

# Urad Dhal

Also Known As

Course                      Yield                      Type of Food                      Main Ingredient  
 Condiment  
 Comments

Prep Time                      Cooking Time                      Ethnic Origin Indian

1/8=.125 1/4=.25 1/3=.33 3/8=.375 1/2=.5 5/8=.625 2/3=.66 3/4=.75 7/8=.875

Pre-Heat?  Yes      Temperature      Grease Pan?  Yes  
 Measure      Ingredient      Measure      Ingredient

1	cup	Urad (white) Daal (lentels)			red chili powder to taste
1		onion, sliced	2	Tbs.	oil
1		tomato diced	1	tsp.	lemon juice
1	tsp.	ginger grated			
1		green chili chopped			
1	Tbs.	cilantro finely chopped			
1	tsp.	cumin seeds			
2		bay leaves			
2	whole	cloves			
.5	tsp.	turmeric powder			
		salt to taste			
1	pinch	garam masala			

## Instructions

Clean and wash the daal properly. Soak it in water for 10-15 minutes.  
 Boil it in 5 cups of water. Boil till it becomes soft. It should not become pasty. Remove the water and put aside.  
 Heat oil in a kadhai (A wok-like cooking utensil with circular handles on either side, used for frying, tempering and cooking vegetable dishes), wok, or high sided skillet or pan and add cloves, bay leaves and cumin seeds, allow to splatter.  
 Now add ginger, onion and green chili and stir-fry till golden brown.  
 Add tomato and fry till it softens. Add all dry masalas (turmeric powder, chili powder, salt) and fry for a moment.  
 Now add daal and lemon juice, mix very gently.  
 Sprinkle garam masala and garnish with cilantro