

Taste Of India

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Recipe - Dal Bati



About the Recipe

Food Labels

- Vegetarian
- Entree
- Quick and easy

Serves - 4

Preparation Time - 20 Minutes

Cooking Time - 30 Minutes

Total time - 50 Minutes

Ingredients and their quantities

For Bati (Indian bread in the size of a tennis ball)

- 1 Cup of whole wheat flour (Indian name : Atta)
- $\frac{1}{4}$ Cup of semolina (Indian name : Sooji)
- 2 tablespoon of chickpea flour (Indian name: besan)
- $\frac{1}{4}$ teaspoon of carom seeds (Indian name: ajwain)
- $\frac{1}{4}$ teaspoon of fennel powder (Indian name: saunf)
- $\frac{1}{8}$ teaspoon of red chilli powder
- $\frac{1}{2}$ teaspoon of salt
- Pinch of baking soda
- $\frac{1}{3}$ cup of melted clarified butter (Indian name: ghee)
- $\frac{1}{4}$ cup and 1 tablespoon milk to form the stuff dough
- Clarified butter to brush on top of the baked Bati (Indian bread)

For the Panchmel Dal (curry eaten with the bread)

- 1 cup mixed dal should include different types of pulses which include {*equal amount of split pigeon peas (Indian name :toor chana), green gram (Indian name :green moong), black gram split (Indian name :urad chilka), and black gram skinned (Indian name :urad dhuli) }* (if we do not get few of the pulses we can exclude them and substitute them with chickpeas)}
- 4 cups of water
- $\frac{1}{4}$ teaspoon of turmeric powder

- 1 teaspoon of salt

For the tampering of the dal (curry)

- 1 teaspoon of vegetable oil
- 1 teaspoon of clarified butter (Indian name: ghee)
- $\frac{1}{2}$ teaspoon of mustard seeds
- $\frac{1}{2}$ teaspoon of cumin seeds
- $\frac{1}{2}$ teaspoon of finely chopped garlic
- $\frac{1}{2}$ teaspoon of finely chopped ginger
- 1 finely chopped chilli (quantity can be changed according to the spice level)
- 1 medium-sized red onion (finely chopped)
- 2-3 medium-sized tomatoes (finely chopped)
- Cilantro 1 stalk
- 1 teaspoon of coriander powder
- $\frac{3}{4}$ teaspoon of cumin powder
- $\frac{1}{4}$ teaspoon of garam masala (a mixture of ground spices also called five spice powder)
- Salt ot taste
- Green cardamom powder to sprinkle on the top for taste

To serve

- $\frac{1}{4}$ cup of clarified butter (Indian name: ghee)

Step-by-step instructions

To make Bati (Indian bread)

- Preheat the oven to 375 degrees F. Line a baking tray and set it aside with parchment paper.
- Add the dry ingredients atta (whole wheat flour), sooji (semolina), besan (chickpea flour), ajwain (carom seeds), fennel powder, red chilli powder, salt and pinch of baking soda to the bowl. Mix all the ingredients using a spatula until they are all well combined.
- Add 1/3 cup of melted ghee (clarified butter) to the mixture of dry ingredients.
- Mix ghee (clarified butter) with the mixture of the dry ingredients, knead the dough rubbing with your fingertips until it appears like crumbs.



- Now add a little milk according to requirement to make a stiff dough and set the dough aside for 10-15 minutes.
- After the dough has rested, split the dough into 8 equal parts. Create a ball with each dough ball, press it and then make a dent in the middle.



- Place all the bati (dough balls) on a baking sheet and make sure to place them in certain distance from each other and use a pastry brush to brush the ghee (clarified butter).

- Bake at 375 degrees F for 15-18 minutes or until the bottom surface becomes light golden brown. Then remove the oven, flip the entire bati (dough balls) and bake for 15-18 minutes on the other side until cooked.

To make the dal (pulses curry)

- To make the dal, first add all the pulses in a bowl and add enough water to soak for around 3-4 hours.
- When it has been soaked, drain the water and add the pulses to the pressure cooker. Add 4 cups of water, salt and turmeric powder and combine well.
- Pressure cook at high for 2 whistles and then lower the heat and cook for 10-15 minutes till dals are completely softened. Set aside.



- Now heat oil and ghee (clarified butter) in a pan on medium flame. When heated, add the mustard seeds and cumin seeds and let them crackle.
- Add the finely chopped garlic, ginger and green chilli and sauté for a few seconds or before they turn golden brown.
- Then add the finely chopped onion and simmer until the raw smell goes away and they become translucent.



