DietCloud – Recipe

Recipe Name: Sindhi Kadhi (Recipe In Hindi)

Diet Type:

Course: Lunch

Cuisine: Sindhi

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup arhar dal	2
• 1 tomato	
• 1 cup okra - cut it straight	
• 2 tablespoons oil	
• 1 teaspoon fenugreek seeds	
• 1 teaspoon mustard	
• 2 dry red chillies	
• 10 curry leaves	
• asafetida - a pinch	
• 2 tablespoons Gram flour	
• 1 teaspoon red chilli powder	
• 1 tablespoon tamarind paste	
• 1 teaspoon turmeric powder	
• 1 tablespoon jaggery - make powder	
• salt - as per taste	

Preparation

- To make Sindhi Kadhi, first wash and soak the lentils for 1/2 hour.
- Now pour it into the pressure cooker with water as per use.
- Now put the chopped tomatoes in the cooker and close the cooker.
- Cook till 3 cities come and then close the cooker.
- Open the cooker after it cools down and mash the lentils.
- Now heat oil in a pan.
- After it is hot, add okra and cook it until the lady finger crisps.
- After crisping, take out the lady finger and keep it aside.
- Add some more oil to the same pan.

- After heating, add mustard seeds, fenugreek seeds, asafoetida, curry leaves and dry red chillies.
- Allow to cook for 15 seconds.
- After 15 seconds add gram flour and roast it well until it turns brown.
- After roasting, add water slowly and keep stirring so that there are no lumps.
- After adding water and gram flour, add dal to it and mix.
- Now add tamarind paste, jaggery and mix it.
- Let it boil and cook for 3 to 5 minutes.
- Finally add okra in it and let it cook for 5 minutes.
- Serve hot after cooking.
- Serve Sindhi Kadhi with rice and sprinkles for dinner.

Macronutrients

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