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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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