



LAUKI CHANA DAL-(Vegan recipe)All plant based

SERVES: 4

PREPARATION TIME: 10 MIN.

COOKING TIME: 20 MIN.

INGREDIENTS:

1. Lauki-One medium size(Light green colored,fresh looking)
2. Chana dal-1/2 cup
3. Oil-1 tbsp- (your choice)
4. Cumin Seeds-1tsp.
5. Asofetada or Hing-1 pinch
6. Grated Ginger-1 tsp.
7. Bay leaf-2
8. Whole red chilli-1 Or 2
9. Turmeric-1tsp
10. Corriander powder-1tsp
11. Dry Mango powder-1tsp
12. Whole black cardmom-2
13. Salt-according to your taste
14. Finally chopped Green Corriander—2 tsp for garnishing
15. Ghee-2 tsp.(optional)
16. Water-3 cups(can be adjusted to your choice)
17. Lime juice-1/2tsp
18. Medium size Pressure Cooker
19. Ghee-1 1/2 tsp(Your choice)

METHOD OF COOKING:

1. Wash Chana dal nicely and keep it aside.
2. PeelLauki first and cut into fine pieces and then wash.
3. Put Pressure Cooker on gas stove and put oil in it.
4. Once oil is hot(not very hot) put cumin seeds and hing to crack.
5. Now we can put grated ginger,Bayleaves,BlackCardamom,whole red chilli and stir with cooking spoon for few seconds.
6. Keep the heat medium high this time.
7. It's time to put Luaki and Chanadal, stir them and put all the spices such as turmeric,corianderpowder,dry mango powder and mix them well with help of a cooking spoon.Pour water and add salt now.Mix them well and now put the lid on to close the cooker.
8. If you are using Indian style pressure cooker then it will let the pressure out 3-4 times on medium high heat.Or in case you are using American brand which does not let the pressure out on timely manner.let it cook for 10-12 min.
9. Now just wait for steam to disappear patiently and then open the lid. With help of spoon check if Lauki and Chana dal is cooked well. You can let it cook little more without putting the lid so everything gets mixed very well .
10. You put lime juice, ghee (your choice) and garnish with fresh and green coriander leaves.
11. Serve with Indian style roti(chapatti) or any kind of rice and enjoy in cold wintry days.

TIPS:

1. Wash and soak Chana dal first so it will be tender while cooking.
2. Try to find fresh lauki in fresh farm stores or any neighbourhood Indian grocery store.
3. you can make variation in consistency-thicker,less thicker or watery,depends how are you going to use it. Withrice,less thicker will be good Or if you are using it just as soup,keep it watery. Withroti,thick version should be preffered.
4. Beforestarting,keep all the ingerdients ready.

5. You can start from medium high heat and once lid is open,let it cook on slow heat for about 5 min.
6. You do not want to use ghee if you are vegan.