**Sambar**

Prep time: 30 min Cook time: 30 min

**Ingredients:**

* 1 tablespoon tamarind
* ⅓ cup hot water (for soaking tamarind)
* ½ cup tur dal (split pigeon peas)
* ½ tsp haldi (turmeric powder)
* 3 cups water (for cooking vegetables)
* 1.5 cups chopped vegetables (such as bhindi, French beans, potatoes, small brinjals, pumpkin)
* 1 to 2 drumsticks, scraped and chopped into 3 to 4-inch pieces
* 1 onion, sliced
* 1 tomato, diced
* ½ tsp red chili powder
* Low sodium salt, to taste
* 1 tbsp sambar powder
* 2 tbsp sunflower oil
* ½ tsp mustard seeds
* 1 dry red chili, halved and seeds removed
* 10 curry leaves
* 1 pinch hing (asafoetida)
* 1 tbsp chopped coriander leaves (for garnish)

**Instructions:**

**Prepare Tamarind:**

1. Soak 1 tablespoon tamarind in ⅓ cup hot water for 20 to 30 minutes.
2. Squeeze the tamarind to extract the pulp and discard the residue. Set the tamarind pulp aside.

**Cook Tur Dal:**

1. Rinse ½ cup tur dal a couple of times, then drain and transfer to a pressure cooker. Add ½ tsp haldi and 1.5 cups water. Cover and pressure cook for 7 to 8 whistles.
2. Once the pressure settles, open the lid and check the dal. It should be completely cooked. Mash the dal with a spoon and cover to keep it warm.

**Cook Vegetables:**

1. In a pot, heat 3 cups water. Add the chopped vegetables, sliced onion, diced tomato, ½ tsp haldi, ½ tsp red chili powder, and salt to taste.
2. Stir and cook until the vegetables are almost tender.

**Combine**

1. Add the tamarind pulp, 1 tbsp sambar powder, and the mashed dal to the pot.
2. Mix well and simmer until the sambar comes to a boil. Switch off the heat, cover, and set aside.

**Temper & Serve**

1. In a small pan, heat 2 tbsp sunflower oil. Add ½ tsp mustard seeds and let them crackle. Then, add the halved dry red chili, curry leaves, and a pinch of hing.
2. Fry until the red chili changes color and the curry leaves become crisp.
3. Pour the tempering mixture into the hot sambar. Cover the pan and let it sit for 4 to 5 minutes to allow the flavors to meld.
4. Garnish with 1 tbsp chopped coriander leaves and serve hot with rice, idli, or dosa.