

## Toor Dal

### Ingredients:

- ½ cup arhar dal (tuvar dal, pigeon pea lentils)
- 2 tablespoons oil or ghee
- ½ teaspoon mustard seeds
- ½ teaspoon cumin seeds
- 1 medium-sized onion (approx. ½ cup chopped)
- 10 to 12 curry leaves
- 1 green chili – chopped
- 1 inch ginger + 3 to 4 garlic cloves – crushed to a paste (or 1 teaspoon ginger-garlic paste)
- 2 medium tomatoes (approx. 1 to 1.25 cups chopped)
- ¼ teaspoon red chili powder
- ¼ teaspoon turmeric powder
- A pinch of asafoetida (hing)
- 2 cups water (for pressure cooking)
- Salt – as required

### Instructions:

1. Pick and rinse arhar dal a couple of times in fresh water. Then soak the arhar dal (pigeon pea lentils) in fresh water for 15 to 20 minutes.
2. Drain all the water from the dal and keep the arhar dal aside.
3. Heat oil or ghee in a stovetop pressure cooker.
4. Add mustard seeds first and let them crackle on low heat.
5. Then add cumin seeds and let them splutter.
6. Add onions, curry leaves, and green chilies. Sauté the onions, stirring often on low to medium-low heat, until they turn translucent.
7. Add ginger-garlic paste and sauté for a few seconds on low to medium-low heat, or until the raw aroma goes away.
8. Now add tomatoes, red chili powder, turmeric powder, asafoetida (hing), and salt. Sauté for 2 to 3 minutes on medium-low heat.
9. Add the lentils and water. Stir and mix well.

10. Pressure cook on high heat for 5 to 6 whistles or until the dal is completely cooked. (Cooking time will depend on the quality of the dal, size of the pressure cooker, and intensity of heat.)
11. When the pressure settles down, remove the lid.
12. Mash the dal lightly. If the consistency is thick, add water as required to achieve a medium consistency. Stir and mix well.
13. Simmer the dal for 5 to 6 minutes on low to medium-low heat until you get a dal with a medium consistency (neither too thick nor too thin).
14. Once you get the right consistency, check the taste and add more salt if required.
15. Garnish with coriander leaves.
16. Serve hot or warm with steamed rice, mango pickle, and vegetable salad.
17. While serving, you can add a bit of ghee for extra flavor.