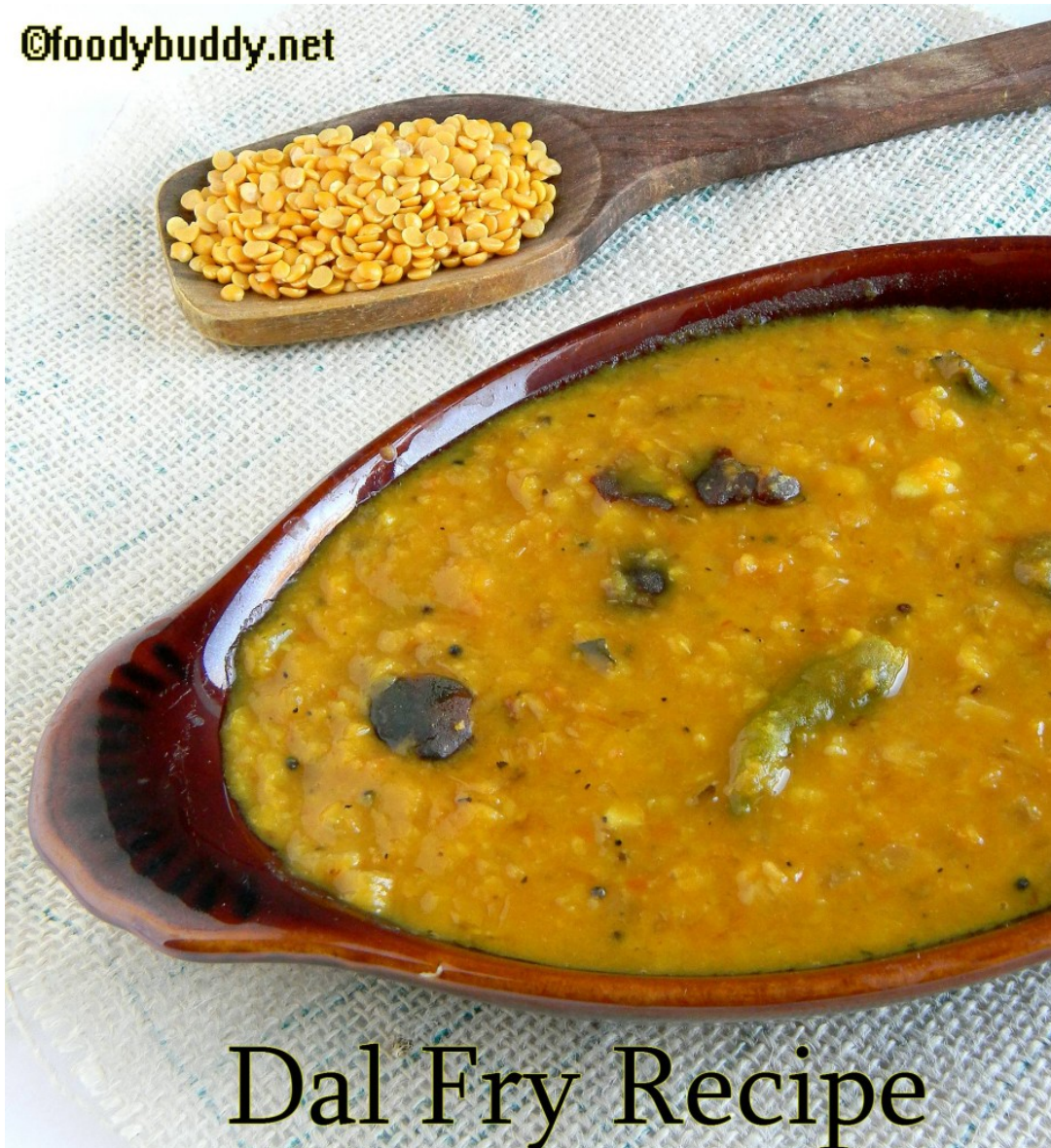


Basic Dal Recipe / Uppu Paruppu Using Toor Dal (South Indian)



Dal Fry Recipe

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 transfer this seasoning to dal, mix well. Check the salt.
- Serve hot with steamed rice.

Tips

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



Dal Recipe using Toor 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](#).

Bombay Chutney Recipe / Side dish for idly dosa



BoMbAy ChUtNeY

Bombay Chutney or Besan chutney is a very simple and quick to make chutney for idly and dosa. Did you get bored with usual coconut chutney or tomato chutney ? Try this easy chutney with the basic and available ingredients in your pantry. This is my mom's signature dish, she used to make this bombay chutney often as a side dish for idly, dosa, chapathi or poori. Bombay chutney is really delicious in taste and smells so good with fennel seed flavoring. Try this bombay chutney recipe at home and enjoy with idly and dosa.

