

# [Dal Makhani Recipe in Crock Pot & Pressure Cooker Method](#)



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*Makhan is the hindi word for butter, from where dal makhani gets its name. Daal makhani is a classic dish belonging to North Indian Cuisine. It has different names like kaali dal or maa ki dhal. In this recipe, I have used black urad dal and red kidney beans both are rich in protein , iron and fiber. This rich, silky smooth and creamy lentil*

*based dish cooked in a crock pot for hours, along with spices. Addition of milk and butter gives a rich taste to the dal. I have cooked the dal makhani in a slow cooker / crock pot. Since the duration of cooking is long but the outcome of flavor, creamy texture and the taste is really outstanding. Dal makhani tastes great with [jeera rice](#) / [roti](#) / [phulka](#) / [butter naan](#). I have also given recipe for pressure cooker method for making dal makhani. Try this protein and fiber rich, delicious dal and let me know your feedback.*

## **Ingredients**

**7 Tbsp of Black Whole Urad Dal**  
**2 Tbsp of Rajma (Kidney Beans)**  
**1/3 Cup of Tomato Puree or 2 Tomatoes**  
**1.5 Tsp of Ginger Garlic Paste**  
**2 Tbsp of Curd / Yogurt**  
**1/2 Tsp of Turmeric Powder**  
**1 Tsp of Red Chilly Powder**  
**2 Tsp of Coriander Powder**  
**1 Tsp of Garam Masala**  
**2 Tsp of Kasuri Methi/ Dried Methi Leaves**  
**1/4 Cup of Milk or Cream**  
**1-2 Tbsp of Butter**  
**1/2 Tsp of Sugar**  
**Salt to taste**  
**3.5 Cups of Water**

## **To Temper**

**2 Tsp of Ghee**  
**1 Tsp of Cumin(Jeera)**  
**1 Bay Leaves**

## **Method**

- Clean, wash and soak the urad dal and rajma for 5 – 7 hrs. After that, drain the water and keep this aside.

### Crockpot Method

- In the mean time, switch on the crock pot(slow cooker) and keep it ready
- Heat a heavy bottomed pan, add the lentils, 3.5 Cups of water and salt, bring it to a rolling boil. Now transfer the lentils and water to a crock pot, set the temperature to high for 4 hrs. Do not disturb.
- Heat a pan with ghee, add cumin and bay leaves, after it changes color, add ginger garlic paste, tomato puree, saute this for 2 mins. Add curd, saute this for few mins. Add coriander powder, red chilly powder, turmeric powder, fry this for another 2 mins. Transfer this pan contents to a crock pot, add salt & mix it well with a spoon, cook it for 30 mins in high.
- Add garam masala, dried methi leaves, milk and sugar to the crock pot, mix well with the spoon, cook it for another 20 mins. Check the salt and turn off the stove.
- Dal makhani is ready.

### Pressure Cooker Method

- In a pressure cooker, add the soaked lentils, water and salt, wait for 2 whistles, after that turn it to low flame and cook it for 40 mins. After 40 mins, turn off the flame and let the pressure release on its own.
- Heat a pan with ghee, add cumin and bay leaves, after it sizzles and changes color, add ginger garlic paste, tomato puree, saute this for 2 mins. Add curd, saute this for few mins. Add coriander powder, red chilly

powder, turmeric powder, fry this for another 2 mins. add the lentils, cook it for 20 mins in a medium low flame, add garam masala, dried methi leaves, milk and sugar, mix well, cook this for another 20 mins in a medium low flame, Check the salt and add the butter and turn off the stove. Dal makhani is ready.

- Garnish with some yogurt or cream or butter, slit green chilly and ginger.
- Serve hot with [jeera rice](#) / [paratha](#) / [Naan](#).



### Tips

- You can cook dal makhani either in stove top method or pressure cooker or crock pot.
- Use whole black urad dal or split black urad dal to make this dish.
- Adding cream instead of milk gives a rich taste to the

**gravy.**

- **You can add 1 large chopped onion, if you want.**
- **You can also add 1 tbsp of bengal gram in addition to urad dal and rajma .**



**Dal Makhani in Crockpot (Slow Cooker)**

## **Health Benefits of Black Urad Dal and Rajma**

### **Urad Dal**

- **Urad dal provides energy to the body.**
- **Rich in protein, iron and folic acid**
- **Enhances digestion because of high in fiber content.**
- **Boost heart health because of high in magnesium level**

### **Rajma (Red Kidney Beans)**

- **Kidney beans are high in Iron and protein, it has eight essential amino acids in it.**
- **The darker the color of the beans has higher, the anti-oxidant content.**

- **Maintains the blood sugar.**
- **Good for brain.**
- **Improves bowel Movements**
- **High in magnesium and fiber helps in lowers the blood cholesterol levels.**



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**Chow Chow Kadalai Paruppu**  
**Kootu / Chana Dal with**

