Dinner, Indian

Creamy Gujarati Split Urad Dal

Soft urad dal is cooked until creamy, blended with tangy curds and finished with a fragrant tempering of cumin, curry leaves and chilli. A homely, everyday dal from Gujarat with a gentle warmth from adrak and green chilli.



Freezer safe

30 min	184	26.1 g	4.8 g
time	calories	carbs	sugars

Ingredients, 5 servings

- [ ] 1 cup urad dal (safed urad dal)
- [ ] 1/2 cup whisked curds (dahi)
- [ ] 2 tsp oil
- [ ] 1/2 tsp cumin seeds (jeera)
- [ ] 1 whole dry Kashmiri red chilli , broken into pieces
- [ ] 1/4 tsp asafoetida (hing)
- [ ] 8 to 10 curry leaves (kadi patta)
- [ ] 1 tsp adrak (ginger)
- [ ] 1 tsp green chilli paste
- [ ] 1/4 tsp haldi powder (turmeric powder)
- [ ] salt (namak) to taste
- [ ] 1 tbsp finely chopped coriander (dhania) , garnish

Nutrition Facts

Per serving

Calories	**184**
Total fat	3.9 g
Saturated fat	Not listed
Sodium	21 mg
Total carbs	26.1 g
Fiber	5 g
Total sugars	4.8 g
Protein	11 g

Method

- [ ] **1** Rinse the urad dal well, then soak it in plenty of water for 15 minutes and drain it completely.
- [ ] **2** Tip the urad dal into a pressure cooker with a little salt and 1.5 cups of water, and cook under pressure for 4 whistles. Let the steam release fully before opening the lid.
- [ ] **3** Transfer the cooked urad dal to a deep bowl, add the whisked curds and 1.5 cups of water, and whisk until smooth before setting it aside.
- [ ] **4** Warm the oil in a deep non-stick pan over a medium flame, then add the cumin seeds, whole dry Kashmiri red chilli, asafoetida and curry leaves and saute for 30 seconds.
- [ ] **5** Add the adrak (ginger), then stir in the green chilli paste and let them cook for a few seconds more.
- [ ] **6** Pour the urad dal mixture into the pan, add the turmeric powder and salt to taste, and simmer on a medium flame for 3 to 4 minutes, giving it an occasional stir.
- [ ] **7** Turn off the heat and fold in the finely chopped coriander.
- [ ] **8** Serve the dal hot straight from the pan, alongside rotla.

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