

Recipe 1

અડદની દળ (Udad ni Dal)

Ingredients

- 1 cup અડદની દળ.
- Salt.
- Oil.
- રાઈ.
- વઘારનું મરચું.
- હળદર.
- દહીં.
- આદુ મરચું.
- 3 cloves of garlic or garlic powder.

Procedure

1. Wash અડદની દળ, then add to instant pot with water and salt.
2. Pressure cook for 10 minutes at high pressure.
3. When the pressure cooking is finished, open the pot and set it to sauté at medium heat.
4. Add હળદર, દહીં, આદુ મરચું and garlic or garlic powder to the pot.
5. Separately do વઘાર with oil and રાઈ. When રાઈ pops, add વઘારનું મરચું.
6. Add the વઘાર to the pot.