DietCloud – Recipe

Recipe Name: Maharashtrian Aunty Recipe

Diet Type:

Course: Lunch

Cuisine: Maharashtrian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Arhar dal (Split Toor Dal)	2
• 1/2 teaspoon Turmeric powder (Haldi)	
• 3/4 cup Water	
• 2 teaspoon Maharashtrian Goda Masala	
• 20 grams Tamarind - in 2 tablespoon of water	
• 1/2 teaspoon Jaggery	
• Salt - to taste	
• Coriander (Dhania) Leaves - for garnish	
• 1 teaspoon Sunflower Oil	
• 1 teaspoon Ghee	
• 1 teaspoon Mustard seeds	
• 1 teaspoon Cumin seeds (Jeera)	
• 1/2 teaspoon Asafoetida (hing)	
• 1 sprig Curry leaves	
• 2 Green Chillies	

Preparation

• To begin making the Maharashtrian Amti recipe, first rinse dal in water thoroughly.

• When you hear a whistle, turn the heat down and allow 2 more whistles to happen.

• Turn the heat off now and allow the pressure from the cooker to release gradually on its own.

• When you are able to uncover the cooker with ease, you will know the pressure has released fully.

• Mash the dal with the back of a ladle and mix it well to make a uniform, well cooked texture.

• Set it aside for use later.

• Place a kadai on the heat, add the mashed cooked dal to it and allow it to simmer on a low heat.

• At this stage, if the dal is too thick, add water to get the desired consistency.

- Once dal starts to boil, add goda masala, jaggery and tamarind juice.
- Stir well and let it cook on low heat for 10 minutes or until it is uniformly cooked.
- In a small tadka pan heat oil and ghee together.
- Add mustard seeds and allow them to crackle.

- Add the tempering to the dal and switch off the flame.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)