

Recipe Details

Dal Tadka is a North Indian dal (lentil) recipe made from Toor Dal & gets its distinct taste from a flavorful & aromatic tempering of ghee, cumin seeds, heeng (asafoetida) & red chillies.

Ingredients

For the Dal

- 1 Cup Toor Dal (Arhar Dal / Split Pigeon Peas)
- 1 Medium Sized Onion
- 2 Medium Sized Tomatoes
- 1-2 Green Chillies
- 1 Inch Piece of Ginger
- 1 Teaspoon Rai (Black Mustard Seeds)
- 1 Teaspoon Turmeric Powder (Haldi)
- 1/2 Teaspoon Red Chilli Powder
- 1 Teaspoon Salt, or to taste
- 1/2 Teaspoon Garam Masala
- 1.5 Tablespoons Ghee or Oil
- 1/4 Cup Coriander Leaves (Cilantro or Dhaniya)

For the Tempering

- 1 Teaspoon Cumin Seeds (Jeera)
- 5-6 Garlic Cloves
- 2 Whole Dried Red Chillies
- 1/4 Teaspoon Heeng (Asafoetida)
- 1/2 Teaspoon Red Chilli Powder
- 2 Teaspoons Ghee or Oil

Instructions

Dal Tadka Recipe Step By Step Instructions 1

Wash the toor dal 3-4 times and soak them in warm water for 15-20 minutes.

1 Cup Toor Dal (Arhar Dal / Split Pigeon Peas)

Dal Tadka Recipe Step By Step Instructions 2

Drain the water and add the dal to a pressure cooker. Also add 3 cups of water.

Dal Tadka Recipe Step By Step Instructions 3

Add salt and turmeric powder to the dal and stir to mix. Close the lid of the pressure cooker and cook till you get 1 whistle. Then let the steam come out before opening the cooker.

1 Teaspoon Salt, or to taste, 1 Teaspoon Turmeric Powder (Haldi)

Dal Tadka Recipe Step By Step Instructions 4

Add some ghee in a pan. You can also use vegetable oil or butter instead of ghee.

1.5 Tablespoons Ghee or Oil

Dal Tadka Recipe Step By Step Instructions 5

Add black mustard seeds (rai) when the ghee becomes hot. Fry till the rai starts to splutter.

1 Teaspoon Rai (Black Mustard Seeds)

Dal Tadka Recipe Step By Step Instructions 6

Add chopped onions to the pan along with finely chopped ginger and green chillies.

1 Medium Sized Onion, 1 Inch Piece of Ginger, 1-2 Green Chillies

Dal Tadka Recipe Step By Step Instructions 7

Fry till the onions turn golden brown and start leaving fat.

Dal Tadka Recipe Step By Step Instructions 8

Now add pureed or chopped tomatoes. Fry till the tomatoes are cooked.

2 Medium Sized Tomatoes

Dal Tadka Recipe Step By Step Instructions 9

Add red chilli powder and garam masala to the gravy.

1/2 Teaspoon Red Chilli Powder, 1/2 Teaspoon Garam Masala

Dal Tadka Recipe Step By Step Instructions 10

Cook for 2 minutes or till the gravy is nicely roasted.

Dal Tadka Recipe Step By Step Instructions 11

Add the cooked dal to the prepared onion tomato masala, and mix well.

Dal Tadka Recipe Step By Step Instructions 12

Also add some chopped coriander leaves on the top.

1/4 Cup Coriander Leaves (Cilantro or Dhaniya)

Dal Tadka Recipe Step By Step Instructions 13

To prepare the tempering, heat 2 teaspoons of ghee in a small pan.

2 Teaspoons Ghee or Oil

Dal Tadka Recipe Step By Step Instructions 14

Then add cumin seeds and fry till they start to splutter. Add a pinch of asafoetida (heeng).

1 Teaspoon Cumin Seeds (Jeera), 1/4 Teaspoon Heeng (Asafoetida)

Dal Tadka Recipe Step By Step Instructions 15

Add minced garlic cloves to the ghee and fry till they turn light brown.

5-6 Garlic Cloves

Dal Tadka Recipe Step By Step Instructions 16

Also fry dried red chillies. Finally add a little bit of red chilli powder to give color to the tempering.

2 Whole Dried Red Chillies, 1/2 Teaspoon Red Chilli Powder

Dal Tadka Recipe Step By Step Instructions 17

> Pour the tempering on top of the dal. Mix everything together before serving. This dal

tastes best when served hot along with some mild flavored rice. It can also be served

in the side of any Indian bread and dry vegetable dish.