

Dal Fry Recipe

Preparation Time: 10 Minutes

Cooking Time: 15- 20 Minutes

Serving: 4

Here is the recipe of dal fry you would love to have in your dinner or lunch after consuming heavy meals few days in a row. I shared the recipe of Baati Chokha yesterday and had prepared Dal to have with it, but you can have it any way you want or simply add it to your existing menu for lunch or dinner.



Ingredients Quantity

Arhar dal/ Tuvar dal	1 cup
Turmeric powder	1/2 teaspoon
Red chili powder	1/4 teaspoon
Tomato, chopped	1
Salt	to taste

Ingredients to temper the dal:

Ghee	2 tablespoon
Mustard seeds	1/2 teaspoon
Cumin seeds	1/2 teaspoon
Garlic, chopped	1 teaspoon
Onion, chopped	1
Tomato, chopped	1
Salt	1/8 teaspoon
Curry leaves	5-6
Green chili, chopped	2

1. Clean, wash and soak the dal for half an hour. Take the dal into pressure cooker along with 2 glass of water and add salt and chopped tomato.
2. Add red chilly powder and turmeric powder. Close the lid of pressure cooker and pressure cook it for one whistle on high flame, then keep the flame low and cook for another 5-6 minutes till the dal is properly cooked.
3. Heat the pan with ghee and temper with mustard and cumin seeds. When it starts crackling add garlic. Fry it till the garlic is

- light golden in the color. Add chopped onion, curry leaves and green chilly.
4. Fry the onions till light golden in the color, then add tomato and salt. Cook it on medium flame till the tomato is mushy and ghee shows separately. Switch off the flame.
5. Add fried ingredients and coriander leaves into the dal, mix it well. Delicious Dal fry is ready to serve, Serve hot with bati, chapatti or rice.
6. Enjoy!!