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MOONG-MASOOR DAL TADKA

-INSTANT POT PRESSURE COOKER RECIPE-

BY AJIT SAHI

There are some recipes that just speak of *home* and this is one of them. *Dal* is a term in several Indian languages that refers to dried lentils, legumes and beans. It's as staple as it gets when it comes to the Indian diet. This version uses husked and split yellow and red lentils. The texture of this dish is soupy, but with a creamier texture than that of a straight broth. We sometimes call it *peeli dal* – meaning yellow dal – for its obvious golden appearance when finished. Moong-masoor dal is a classic Punjabi comfort food and it can be paired with white basmati rice or fresh rotis (Indian flatbread). These lentils would be mild on their own, but with the *tadka* or tempering with aromatics,



makes it anything but. This was one of the first things I learned how to make from Varinder's mom Ajit, and it still continues to be in our weekly rotation of dishes. The beauty of this dish is its simplicity and the fact that it takes a short time to prepare. Enjoy this very special and authentic taste of our home. – Anita Sahi

MAKES 4-6 SERVINGS

INGREDIENTS

COOKING THE DALS

- ½ c Moong (Mung) Dal (Husked, Split)
- ½ c Masoor Dal (Red Lentils, Husked, Split)
- 2.5-3 c Filtered Water
- Pinch Turmeric
- Pinch Red Chili Powder
- Pinch Sea Salt
- 1 tsp Ginger (Minced)
- 1 Onion (Medium, Diced)
- 1 Jalapeño or Serrano Chili (Chopped)
- 2-3 Roma Tomatoes (Diced, To yield 1.5 c)
- 1 tsp Turmeric
- 1 tsp Red Chili Powder
- 1 tsp Coriander Seed (Freshly Ground)

TADKA (TEMPERING WITH AROMATICS)

- 2 T Ghee (Clarified Butter) or Olive Oil
- 1 tsp Cumin Seeds
- 1 tsp Garlic (Minced)
- To Taste Fresh Squeeze of Lemon Juice (Optional)
- Garnish Cilantro Leaves (Freshly Chopped), Butter or Ghee



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PREPARATION

1. Combine your lentils into the pot insert of your pressure cooker and pick and rinse the lentils in water. Drain the water and do this three times. You can also use a fine mesh strainer if you find it easier.
2. Pour 2.5-3 cups of filtered water over your lentils in the pot insert. Add pinches of turmeric, red chili powder and sea salt. Give the mixture a stir and cook on high pressure for three minutes. The dal will be fully cooked and easy to mash between two fingers when done. If you don't have a pressure cooker, these lentils can also be cooked on your stovetop in about 10 minutes. Bring your pot to a boil and stir and check every 3-4 minutes for doneness.
3. While your lentils are cooking, prepare your tempering ingredients.
4. In a sauté pan, heat 2 tablespoons of ghee, olive oil or a combo of the two over medium heat.
5. Add cumin seeds and let sizzle for 30 seconds.
6. Then add garlic and ginger and sauté until the raw aroma from the garlic disappears, taking care to not burn your garlic. Adjust your heat through the cooking process as necessary to be cooking, but not burning, your ingredients.
7. Next add your onion and sauté until translucent and light golden brown. You can add another pinch of salt at this stage to aid in the light browning of your onions.
8. Add the green chili and working quickly, stir in your turmeric, chili powder, ground coriander.
9. Once the onion-chili mixture is nicely colored, add tomatoes and sauté until softened and the oil starts separating from your masala (spice) mixture on the edges. This takes about 2-4 minutes.
10. Move your lentils to the stove and place over medium heat. Add your masala mixture to the pot and stir well. If your dal appears thick, use hot filtered water $\frac{1}{4}$ cup at a time and add to your dal to adjust the consistency to your liking.
11. Once your dal comes to a boil, lower the heat all the way, cover with a lid and allow the dal to simmer for 5-10 minutes to get all the flavors working together. Stir occasionally to make sure the dal isn't sticking to the bottom of the pot.
12. Now you have the opportunity to check the seasoning and adjust your salt. There is an optional squeeze of fresh lemon juice to elevate the acid and bring out all the other flavors, but it's isn't required and your dal will be tasty either way.
13. At the very last moment before serving, garnish your pot or individual bowls of dal with freshly chopped cilantro leaves and a pat of butter or ghee.

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FEATURED WINES



2018 WHITE

50% Viognier | 50% Grenache Blanc
Paso Robles AVA

[ADD TO CART](#)