

Kaali Daal

Another popular North Indian dish, Kaali Daal is also known as Maa Ki Daal (mom's lentils) since it is wholesome and delicious! Another popular name for it is Daal Makhani. Serve it with a vegetable side dish and naan or butter chicken and naan.

Ingredients

- 1 cup split urad daal (black lentils)
- 2 large onions sliced thin
- 2 green chillies slit
- Salt to taste
- A pinch of asafetida
- 2 large tomatoes chopped into cubes
- 2" piece of ginger, julienned
- 1 tbsp garlic minced
- 2 tsps coriander powder
- 1 tsp cumin powder
- 1/2 tsp red chilli powder
- 1/2 cup thickened / double / heavy cream, whisked
- 2 tsps vegetable / canola / sunflower cooking oil
- 2 tsps ghee
- 1 tsp cumin seeds

Preparation

- Soak the Urad Daal (black lentils) in a bowl of water, overnight if possible.
- Boil the soaked lentils with 3 cups of water, 1 sliced onion, green chillies, asafetida and salt to taste till they are very tender.
- In a separate pan, heat the oil and fry the other onion till soft. Add the ginger and garlic and fry for a minute.
- Add the tomatoes, coriander, cumin and red chilli powders and fry for another 5 minutes.
- Add the boiled lentils and enough water to make a thick gravy-like consistency and mix well. Simmer for 10 minutes.
- Pour in the whisked cream and mix well. Turn off the fire.
- In another small pan, heat the ghee and when hot add the cumin seeds and cook till they stop spluttering.
- Pour this into the lentils (it will all sizzle) and mix well.
- Serve hot with naan