- Now add the tomatoes to cook for 2-3 minutes.
- Add coriander powder, cumin powder, five spice powder (garam masala) and salt to taste. Cook the spices for about 1 minute.
- Now add the cooked pulses (dal) to the pan and mix. At this point, change the consistency of the dal, add water to make it thinner.



- Let the dal simmer for 5 minutes, then add the fresh cilantro.
- Sprinkle with cardamom powder and garam masala powder and serve immediately with bati (Indian bread) and ghee (clarified butter).
- Always top off with a lot of clarified butter to enhance and bring out the flavor of the curry and the spices.

Serve

- To eat crush the bati (Indian bread) a little in a plate, top it with lots of dal (pulse curry) and clarified butter (ghee).
- We can also include sides like sliced lemon, onion and green chilli to go with the dish
- We can add extra crisp to the dish by adding a papad (thin, crisp and round flat bread famous in India)

Equipment

- 1 Spatula
- 1 Pressure Cooker
- 1 Knife
- 1 Chopping board
- 1 Vegetable peeler
- 3 Medium-sized Bowl
- 1 Pan
- Oven
- Measuring Cups (according to requirement)
- Tablespoons (according to requirement)
- Teaspoons (according to requirement)

Nutrition Labels of the dish

<u>Calories</u>	618kcal
<u>Sugars</u>	5g
<u>Carbohydrates</u>	68g
<u>Calcium</u>	81mg
<u>Protein</u>	20g
<u>Iron</u>	6mg

<u>Saturated Fats</u>	18g
<u>Fiber</u>	20g
<u>Vitamin A</u>	575IU
<u>Vitamin C</u>	14.5mg
<u>Sodium</u>	942mg
<u>Fat</u>	31g

India, when you hear what's going on in your brain? Is it the diversity of races, the variety of dances and songs, or is it the lifestyle of tasty dishes made from the land of rich spices. Being an Indian is something I'm very proud of, and being able to share my cultures with others is one of the greatest feelings I've ever had. I just love and adore the dishes made in my country and society and living here my whole life I still can't say that I have gotten to try all the best dishes cooked in this country because they're just a way to many of them for me to name and some of them I might not even be aware of.

India is known to be the 'Land of rich spices' and spices in India is one of the most commonly used food items and a variety of alternatives are added according to the taste of the consumer as well as the most common spices in a specific region of the country. Spices is not only known for the flavoring of food items but also, for its healing properties like in my family from the time of my ancestors if we had fallen down and gotten a bruise or cut we have always used turmeric to cure it as it is Anti-Inflammatory and heals wounds quickly.

I have chosen the recipe of Dal bati which is a dish made of pulses and bati (Indian bread :hard wheat rolls) to show the culture and traditions it brings with it. This dish has originated from

North India in a state called Rajastan and it has been in tradition for thousands of years back from the time of the kings who considered it as a royal dish cooked during royal occasions in the kingdom .

Rajasthan is a state in India which is also known as ‘Land of the rajputs’ also known as ‘Land of the kings/rulers’. A vibrant mixture of beautiful palaces, vast forts, tasty cuisines, varied cultures and warm inhabitants, Rajasthan can be confidently referred to as 'India's glory.' Almost every town in Rajasthan has a particular colour code. Jaipur is Pink, Jodhpur is Blue, Jhalawar is Purple, Udaipur is White. The Thar Desert or the Great Indian Desert which comes under one of the greatest world heritage sites is India's largest and the 18th largest desert in the world. More than 60 percent of the desert is in Rajasthan. There are various events which portray the culture of the authentic North India such as camel milking, camel competitions, fur cutting style, camel acrobatics, best breed competition, camel beauty pageants, etc. and India’s greatest pride like that of folk dancing, poetry, food and shopping are all big attractions.

The dish of Dal Bati has been introduced in my family by my grandfather who had pursued his studies in Rajasthan and enjoyed this dish the most while his stay there. His main reason for introducing it to the family was because my family is South Indian and we have never explored much of North Indian food .So, he wanted us to know the culture and explore these dishes, be open to trying new things and finally makes us aware about the great history which comes with this dish which he learnt from the locals when he was living there. We still cook this dish in our family on his birthday in his memory and it has become a family tradition to do so.

References

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