

Recipe

South Indian Toor Dal Khichari

By

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Ingredients

- ½ C toor dal
- 1 C rice
- 1 walnut sized ball of dried tamarind pulp soaked in 1 Cup of hot water for 15-20 minutes
- 2 Tbsp ghee/oil
- 1 Tsp black mustard seeds
- 1 Tsp cumin seeds
- ¼ Tsp fenugreek seeds

- 1 dry red chili
- 1 green chili chopped
- 8-9 fresh curry leaves
- ½ Tsp yellow asafetida powder
- 1 C peeled and cubed potatoes
- 1 C green beans
- 1 C carrot cubed
- 1 c pumpkin, peeled and cubed
- 1 Tsp turmeric powder
- 2 Tsp sambar powder (look under Spice Blends section or use a store bought one)
- 5-7 C water
- 2 Tsp salt
- 2 Tbsp chopped fresh coriander leaves

Preparation

1. Wash and drain the rice and dal.
2. Squeeze to extract the tamarind puree. Keep aside.
3. Heat ghee/oil in a heavy saucepan; add mustard seeds, as the seeds splutter, add cumin seeds and when they darkens a little, add fenugreek, chilies, curry leaves and asafetida.
4. Add the vegetables, turmeric and sambar powder. Stir fry for 2-3 minutes. Add the rice and dal. Pour the tamarind extract, 7 Cups of water and salt. Bring it to a boil, then reduce the heat, cover partially, stirring occasionally cook until the vegetables, rice and dal are soft. (Alternately you may pressure cook with 5 Cups of water)
5. Add the coriander leaves. If the Khichari dries up, you may add some more warm water according to the consistency needed.
6. Serve hot with yogurt/papad.

Serves

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