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Rajasthani Daal (Lentils Stew)



Ingredients

Split whole green lentils - 3/4 cup
Yellow lentils - 2 tbsp
Bengal gram - 2 tbsp
Turmeric - 3/4 tsp
Lemon juice - 1 tbsp
Fresh coriander - 1/4 cup
*Tempering
Chopped tomato - 1 cup
Chopped ginger - 1.5 tbsp
Green chili - 1 tbsp
Chili powder - 1/2 tsp
Coriander powder - 1 tsp
Cumin seeds - 1 tsp
Asafoetida (Hing) - 1/2 tsp
Whole red chilies - 2
Salt - 1 tsp

Preparation

1. Wash and soak all the 3 cups of lentils in 2 cup water for 15 minutes.
2. Add the soaked lentils along with the water and pressure cook for 1 whistle (or till cooked) on medium flame (don't over cook it)
3. Heat ghee in a pan, add cumin seeds, asafoetida and whole red chilies.
4. Now add chopped green chilies,ginger and tomatoes,then add salt and cook till tomato become soft and mushy.
5. Now add turmeric, coriander powder and chili powder, mix and cook for few minutes.
6. Add this tempering in the boiled daal and add approx 1 1/2 cup of hot water,mix cover and cook on low flame for 5 minutes.
7. Add lemon juice and fresh coriander.
8. Before serving, heat 2 tsp ghee in a small pan add 1/3 tsp of cumin seeds ,when become golden in colour, remove from the flame.
9. Then add kashmiri chili powder and pour over the hot daal.

10 Serve hot with khoba roti (Rajasthani bread), salad and pickle.

11 KHOOBA or KHOBA ROTI

12 Whole wheat flour - 3 cup

13 Melted ghee or oil -6 tsp

14 Salt - 1 tsp

15 Take wheat flour in a big bowl,add salt and melted ghee,rub and mix well.

16 Now add water and make a medium soft dough, cover and rest for 10 minutes.

17 Take a small ball from the dough and dust with dry flour.

18 Make a medium thick chapati with a rolling pin.

19 Place this on a medium hot griddle and cook slightly from one side till colour changes slightly (kacha pakka)

20 Now remove the roti (flat bread) from the griddle and take it on a plate.

21 Pinch the roti all over in a circle using your thumb and finger, as shown in the picture to make indentations.

22 Now again place it on the griddle and cook from both the sides on medium heat.

23 Now remove from the griddle and cook directly on open flame on low heat.

24 Cook till golden spot appears on both the sides.

25 Generously smear with ghee all over.

26 Serve Rajasthani daal with khooba or khoba roti, salad and pickle.

Cooks Note

Tempering - "Chaunk" or "Tadka" in Hindi: refers to the frying of Indian spices to release their aroma (in India).

Mildly spiced mix lentils with a special Indian flatbread - speciality of Rajasthan (India)

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