**CHANA DAL & KASOORI MEHTI (FENUGREEK LEAF)** *serves 3-4*

*Chana Dal is rich, satisfying, nutritious, and has a low glycemic index. It makes a hearty meal with rice or chipatis, batura, and pooris.*

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**1 C. Chana Dal soaked overnight.  
3 C. Water for cooking  
1 tsp. Salt   
½ tsp. Turmeric Powder  
1 T. Ghee / Clarified Butter**

**3 small Dry Red Chilies**

**1 tsp. Cumin Seed  
1 tsp. Chopped Garlic**

**½ tsp. Mango Powder**

**¼-½ tsp. Garam Masala Powder**

**2 tsp. Coriander Powder**

**2 T. Kasoori Mehti** *(dry fenugreek leaves)*

Wash and drain, then soak the chana dal in 4-5 cups of water for at least 3 hours.

Pressure-cook the drained dal in 3 C. water, adding the salt and turmeric. When the pressure cooker begins to sputter or whistle, turn the heat down so that the sound is even and gentle. Depending on the pressure cooker, leave it like this for 5-6 minutes and then turn it off. Wait 9 minutes then place the unopened pressure cooker in the sink. Run cold water on the lid until the steam releases. Test for doneness by placing a kernel between the thumb and forefinger. It should be completely softened. Regular stove top method requires 45 minutes to an hour of simmering after you bring to a boil. If at any point the dal becomes too thick add a little boiling hot water and gently mix it in.

*All cooking time for dry beans and pulses vary according to shelf age and differences from crop to crop. The fresher they are the faster the soaking time and cooking time.*

After the dal is cooked, if you want to make the dal a little creamier whisk it a few times while adding the Mango powder and the Garam masala, but careful not to overdo it. Set on low covered for another 5 minutes.

Set the dal aside and make the fry or tadka. Heat ghee in a small pan set to medium to medium high. Drop in the chilies and fry them till they appear scorched. Add the cumin seed, wait 30 seconds. Add the garlic, stirring till it is golden. Add the Coriander Powder and stir for a minute. Add the Kasoori Mehti leaves and ½ C. of water to deglaze the pan. Stir for a minute. Turn the heat off, scrape the pan into the dal, then add a ladle or two of the dal and deglaze it. Pour the dal back into the pot and serve.

***After soaking 3 hours, the chana dal has expanded to 3 times the size***

