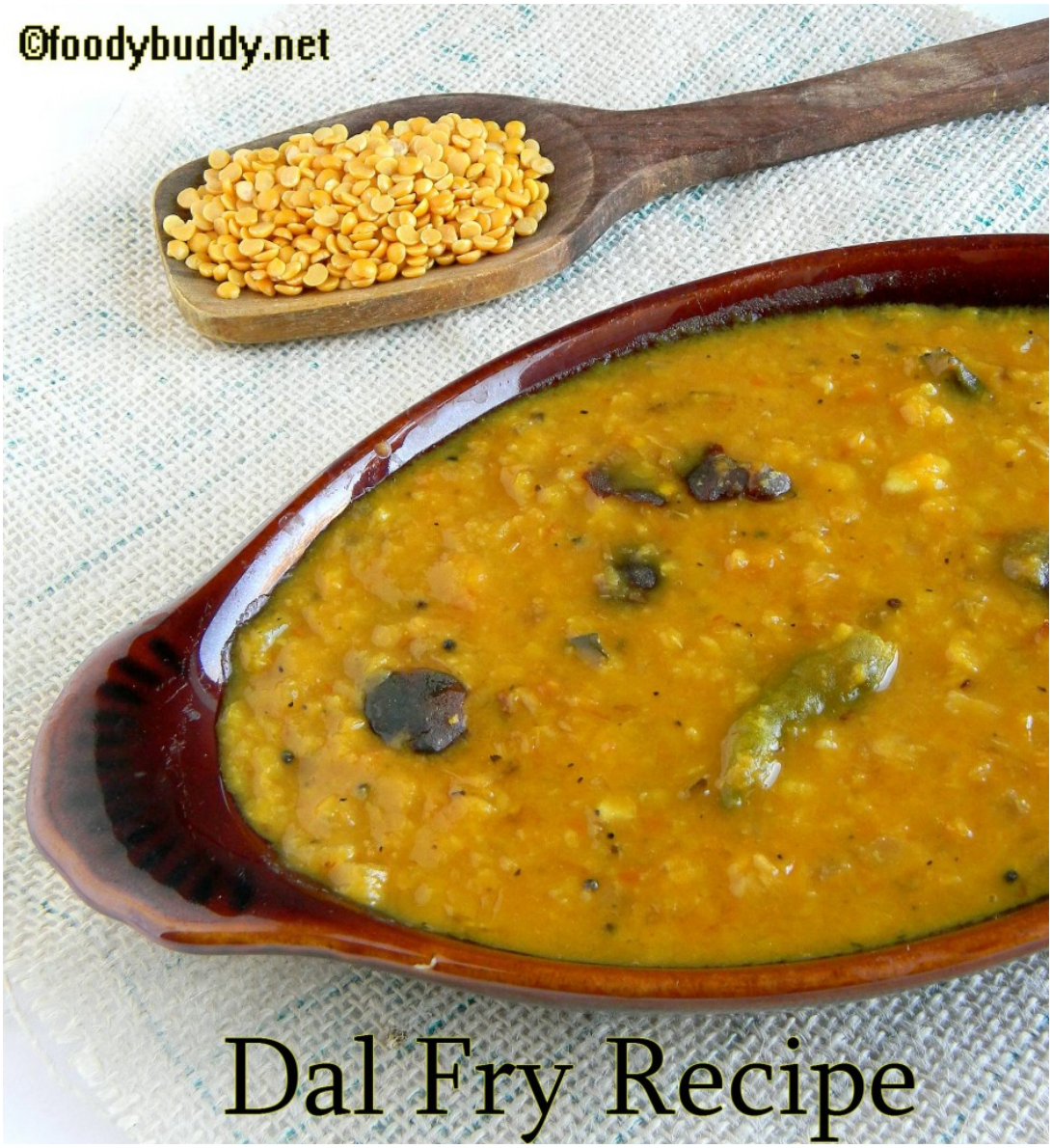
Basic Dal Recipe / Uppu Paruppu Using Toor Dal (South Indian)



This is a very basic dal recipe using toor dal, is a common dish in every households in South India. I used to make this paruppu once in a week and I eat along with rice and rasam. Dals are high in protein, nutritious, flavorful and comforting food. This authentic south Indian dal recipe / paruppu is mandatory dish in restaurants and south Indian wedding. Basically, toor dal are cooked in cooker which are finally

tempered with spices and ghee. Actually this tempering in ghee adds a lot of flavor and taste to this dal. You can also make dal recipe using moong dal (moong dal tadka), already posted this recipe in my blog. With little variation of adding garam masala and kasuri methi to dal, you get North Indian style recipe of tadka dal fry. This dal recipe / uppu paruppu can be served with steamed rice and potato fry or potato roast.

Also check my other dal recipes

- **Mixed Vegetable Poricha Kootu**
- **Vazhaipoo Kootu without Coconut**
- **Keerai Kootu / Amaranth Green Dal Curry**
- **Spinach dal fry**
- **Moong Dal Tadka**
- **Yellow Squash Kootu**
- **Whole Green Moong Dal**
- **Dal Maharani**
- **Kollu Dal / Horse Gram Dal**
- **Spinach-Bengal gram dal**
- **Fenugreek Flavored Lentil Curry**
- **Baby Bok Choy Dal**
- **Chow Chow Kadalai Paruppu Kootu**
- **Dal Makhani in crock pot and pressure cooker**

Ingredients for Basic Dal Recipe (South Indian)

Preparation Time : 30 mins Cooking Time: 15 mins Serves: 3

To Pressure Cook

• 1/2 Cup of Toor Dal
• 1/4 Tsp of Asafoetida
• 1/4 Tsp of Turmeric Powder
• 1 Tsp of Salt
• 1/2 Tsp of Oil
• 3 Garlic Cloves
• 1 Green Chilly
• 1 Tomato, Large
• 2 Cups of Water

To Temper

• 1 Tsp of Gingelly Oil or any cooking Oil
• 1 Tsp of Ghee (Clarified Butter)
• 2 Red Chillies
• 1 Tsp of Cumin
• 1 Tsp of Mustard Seeds
• 1/2 Tsp of Urad Dal
• Few Curry Leaves
• 1/4 Tsp of Black Pepper Powder(Optional)

Method for Basic Dal Recipe (South Indian)

• Soak the toor dal in water for 30 mins. Wash and cook it in pressure cooker by adding all the ingredients in the list(To pressure cook). Cook this dal for 3-4 whistles.

• Heat a pan with ghee and oil, when it is hot, add red chillies, after it changes colour, add cumin, mustard seeds, urad dal, curry leaves, after it sizzles, add black pepper powder, fry well and now tranfer this seasoning to dal, mix well. Check the salt.

• Serve hot with steamed rice.

Tips

• Adjust the no of red chilies according to your spicy taste.
• Adding black pepper powder is optional.
• Adding ghee adds nice flavor to dal.



Tags: dal recipe, basic dal recipe, hotel style dal recipe, restaurant style dal recipe, paruppu recipe, uppu paruppu, toor dal recipe, toor dal tadka, how to make dal recipe, prepare paruppu recipe, prepare toor dal recipe, paruppu seivadhu epadi, south indian style dal, dal fry recipe, tadka dal fry.