How to make bombay chutney at home

Ingredients for Bombay Chutney Recipe

Preparation Time: 10 mins Cooking Time: 20 mins Serves: 4

- Handful of Fried bengal Gram (Pottukadalai), about 1/3 cup
 - 1 Big Onion, Sliced
 - 3 Small Tomatoes, Chopped
 - 1 Red Chilly
- 1/2 Tsp of Sombhu (Fennel seeds)
 - 5 Curry Leaves
 - 1 Green Chilly
- 3 Garlic Cloves + 1/2" Inch Ginger, made into paste with mortar and pestle
 - 1/2 Tsp of Turmeric Powder
 - 2 Tsp of Coriander Powder
 - 1 Tsp of Red Chilly Powder
 - 1/4 Tsp of Garam Masala
 - Pinch of Asafoetida
 - Salt to taste

Method for Bombay Chutney Recipe

- In a mixie, grind fried bengal gram to a fine powder. Add enough water about 1.5 cups to it and make a batter. Keep it aside.
- Heat a pan with oil, when it is hot, add mustard seeds, urad dal, red chilly, fennel seeds and curry leaves. After it pops up, add asafoetida, onion, green chilly, saute it for few mins until it turns golden brown.
 - Add ginger garlic paste, fry until the raw smell vanishes. Add tomatoes, fry until it turns mushy.
- Add turmeric powder, coriander powder, red chilly powder and garam masala, fry for few secs.
- Add 1.5 cups of water, bring them to boil. When it starts boiling, add the roasted gram batter, mix well. Cook it until it turns thick and raw smell goes off. Add coriander leaves and turn off the flame.
 - Serve bombay chutney with hot idly, dosa, chapathi or poori.

Tips

- Chutney will turn thick after it cools down so don't cook the chutney for long time.
- If your chutney turns thick, add little water and heat it for mins.
 - You can use besan flour in place of fried gram flour.
 - You can skip garam masala, if you don't like.

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Besan Chutney

Tags: Bombay chutney, bombay chutney recipe, how to make bombay chutney at home, prepare bombay chutney, instant sambar, chutney recipe for idly and dosa, besan chutney, kadalaimavu curry, healthy alternative to poori masala, besan subzi.

