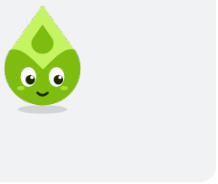
Dinner, Indian

Dal Dhokli with Fenugreek and Soy

Soft whole wheat and soy dumplings dotted with fenugreek leaves simmer in a spiced toovar dal broth brightened with kokum. A sprinkle of coriander and onion finishes this comforting one-bowl meal.



Freezer safe

50 min	211	32.1 g	1.8 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1/2 cup toovar (arhar) dal
- [ ] 1 tsp oil
- [ ] 1 tsp ghee
- [ ] 1/4 tsp cumin seeds (jeera)
- [ ] 1/4 tsp fenugreek (methi) seeds
- [ ] 5 to 6 curry leaves (kadi patta)
- [ ] 2 clove (laung / lavang)
- [ ] 2 dalchini (cinnamon)
- [ ] 1 bay leaf (tejpatta)
- [ ] 1/4 tsp asafoetida (hing)
- [ ] 4 kokum
- [ ] 1/2 cup chopped tomato
- [ ] 1/2 tsp haldi powder (turmeric powder)
- [ ] 2 tsp ginger-green chilli paste
- [ ] salt (namak) to taste
- [ ] 1/4 cup soy flour
- [ ] 3/4 cup chopped fenugreek leaves (methi)
- [ ] 3/4 cup whole wheat flour (gehun ka atta)
- [ ] 1 tsp oil
- [ ] 1/2 tsp haldi powder (turmeric powder)
- [ ] 1/2 tsp red chilli powder
- [ ] 1/4 tsp asafoetida (hing)
- [ ] salt (namak) to taste
- [ ] whole wheat flour (gehun ka atta) for rolling
- [ ] 2 tbsp finely chopped coriander (dhania)
- [ ] 2 tbsp finely chopped onion

Nutrition Facts

Per serving

Calories	**211**
Total fat	5.5 g
Saturated fat	Not listed
Sodium	18 mg
Total carbs	32.1 g
Fiber	6.1 g
Total sugars	1.8 g
Protein	9.4 g

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Method

- [ ] **1** Place the toovar dal in a deep bowl, pour in plenty of water and let it soak for 10 minutes before draining it completely.
- [ ] **2** Transfer the soaked toovar dal to a pressure cooker, pour in 4 cups of water and pressure cook for 4 whistles. Wait until the steam escapes fully before you open the lid.
- [ ] **3** Whiz the cooked dal with a hand blender until completely smooth and reserve it.
- [ ] **4** Warm the oil and ghee in a deep non-stick kadhai, tip in the cumin seeds, fenugreek seeds, curry leaves, cloves, dalchini (cinnamon), bay leaf and asafoetida, then saute on a medium flame for a few seconds.
- [ ] **5** Stir in 2 cups of water along with the kokum, chopped tomato, turmeric powder, ginger-green chilli paste, the reserved dal and salt. Mix everything together, cook on a medium flame for 10 minutes with occasional stirring and then set aside.
- [ ] **6** To make the dough, mix the soy flour, chopped fenugreek leaves, whole wheat flour, oil, turmeric powder, red chilli powder, asafoetida and salt in a deep bowl and knead with enough water into a semi-stiff dough.

- [ ] **7** Divide the dough into 4 equal portions and roll each portion into a 200 mm (8") diameter circle, dusting a little whole wheat flour over it while rolling.
- [ ] **8** Set a non-stick tava (griddle) on the heat and give each rolled chapati a light cooking on both sides, then leave them to cool.
- [ ] **9** Once cool, cut those chapatis into diamond shaped dhoklis and keep them ready.
- [ ] **10** When it is nearly time to serve, let the dal come to a boil, drop in the dhoklis, give everything a good mix and cook on a medium flame for 5 minutes with occasional stirring.
- [ ] **11** Serve right away with a garnish of finely chopped coriander and finely chopped onion.