



Dal Makhni

SERVES: 4-6

PREPARATION TIME: 20 MIN.

COOKING TIME: 40 MIN.

INGREDIENTS:

1. Black Urad Dal—1 cup
2. Red Kidney beans—1/8 cup
3. Tomatoes—2 medium size
4. Ginger—1 tbs.grated
5. oil—1 tbs.(canola or Vegetable oil)
6. Ghee(clarified butter)—1 tbs.(optional)
7. Half &half cream—1/4cup (optional)
8. Cumin seeds—1tsp.
9. Asofetada(hing)—1 pinch
10. Corriander powder—1tsp.
11. Turmeric—1/2 tsp.
12. Red chilli powder-1/4 tsp.
13. Garam Masala—1 tsp.
14. Bay leaves—2
15. Amchoor (dry mango powder)—1tsp.
16. Salt—According to the taste
17. Water—6 cups
18. Pressure cooker—Better to have Indian cooker
19. Kastoori Methi—1tbs.

METHOD OF COOKING:

1. Mix Urad dal and Red kidney beans together and wash it nicely.Keep it to soak for at least 4 to 6 hours.
2. Take pressure cooker and put soaked dal in it with water.Now put cut tomatoes,grated ginger,all the spices (corriander powder,turmeric,bay leaves,red chilli powder(optional),garam masala,salt).Close the cooker and put it on the gas stove.
3. Let it cook for at least till pressure cooker releases pressure at least 4 to 5 times.Turn the stove off and wait for all the steam to evaporates on it's own.
4. Open the lid and check if the dal is cooked.All the ingerdients should cooked well.
5. Let the dal boil for some more time on slow heat,add kastoori methi leaves now.
6. You can put half&half now and let it cook on very slow heat.(optional)
7. Get the seasoning ready by taking a small pan,heat it on gas stove.Put oil or ghee in it and put cumin seeds,hing once oil is hot.Cumin seeds should start cracking right away.Mix this seasoning in the dal.
8. Dal is ready now which can be served with rice or naan or chapati.

TIPS:

1. In case dal is not soaked,no worries. You still can cook and follow the recipe.
2. If you are vegan,avoid ghee and half&half.
3. It will be nice if you have Indian style pressure cooker.It is easier to follow the cooking time by counting it's pressure release.
4. You can keep the pressure cooker on the very slow heat because it taste better when it cooks more and more.