KOLLU DAL AND KOLLU RASAM – KOLLU RECIPE



KOLLU PARUPPU / HORSE GRAM DAL – DAL RECIPES

Horse gram is a healthy and nutritious lentil, which is very common in India. This legume which is reddish brown color helps in reducing unwanted fats and also helps in reducing weight. Rich in iron, protein and dietary fiber that helps to regulate blood glucose and blood pressure.

Horse gram dal is very common in my pantry as it was rich in nutrients and fibers. I love the taste and flavor of Kollu or Horse gram dal. Eating dal along with hot rice and a tsp of ghee, is just really out of the world.

Ingredients

To Pressure Cook

1/2 Cup of Horse Gram
2 Medium Size Tomatoes, Chopped
1/2 Tsp of Turmeric powder
1/2 Tsp of Salt
1 Tsp of Vegetable Oil
2 Cups of Water

To Temper

2 Tsp of Oil
1 Tsp of Mustard
1 Tsp of Urad Dal
5 Small Onions
1 Medium Size Onion, Finely Chopped
2 Garlic, Finely Chopped
2 Red Chillies
Handful of Curry Leaves
Pinch of Hing/Asafoetida

To Garnish

Few Sprig of Cilantro Leaves

Method



- Soak the dal for 1-2 hrs.
- Take a cooker, add all the ingredients listed under ” To Pressure cook “. Cook for 5-7 whistles and then switch off the stove.
- If you want to make rasam, then drain the water from the dal and keep it aside.
- Heat the oil in a pan, add mustard. When the seeds starts popping, add urad dal, red chillies, curry leaves, pinch of hing, chopped onion and garlic, fry until it turns golden brown.
- Finally add dal and salt, mix well. Bring it to boil for 5 minutes and switch off the stove.
- You can grind coarsely by adding little water or mash it with wooden masher, if necessary
- Garnish with cilantro leaves and serve hot with rice.



HORSE GRAM RASAM / KOLLU RASAM



Kollu Rasam is a traditional dish in southern part of India. This kollu or Horse gram has a earthy flavor by itself, combining spices, tomato and crushed garlic to it, makes rasam a divine taste. Kollu rasam or Horse gram soup is good for sore throat, fever and cold.

Ingredients

1 and 1/2 Cup of Dal Water
2 Tsp of Rasam Powder
1 Tsp of Lemon Juice

2 Crushed Garlic

To Temper

2 Tsp of Oil
2 Red Chillies
1 Tsp of Mustard
1 Tsp of Urad Dal
Pinch of Asafoetida/ Hing
Handful of Curry Leaves

To Garnish

Few Sprig of Cilantro Leaves

Method

- Take the water from the boiled dal and add enough salt to it. Keep it aside.
- Heat the oil in a pan, add mustard seeds. When the seeds starts popping, add urad dal, red chillies, curry leaves, pinch of hing . Now add dal water and rasam powder.
- Keep the flame in medium and wait till the bubbles start forming.
- Once you see the bubbles starts forming on the top of the flame and add lemon juice to it and then garnish with cilantro leaves.
- Immediately close the pan to let not the smell go off.



Tips

- You can drink this rasam as a soup. It soothes your throat problems or cold.
- Add 2 tsp of dal to rasam will enhances the flavor.
- Lentils should be cooked well. You should be able to mash it with your hand.
- While serving with rice add a tsp of ghee.
- You can also make kollu chutney. That recipe will be updated shortly.

Health Benefits of Horse Gram

- Horse gram is used to treat rheumatism to worm removal and treating conjunctivitis

- **It helps in lowering cholesterol levels.**
- **It has phenols which helps in reducing weight.**
- **Helps in eliminating kidney stones.**