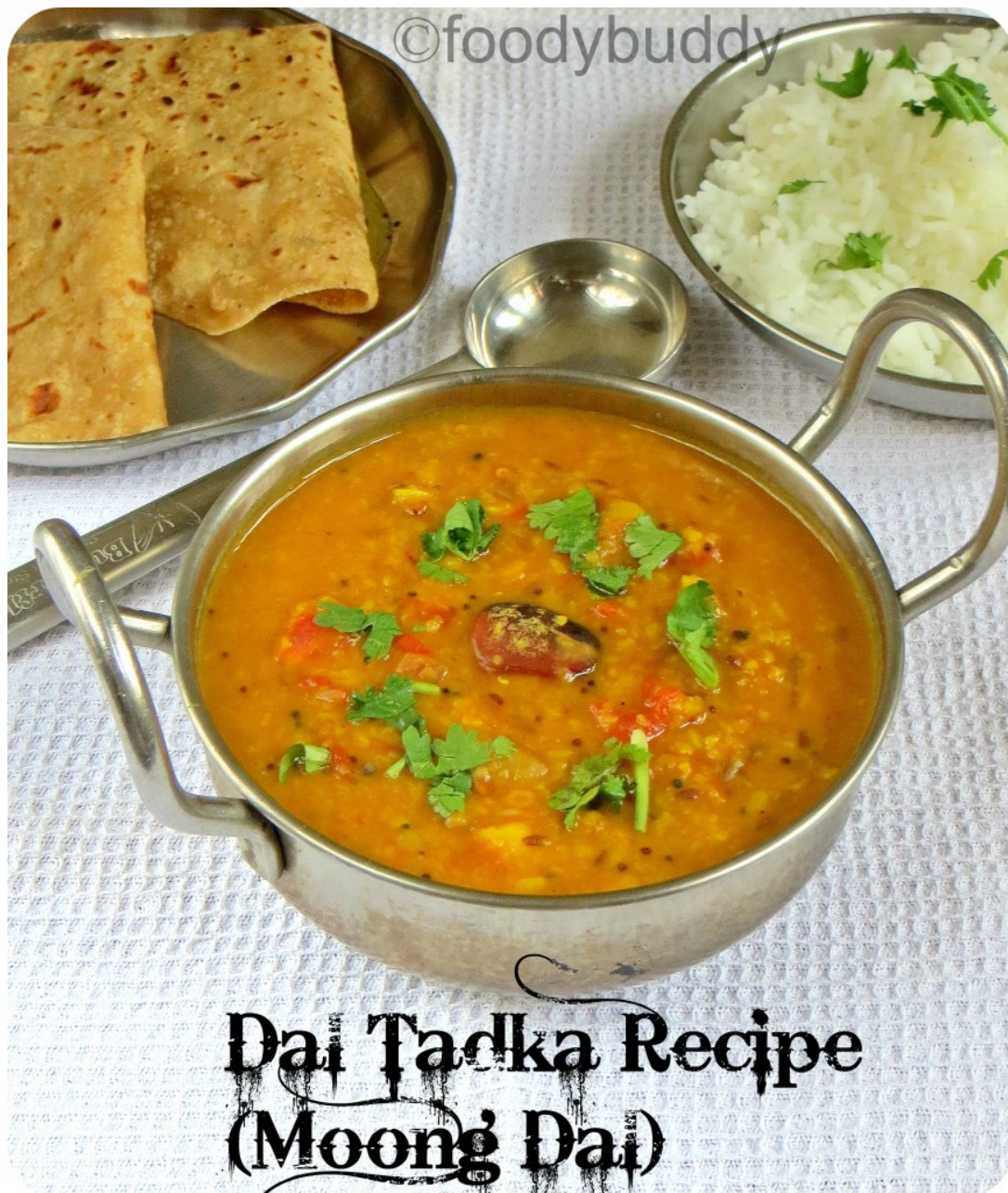
Moong Dal Tadka / How to make moong dal

Moong dal tadka is a delicious and simple recipe which you can easily make for everyday cooking or you can do this dal tadka if you are lazy or run out of vegetables. This simply delicious dal tadka goes well steamed rice or chapathi. This moong dal is most healthiest food in ayurveda. This Moong dal tadka is more nutritious, easy to digest when compare to other legumes, also they do not create abdominal gas or flatulence. Moong dal recipe is good for kids and pregnant women.

Preparing moong dal tadka is easy, first pressure cook the dal, onion and tomatoes. Finally temper it with spices before serving.

Dal are often called Paruppu in tamil, it is a staple food in India. They are good source of protein in vegetarian diet.

Tadka, it is a Hindi word for tempering, Tempering done with spices like mustard and cumin in butter or oil.



Dal Tadka Recipe (Moong Dal)

Preparation Time : 5 mins
mins Serves : 4

Cooking Time : 30

Ingredients for moong dal tadka

- 1 Cup of Yellow Moong Dal
- 1 Medium Size Red Onion, Finely Chopped
- 1 Large Tomato, Finely Chopped
- 1/2 Inch Ginger, Finely Chopped
- 1/2 Tsp of Red Chilly Powder

- 1/2 Tsp of Turmeric Powder
- 3 Cups of Water
- Salt as required

To Temper

- 2 Tbsp of Oil / Ghee
- 1 Tsp of Mustard Seeds
- 1 Tsp of Cumin
- 1/4 Tsp of Asafoetida (Hing)
- 1 Green Chilly, Slit
- 1 Red Chilly
- 6 Garlic Cloves, Finely Chopped
- 1/2 Tsp of Garam Masala

Other Ingredients

- Few Coriander Leaves



Method

- Soak the dal in water for 1 hr. Drain it and wash it in tap water.
- Add all the ingredients except “to temper ingredients ” to pressure cooker for 3 whistles until it turns soft. Open the lid and stir the dal.
- Heat a pan with oil, when it is hot, add mustard, cumin and red chilly, after it crackles, add asafoetida, green chilies and garlic cloves, fry it for few seconds.
- Simmer it and add garam masala, fry it for seconds, immediately add cooked moong dal, stir the moong dal, if your dal is thick, add little water, cook it for mins and turn off the flame. Finally garnish with coriander leaves.
- Serve hot moong dal with steamed rice or chapathi.

Tips

- Instead of oil, you can temper it with ghee or butter.
- If you want your dal to be little more spicy, add some more red chilli powder to dal.
- Soaking dal is for easy digestion. You can also make dal without soaking.

- You can cook the moong dal either in pressure cooker or in stove top or in microwave.



Moong Dal Tadka

Technorati Tags : [dal tadka](#), [dal tadka recipe](#), [dal tadka restaurant style](#), [how to make dal tadka recipe](#), [easy dal](#)

[tadka](#), [north indian dal recipes](#), [dhaba style dal tadka](#), [how to make moong dal tadka](#), [punjabi dal tadka recipe](#), [tadka dal tadka recipe](#), dal recipe for chapathi