

Dal Makhani Recipe

Ingredients:

1. ¾ cup (140g) whole urad dal (black gram)
2. ¼ cup (40g) rajma (kidney beans)
3. 3 cups water – for pressure cooking
4. 3 tbsp butter – salted or unsalted
5. ½ tsp cumin seeds
6. 2 to 3 cloves
7. 2 to 3 green cardamoms
8. 1 black cardamom
9. 1-inch cinnamon
10. 1 tej patta (Indian bay leaf)
11. ½ cup (50g) onions – finely chopped
12. 1 tsp chopped green chilies
13. 2 tsp ginger-garlic paste
14. 200g (1 cup) tomatoes – pureed
15. ½ tsp red chili powder
16. 2 to 3 pinches grated nutmeg
17. 1 cup water (as required)
18. ¼ to ½ cup light cream or 2 tbsp heavy cream
19. ¼ tsp kasuri methi – crushed (optional)
20. Salt – as required
21. 1 small piece charcoal (for smoky flavor)
22. ½ to 1 tsp oil (for smoking method)
23. 1 to 2 tbsp chopped coriander leaves
24. 1 tbsp light cream (optional)
25. 1-inch ginger julienne (optional)

Instructions:

1. **Soak Dal & Rajma** – Wash urad dal and rajma thoroughly, then soak them overnight (8-9 hours) in enough water. Drain and rinse them before cooking.

2. **Pressure Cook** – Add the soaked dal and rajma to a pressure cooker with 3 cups of water. Cook for 18-20 whistles on high heat until completely soft. Mash a few grains to check tenderness. If not soft, pressure cook for another 4-5 whistles with more water.
3. **Prepare Tomato Puree** – Blend diced tomatoes into a smooth puree without adding water. Keep it aside.
4. **Sauté Whole Spices** – Heat butter in a pan over medium heat. Add cumin seeds, cloves, green cardamoms, black cardamom, cinnamon, and tej patta. Sauté for a few seconds until fragrant.
5. **Cook Onions & Aromatics** – Add finely chopped onions and sauté until they turn golden brown. Stir in ginger-garlic paste and chopped green chilies. Cook for 30-40 seconds until the raw smell disappears.
6. **Add Tomato Puree & Spices** – Pour in the tomato puree, mix well, and add red chili powder and nutmeg. Cook for 8-10 minutes, stirring occasionally, until oil separates from the masala.
7. **Simmer the Dal** – Add the cooked dal and rajma along with their stock. Pour in 1 cup water (adjust as needed) to get a medium consistency. Stir well and let it simmer over low heat, stirring occasionally.
8. **Slow Cooking for Rich Flavor** – Keep simmering for 25 minutes to enhance the flavors, stirring occasionally. Add more water if needed to prevent thickening.
9. **Finish with Cream & Kasuri Methi** – Add salt to taste, then stir in cream and crushed kasuri methi (if using). Simmer for another 2-3 minutes, then turn off the heat.
10. **Infuse Smoky Flavor (Optional)** – Heat a piece of charcoal until red-hot. Place it in a small bowl inside the dal, drizzle ½ to 1 tsp oil over it, and immediately cover the pot for 1 minute. Remove the charcoal before serving.
11. **Garnish & Serve** – Sprinkle chopped coriander leaves, ginger juliennes, and drizzle cream or butter on top. Serve hot with naan, roti, or steamed rice.