

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.



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[DAL MAHARANI – Dal Recipes](#)



Dal Maharani is a North Indian Dish. This recipe is the combination of Toor and urad dal. It is not only

delicious, good source of nonmeat protein and it also has a number of [health](#) benefits. Try this recipe you like it. It goes well with any vegetable fry like potato fry or [colocasia fry](#).

Ingredients

1/4 Cup of Toor Dal
1/4 Cup of Urad Dal (black or white)
2 Green Chillies
1/4 Tsp of Red Chilli Powder
1/4 Tsp of Garam Masala
1/4 Tsp of Turmeric Powder
2 Tbsp of Tomato
1/2 Tsp of Oil
2 Tbsp of Milk

To Temper

2 Tsp of Oil
1 Tsp of Cumin
Pinch of Hing
1 Bay Leaf
1 Tsp of Grated Ginger
2 Tbsp of Chopped Onion

To Garnish

Few Sprig of Cilantro
1 Tbsp of Chopped Onion

Method

- Soak both the dal in water for 1/2 hr. Drain the water and wash the dal in cold tap water.
- Pressure cook both the dal, turmeric powder, chilly powder, garam masala, salt, hing, oil, tomato and 1 and

1/2 cups of water for 3- 4 whistles.

- Heat oil in a pan, add cumin, hing, bay leaf, grated ginger and onion, fry for 1-2 mins.
- Add the boiled dal and milk to a pan, let it cook for 2 mins. Check the salt and switch off the stove.
- Finally garnish with cilantro and chopped onion.

Tips

- Serve with spicy fry like potato fry or [colocasia fry](#).
- You can use either black urad dal or white urad dal.
- To make your dal more rich, add cream instead of milk.
- You can add lemon juice at the end, to get more tangy flavor.

Health Benefits of Toor and urad dal.

- Lentils are high in fiber and protein, and low in fat. Eating lentils and other foods that are rich in soluble dietary fiber can help decrease high cholesterol
 - A dish of basmati rice with dal combines carbohydrates, protein, fiber and fats for a healthy, balanced meal. The rice provides carbohydrates for quick-release energy.
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Whole Green Moong Dal – Dal Recipes



Green Moong Dal is also called Pachaipayaru in Tamil. They are highly nutritious, once cooked they are soft in texture and it is easily digestible. This dal is my husband favourite recipe. This simple dal with aromatic tadka or tempering with asafoetida, red chillies, curry leaves and cumin taste great with rice or chapathi.

Ingredients

To Pressure Cook

- 1/4 Cup + 2 Tbsp of Whole Green Moong Dal**
- Pinch of Asafoetida**
- 2 Tsp of Oil**
- 1/2 Tsp of Turmeric**
- 1 Large Chopped Tomato**
- Salt and Water as needed**

To Temper

2 Tbsp of Oil
3 Red Chillies
Pinch of Asafoetida
1 Tsp of Mustard
1 Tsp of Cumin
Few Curry Leaves

Method



- Soak the dal for 1/2 hr.
- Pressure cook the dal by adding “To Pressure Cook” ingredients. Wait for 2 whistles and then keep in low flame for 10 mins and then switch of the stove.



- Heat a pan with oil and do the tempering by adding” To Temper ” ingredients. Add red chillies, let them turn to dark brown colour and then add cumin, mustard let it crackles followed by asafoetida and curry leaves.
- Now transfer the tempering items to a cooker containing dal. Mix well and check the salt.
- Hot green moong dal is ready.

Tips

- You can add onion, garlic and sambhar powder to this recipe.
- Add green chillies for extra spiciness.



Health Benefits of Green Moong Dal

- Rich source of low fat protein.

- 1 Cup of dal has 15grams of fibers.
- It is considered as low-glycemic.

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CWS- Dals



1st March - 31st March