

Recipe Name: Karwar Style Varan Kadhi Recipe - Toor Dal in Coconut Milk Curry

Diet Type: Vegetarian

Course: Side Dish

Cuisine: Karnataka

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Arhar dal (Split Toor Dal)	4
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1/4 teaspoon Asafoetida (hing)	
• Salt - to taste	
• 1/2 cup Fresh coconut - grated	
• 1 Green Chilli	
• 2 tablespoons Jaggery	
• 4 Kokum (Malabar Tamarind)	
• Salt - to taste	

Preparation

- Keep it aside.
- Once the dal is cooked, using a masher, mash the dal into a smooth texture.
- Place the cooker on medium heat.
- Transfer the coconut mixture into the dal and mix it, later add some jaggery and kokum.
- Check for seasoning as per your taste.
- Keep stirring till it comes to a boil.

Macronutrients

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