DietCloud – Recipe

Recipe Name: Dal Banjara Recipe - Langar Wali Dal

Diet Type: Vegetarian

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 3/4 cup Black Urad Dal (Split)	4
• 1/4 cup Chana dal (Bengal Gram Dal)	
• 1 inch Ginger - grated	
• 1 Green Chilli - slit	
• 1 Tomato - finely chopped	
• 1 Bay leaf (tej patta)	
• 1 inch Cinnamon Stick (Dalchini)	
• 1 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Garam masala powder	
• 5 sprig Coriander (Dhania) Leaves - freshly chopped	
• 1 teaspoon Ghee	
• 1 teaspoon Cumin seeds (Jeera)	
• 2 Dry Red Chillies - halved	

Preparation

• To begin making the Dal Banjara Recipe, add all the ingredients into the pressure cooker including black urad dal, chana dal, ginger, green chilli, tomato, bay leaf, cinnamon stick, turmeric powder, garam masala powder.

• Add 2-1/2 cups of water and pressure cook the dal for two to three whistles.

• After two whistles, turn the heat to low and simmer for 10 minutes and turn off the heat.

• Once the pressure is released completely, open the cooker and your dal is ready.

• Check the salt and spices and adjust to suit your taste.

• Transfer the dal to a serving bowl.

• The next step is to make the tadka.

• Heat ghee in a small pan, add the cumin seeds and red chilies.

• Allow them to roast and crackle.

- Once done, turn off the heat and pour the seasoning over the dal.
- Garnish with chopped coriander leaves.

Macronutrients

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