



Tarka Dal recipe

Ingredients:

- 1 cup toor dal 200 grams
- ½ cup chana dal
- 2 teaspoon turmeric powder
- 1.5 teaspoon salt divided, adjust to taste
- 3.5 cups water divided
- 4 large garlic cloves divided
- 1-inch ginger
- 1 green chilli
- 1.5 tablespoons ghee 22 ml, also known as clarified butter or use oil
- 1 teaspoon cumin seeds
- 1 tablespoon coriander seeds crushed in a mortar pestle
- 2 cloves
- 1 medium red onion 150 grams, chopped
- 2 medium tomatoes chopped
- 1 tablespoon coriander powder
- 1 teaspoon garam masala
- 1 teaspoon kashmiri red chili powder
- 1 teaspoon red chili powder or adjust to taste
- 1 teaspoon kasuri methi crushed, dried fenugreek leaves

Tempering/ Tadka

- 2 teaspoons ghee 10 ml
- 2 large garlic cloves chopped
- 1 tsp of cumin seeds
- 1/4 teaspoon hing also known as asafoetida
- 2 dried red chillies
- 1/4 teaspoon Kashmiri red chilli powder optional

Preparation:

1. To a pressure cooker add toor dal along with 1/2 tsp turmeric, 1 teaspoon salt and 3 cups water.
2. Pressure cook for 4 whistles on high heat then lower the heat and let it cook for 3 to 4 minutes. Let the pressure release naturally. If using an Instant Pot, cook on high pressure for 8 minutes with natural pressure release. Set it aside.
3. In a heavy bottom pan, heat 2 tsp of ghee on medium heat. Once hot, add 1 tsp cumin seeds, crushed coriander seeds and 2 cloves. Saute for few seconds until fragrant.
4. Then add onions, cook for around 3 to 4 minutes until they are soft and start changing colour.
5. Add the crushed 4 crushed garlic and 1-inch crushed ginger and half a tsp of green chilli. Cook for 1 to 2 minutes until the raw smell goes away.
6. Add the 2 chopped tomatoes along with 1/2 teaspoon salt and mix. Cover and cook for 7 to 8 minutes until tomatoes are very soft and cooked.
7. Then add the 1 tbsp coriander powder, 1 tsp garam masala, 1 tsp Kashmiri red chilli powder, 1 tsp red chilli powder, 1 tsp turmeric powder and 1 tsp Kasuri methi. Stir the spices with the masala for few 30 seconds.
8. Add the boiled dal to the pan and mix.
9. Added 1/2 cup water here if dal looks thick
10. Let it simmer for 5 to 10 minutes- then turn the gas off
11. Add coriander leaves to the dal and keep to the side
12. For the tempering/tadka, heat 2 teaspoons ghee in a small pan. Once the ghee is hot, add 2 chopped garlic cloves. Also add 1/4 tsp hing, 1 tsp cumin seeds and dried red chillies.
13. Cook for one minute until the garlic starts changing colour. Add 1/4 tsp Kashmiri red chilli powder remove the pan from heat.
14. Pour tempering over the dal and mix.

