

Recipe Name: Maa Ki Dal Recipe - Punjabi Style Black Urad Dal Recipe

Diet Type: Vegetarian

Course: Dinner

Cuisine: Punjabi

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Black Urad Dal (Split)	4
• 1 tablespoon Rajma (Large Kidney Beans)	
• 4 Tomatoes	
• 1 inch Ginger	
• 1 tablespoon Ghee	
• 1 teaspoon Cumin seeds (Jeera)	
• 1 teaspoon Kashmiri dry red chillies	
• 1 tablespoon Coriander Powder (Dhania)	
• 1/2 teaspoon Garam masala powder	

Preparation

- To begin making Maa Ki Dal Recipe, first wash the dal and rajma well about 2-3 times and then soak them together in water for at least 8 hours or overnight.
- The longer you soak the better it is for the texture of the dal.
- Traditionally, the dals are soaked for 24 hours, changing water every 8 hours.
- When you are ready to prepare the dal, after sufficient soaking time, take a heavy bottom pan (or a slow cooker) and bring 5 cups of water with a dash of salt, to boil in it.
- Add the pre soaked dal and rajma to it and let it simmer till it cooks and turns a little soft.
- This could take anywhere between 2-3 hours as the dal gets its flavours from the slow cooking process.
- However, if you are in a hurry you can use the pressure cooker to hasten the process.
- Next, add the tomato and ginger to the dal.
- Once the dal is cooked, mash the dal and tomatoes a little bit.
- Take care not to make it mushy, but just achieve a thick consistency.
- Cook the dal for more 3 to 4 minutes.



- Add dry red chillies, coriander powder, garam masala powder and roast on a low heat for 1 minute taking care not to burn them.
- Pour this tempering over the the dal and bring it to a boil.
- Simmer it for another 10-15 minutes and serve hot.

Macronutrients

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