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Sailu's Kitchen

"Recipes from an Indian kitchen with a focus on Andhra cuisine. My blog is a humble attempt to preserve our culinary heritage and document traditional recipes"

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Gujarati Dal



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Gujarati Dal Recipe

I like to try out different types of dal recipes especially from regional Indian cuisines. There are numerous easy to cook recipes that we are not aware of and I try to unearth a few culinary gems and add them to my repertoire. One such classic is Gujarati dal recipe that is a super hit at home. Most Gujarati food recipes call for the addition of jaggery or sugar and you will a hint of sweetness in their everyday meals. I love Gujarati vegetarian food especially the **dhokla**, everyday **shaak** (subji/kuralu) and dal.



Our lunch ~ Phulka, Gujarati dal, Bhindi fry, curd, slices of raw tomato

Gujarati Dal is a refreshing change from the usual everyday dal. The flavors are complex, khathi meethi – tangy and sweet with a hint of spice. Love how the flavors mingle to bring out a winner of a recipe and make for a fantastic side with phulkas. You can serve it with rice as well and let me tell you that it is finger licking good.



Gujarati Dal Recipe

Prep time: 15 min

Cook time: 20 min

Yield: 5

Main Ingredients: tur dal jaggery

Ingredients

- Tur dal - 1/2 cup (kandi pappu/split pigeon peas)
- Peanuts - fistful, raw
- Tomato - 1, medium, finely chopped
- Jaggery - 1 tbsp to 1 1/2 tbsps, grated
- Green chilis - 2, slit
- Ginger - 1", finely minced
- Red chilli powder - 1 tsp
- Turmeric powder - 1/4 tsp
- Lemon juice - 1 to 1 1/2 tbsps or 1/2 tsp amchur powder or 2 pieces of dried kokum or 3/4 tbsp tamarind paste
- Salt to taste
- Fresh coriander leaves to garnish
- For poppu/tempering/tadka:
 - Oil - 1 tbsp OR ghee
 - Mustard seeds - 1/2 tsp
 - Cumin seeds - 1/2 tsp
 - Fenugreek seeds - 1/4 tsp (methi/menthulu)
 - Asafoetida - 1/4 tsp
 - Dry red chilis - 1 or 2, tear, de-seed
 - Cinnamon stick - 1"
 - Bay leaf - 1
 - Curry leaves - 1 sprig

Method

1. Wash tur dal, add one cup water to the dal and pressure cook upto 4 whistles. Once the pressure eases, transfer the dal to a deep vessel and mash it with a masher.
2. To the mashed dal, add 3 cups of water, raw peanuts, turmeric powder, red chili powder, minced ginger, green chilies, chopped tomatoes, jaggery and salt to taste and simmer for 12-15 mts on low medium flame. Keep stirring in between.
3. Heat oil or ghee in a small pan. Once the oil is hot, add mustard seeds and allow to splutter. Add cumin seeds, fenugreek seeds, red chilis, bay leaf, cinnamon stick, asafoetida and curry leaves and saute for a few seconds till the fenugreek seeds turns red and the cumin turns brown. Turn off flame.
4. Pour the tempering into the simmering dal and mix. Add lemon juice and mix. Taste the dal. It should have spicy tangy and sweet flavors. Adjust red chili powder, lemon juice and jaggery accordingly. Turn off flame
5. Remove to a serving bowl and garnish with coriander leaves. Serve with roti or rice.

Tips

- Dried dates are also used to sweeten the dal in place of jaggery.
- You can add 1/2 tsp of cumin-coriander powder.
- 2 cloves and a star anise can be added at the time of tempering.
- Do not cook the dal after adding the lemon juice.
- If adding tamarind paste or kokum, add them after the dal simmer for 5 mts.
- Ensure the dal is completely mashed before proceeding to prepare the dal. Add enough water to the mashed dal. This is not a thick dal but slightly thinner in consistency.
- For a tangy flavor, add more lemon juice and adjust jaggery according to your preference.
- There are a few other versions where 2 to 3 types of dal like chana dal and split green gram as also added along with tuvar dal.



Gujarati Dal recipe is easy to make, vegetarian & a gem among Gujarati dishes recipes. Out of various dal recipes I am very fond of Gujarati style tur dal.



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