

Peanut Chaat Recipe / Peanut Salad



Peanut Chaat Recipe

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Chaats are Indian snack, which are so addictive. There are so many varieties of chaat can be made. One among them is Peanuts chaat, they are yummy snack made with peanuts, onion, carrot, salt and pepper. In India, you can see this kind of chaat in beach stalls, street side stalls and food cart, sold in cones made of newspaper. This peanut chaat is delicious, rich in protein and low in fat. This can be served as an evening snack. Also check the recipe for [boiled peanuts](#).

Ingredients

- 1 Cup of [Boiled Peanuts](#)
- 1 Medium Size Carrot, Grated
- 1 Medium Size Red Onion, Chopped

1/2 Cup of Cucumber, Diced
1 Medium Size Tomato, Chopped
1 Green Onion (Spring Onion), Chopped
1 Tbsp of Lemon Juice
1/4 Tsp of Black Pepper
1/4 Tsp of Chaat Masala
Pinch of Black Salt
Coriander Leaves (Cilantro), Finely Chopped
Salt to taste

Method

- **In a bowl, add boiled peanuts, chopped onion, chopped tomato, diced cucumber, black pepper, chaat masala, lemon juice, black salt and salt. Toss well with a spoon.**
- **Finally garnish it with chopped coriander leaves, grated carrot and chopped green onion.**

How To Make Peanut Chaat



Tips

- If you don't have chaat masala, just add salt and pepper.
- You can add chopped green chillies and red chilly powder to this snack for more spicy taste.
- Add any vegetables or fruits of your choice like grated beetroot or cabbage or mango.
- Be careful while adding salt because boiled peanuts has already salt in it.

Peanut Chaat



How to Boil Peanuts in Pressure Cooker

How To Boil Peanuts In Pressure Cooker



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Boiled peanuts are popular in places where peanuts are common. Fully mature peanuts do not make good quality boiled peanuts rather the raw or green ones are used. Boiling the peanuts are very easy at home. You can cook raw peanuts in different ways like stockpot method or in pressure cooker or crock pot. I prefer pressure cooker method which makes my work easier. Cooking time vary greatly depending on how fresh the peanuts are. The fresher the peanuts, less time it takes to cook. You can make so many Indian recipes with peanuts like burfi, laddu, rice and chat. But I love to eat the fresh boiled peanuts for evening snack as it has no extra calories in it like no oil or sugar. Try this recipe at home and enjoy !!!!!

Ingredients

3 cups of Raw, Fresh Peanuts

5 cups of Water

3.5 tsp of Salt

Pressure Cooker

Method

- **Wash and rinse the raw peanuts several times in water to remove the dirt and debris.**
- **Soak the washed raw peanuts in a big bowl of water for 2 hrs or overnight. Again, wash it in cold water.**
- **After that, add the soaked, washed peanuts to a pressure cooker.**
- **Add salt and enough water to a pressure cooker containing peanuts.**
- **Now close the lid of pressure cooker, turn on the flame and wait for 2 whistles and then simmer it for 45 mins. Turn off the flame and let the pressure release on its own.**
- **Pour the cooked peanuts to a colander and drain the water. Cool for few mins.**
- **Break open the fresh peanuts and enjoy the tasty boiled peanuts.**

Boiled Peanuts



Tips

- You can cook the peanuts either in pressure cooker or stockpot or crock pot.
- Adjust the amount of salt according to your taste.
- You can store boiled peanuts in refrigerator for 2-3 days. Store it in a airtight container and enjoy cold peanuts.

Health Benefits of Peanuts

- Rich in energy.
- Good source of monounsaturated fat, niacin, folate, vitamin E and anti-oxidants.

- **Prevent gall stones and good for heart.**
 - **Good source of resveratrol which reduces the risk of stroke.**
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Daal 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.

Dal Makhani with Butter Garlic Cilantro Naan

