add salt and turmeric powder. Cook on high flame.
3. When the pressure cooker starts to steam, turn the flame down to medium and cook for another five minutes.
4. Turn off the flame and wait until all the steam has escaped before opening the pressure cooker. Dal should be soft. If needed add more water, dal should be like consistency of thick soup.

Seasoning:

1. Heat the ghee in a saucepan. Add cumin seeds, mustard seeds, and the whole red chilli. After the seeds crack, add bay leaves, green chilli, ginger, and chilli powder. Stir for a few seconds.
 2. Add tomatoes, salt and sugar stir and cook until tomatoes are tender and mushy.
 3. Add cilantro, mango powder, and garam masala cook for about one minute.
 4. Pour the seasoning over dal mix it well and cook for another minute.
 5. Dal fry is ready, serve this with Indian flat bread or plain rice.
-
-
-