



Recipe Name: Bengali gram dal recipe
Diet Type: Vegetarian
Course: Lunch
Cuisine: Bengali Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Chana dal (Bengal Gram Dal)	3
• 1/2 cup Fresh coconut - cut into small bits	
• 1 tablespoon Ghee	
• 1 teaspoon Turmeric powder (Haldi)	
• Salt - to taste	
• 1 tablespoon Mustard oil	
• 3 Dry Red Chillies	
• 2 Cloves (Laung)	
• 1 inch Cinnamon Stick (Dalchini)	
• 1 Bay leaf (tej patta)	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 2 Green Chillies - slit into halves lengthwise	
• 1 inch Ginger - peeled and grated	

Preparation

- To begin making Bengali Cholar Dal, first wash and soak chana dal in water for an hour or so.
- Cook soaked dal with 2-1/2 Cups of water , turmeric powder, salt to taste and cook dal for 8 whistles / 30 minutes until the dal is cooked completely.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	15	60	10	10	5