# Chayote Squash / No coconut added



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*Yellow split chick peas/ chana dal/ Kadalai paruppu have a sweet nutty flavor and hold their shape well. I used chayote squash/ chow chow for this dal . Chayote squah/ chow chow enhances the flavor and texture of the dal. To make this, soak the chana dal for 2-3 hrs in cold water with salt before*

*cooking. Then follows the pressure cooking method of dal, vegetable and spices. Substitute any squash like bottle gourd, snake gourd, ash gourd if chow chow are not available.*

## **Ingredients**

**1/2 Cup of Yellow split chick peas/ chana dal/  
Kadalai paruppu**

**1 Chayote squash / Chow Chow, Diced**

**2 Tsp of Oil**

**1/2 Tsp of Mustard Seeds**

**1/2 Tsp of Urad Dal**

**1 Red Chilly**

**Pinch of Asafoetida**

**1 Sprig of Curry Leaves**

**3 Garlic Cloves, Finely Chopped**

**1 Tsp of Fresh Ginger, Minced**

**2 Green Chillies**

**1/2 Tsp of Turmeric Powder**

**1/2 Tsp of Cumin Powder**

**1 Tsp of Coriander Powder**

**1/4 Tsp of Garam Masala**

**Salt and water as needed**

## Chana Dal with Chayote squash



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### Method

- Soak the Yellow split chick peas/ chana dal/ Kadalai paruppu for 2- 3 hrs in cold water along with salt. After that, wash it in cold tap water and keep this aside.
- Heat the oil in a pressure cooker over the medium – high heat. When it is hot, add the red chilly(break it), mustard seeds, urad dal, curry leaves and a pinch of asafoetida and fry until they pop and become fragrant, about 5 secs.
- Add garlic, ginger and green chilly, fry for few secs.
- Add coriander powder, turmeric powder, cumin powder and garam masala and cook, fry it for a min.
- Add chana dal and chow chow / chayote squash, fry it for

a min.

- Add 2.5 Cups of water, salt and mix well. Close the pressure cooker, cook it for 2 whistles and then simmer it for 10 mins. Turn off the flame.
- Transfer the dal to a serving dish and serve hot with white rice or variety rice or any roti.



### Tips

- If you want coconut, add 2 tbsp of grated coconut to it.
- You may also add red chilly powder/ cayene pepper instead of green chilly.
- Soaking is most important, so soak it for 2 hrs. If you forget to do that, soak it in hot water for 1 hr before cooking.

- **Adding garam masala is optional.**

### **Health Benefits of Chow chow / Chayote squash**

- **Lowers blood pressure.**
- **Dissolves kidney stones**
- **High in fiber.**
- **Low in calories**
- **Good source of vitamin B complex and folate.**



Chana Dal with Chayote Squash / Chow Chow Kadalai Paruppu Kootu

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# Baby Bok Choy Dal- Dal Recipes

Pinit



*Bok choy is a part of cabbage family. I got this baby bok choy from chinese store. I always add this green while making fried rice. For a change, I want this green to try with dal, it tasted absolutely divine with a tsp of ghee. This dish is often served over rice or [roti](#)*

## **Ingredients**

**3 Baby Bok Choy**

### **To Pressure Cook**

**1/4 Cup of Toor Dal  
1/2 Tsp of Turmeric Powder  
Pinch of Asafoetida  
1/2 Tsp of Salt  
1 Tsp of Oil  
2 Cups of Water**

### **To Temper**

**2 Tsp of oil  
1/2 Tsp of Mustard Seeds  
1/2 Tsp of Urad Dal  
2 Red Chillies  
1/4 Cup of Chopped Red Onion  
1 Tbsp of Coconut Flakes  
Few Curry Leaves**

## **Method**

- **Soak toor dal in enough water for 1/2 hr. Drain the water and wash the dal in cold tap water. Keep this aside.**
- **In a pressure cooker, add toor dal, turmeric powder, oil, asafoetida, salt and water, cook this for 5-6 whistles. Switch off the stove.**
- **Heat oil in a pan, add red chillies (break it), mustard seeds, urad dal and curry leaves. After they crackles, add onion, fry for 1-2 mins until they turn golden brown.**
- **Add coconut flakes, saute this for 1 min.**
- **Add chopped bok choy, saute this for 1-2 mins.**
- **Add the cooked dal to a pan, cook it for 2 mins. Check**

the salt and switch off the stove.

- Hot bok choy dal is ready.



### Tips

- Serve this dal with [Potato Peas Fry](#) or [Colocasia Fry](#)
- You can follow the same recipe with spinach or any greens.
- You can enrich the taste by adding 1tsp of ghee.
- You can also add lemon juice while serving.

### Health Benefits of Bok Choy

- Bok choy is an excellent source of vitamin A, B, C and K.
- Also good source of anti-oxidants.
- Moderate source of minerals like calcium, phosphorous, potassium, iron and magnesium .
- Great source of folic acid and fiber.



**BOK CHOY DAL**

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