

Toor Dall

Ingredients (18 in total)

Serves 4

Cooking time approx 35 minutes

Main	Spices	Vaghar
1.5 Litres water	1 Tsp Dhana Jeeru mix	1 Tbsp Veg Oil
200g Toor Oily Dall	½ Tsp Tumeric	4 x 1cm wide by 1 inch long cinnamon bark
3 Tbsp Tomato Puree	½ Tsp Garam Masala (during cooking)	5 Cloves
1 Tsp Salt	½ Tsp Garam Masala (when ready to serve)	3 Green Cardamon Pods
1.5 Tsp Fresh finely grated ginger		1.5 Tsp Mustard Seeds
3 Tsp Lemon Juice		¾ Tsp Hing
3 Tsp Brown Sugar		
2 Tbsp Fresh Coriander (use half when cooking, other half when ready to serve)		

Special Utensils: Medium/Large Pan with lid, grater with fine teeth, hand blender, small pan

Method

1. Wash Toor Dall in a sieve and add to a medium-large pan (that has a lid). Add water and bring to the boil on high heat. Once bubbling, reduce the heat to medium, cover the pan leaving a small vent (so it does not overflow due to pressure) and simmer for about 20 minutes, stir occasionally
2. Once the Dall is transparent and doubled in size, lower the heat to the lowest setting.
3. Add the tomato puree and blend with the hand blender. Add the spices (note, only ½ Tsp of Garam Masala at this stage), ginger, lemon juice, salt, sugar, coriander (only half of the amount at this stage) and stir well until all ingredients thoroughly mixed (The colour will change to a shade of orange).
4. Heat the oil in the small pan, add the cloves, cinnamon bark, cardamom pods. When they start to fry (do not burn them), add the mustard seeds (wait until they start to "pop") and then add the Hing. Immediately after, pour the contents of the pan into the pan with the Dall. Stir the Dall and also wash out the small pan with some Dall to ensure you've got all the flavour.
5. Add the remaining Garam Masala and fresh coriander and serve

The flavour should resemble a tangy, slightly sweet and savoury taste.

Serve with boiled basmati rice or over pasta.

Also serve with side dishes such as Cucumber Raitu or Aubergine & Potato