

Recipe Name: Bengali Style Cholar Dal Recipe-Chana Dal

Diet Type: Vegetarian

Course: Lunch

Cuisine: Bengali Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Chana dal (Bengal Gram Dal)	4
• 2 tablespoons Ghee	
• 1 teaspoon Ginger - paste	
• 2 tablespoons Fresh coconut - grated	
• 1/2 cup Fresh coconut - slices	
• 5 to 6 Raisins	
• 2 Green Chillies	
• 1/2 teaspoon Turmeric powder (Haldi)	
• Salt - (adjustable)	
• 1/2 teaspoon Sugar	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 3 Cardamom (Elaichi) Pods/Seeds	
• 1 inch Cinnamon Stick (Dalchini)	
• 2 to 3 Dry Red Chilli	
• 1 Bay leaf (tej patta)	
• 1 pinch Asafoetida (hing)	

Preparation

- To begin making the Cholar Dal recipe, wash dal under running water nicely till clear water appear.
- In a pressure cooker, add dal with salt, turmeric, bay leaf, cardamom, cinnamon and water till the dal is immersed.
- Pressure cook for 2 to 3 whistles as we don't want the dal to get mashed completely.
- Once the dal is cooked, keep aside and prepare the tempering.
- Heat ghee in a wok/kadhai and add cumin seeds and asafoetida, wait till cumin crackles.
- Now add green chilies, ginger paste, raisins and saute for a while.
- Add in the cooked dal and grated coconut and stir well.



- Check salt again and adjust if required, cover the lid and cook for 10 to 12 minutes in low flame.
- Once the dal is done, add a generous pinch of sugar along with some coconut slices before turning off the gas.

Macronutrients

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