

scarlet night

2011 Gala Recipes

Dhansak Dal

Ingredients

- ½ lb. masoor (red lentil) or arhar dal (tuvar dal or pigeon-peas)
- 1 med potato cut into chunks
- 8 oz cut French beans,
- 2 carrots, peeled and sliced up thick
- 1 tbsp oil
- 1 large onion, peeled and chopped fine
- 2 tbsp Dhansak Masala
- 1 tsp crushed garlic or garlic powder
- 1 tsp turmeric or haldi
- 1 tbsp kasoori methi
- 1 tsp Balsamic vinegar

To Serve

- 2 tbsp lemon juice
- Black salt
- 2 tbsp chopped green coriander leaves
- 1 tsp ginger crushed or finely grated

Method

1. Wash and soak the dal for an hour or so.
2. Place the dal and water in a pressure cooker with carrots, beans and potatoes, and cook on full pressure for 3-4 minutes, until fully cooked. The dal texture should be smooth and thick, like custard. You can mash it to make it smooth, or leave as is if you prefer, with some texture
3. If you do not have a pressure cooker, you can boil it briskly in a pan, until done
This may need more water. Red lentil/masoor cooks faster than arhar dal
4. Heat oil in a pan and brown the onions gently, until a rich gold brown color
5. Add the garlic, dhansak powder, coconut, turmeric, kashuri methi and balsamic vinegar
Stir fry well, until oil separates
6. Add this to the dal and stir in
7. Sprinkle with coriander, ginger, lemon juice and black salt

Nutrition Facts

Serving Size 0.50 cup(s) (89g)

Amount Per Serving

Calories 167 **Calories from Fat** 21

% Daily Value

Total Fat 2.4g 4 %

Saturated Fat 0.3g 1 %

Trans Fat 0.0g

Cholesterol 0.0mg 0 %

Sodium 303.7mg 13 %

Total Carbohydrate 29.0g 10 %

Dietary Fiber 7.1g 28 %

Sugars 1.9g

Protein 8.3g

Vitamin A 26 % Calcium 6 %

Vitamin C 8 % Iron 11 %



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