

[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.

Baby Lima Beans Curry



Lima Beans are tasty and a healthy legume. They are good source of cholesterol-lowering fiber and protein. Curry is perfect for lunch or dinner. This brilliant curry goes well with [rice](#) or [chapathi](#).

Ingredients

- 3/4 Cup of Frozen Baby Lima Beans**
- 1 Chopped Large Onion**
- 1 Chopped Large Tomato**
- 2 Tsp of Coriander Powder**
- 1/4 – 1/2 Tsp of Turmeric Powder**
- 1/2 Tsp of Chilly Powder**
- 1/2 Tsp of Cumin Powder**
- 1/2 Tsp of Garam Masala**
- Few Cilantro or Coriander leaves**
- Salt as needed**

To Grind

- 2 Garlic Cloves**
- 3 Tbsp of Grated Coconut**
- 2 Green Chillies**

To Temper

- 1 Tbsp of Oil**
- 1 Tsp of Fennel Seeds**
- Few Curry Leaves**

Method



- **In a blender, add " To Grind " ingredients, grind to a fine paste.**
- **Heat oil in a pan/cooker. Test the oil by adding one fennel seed; if seed crackles then your oil is ready. Add fennel seeds and curry leaves.**
- **Add chopped onion and salt, fry for 1-2 mins until onion turns golden brown.**
- **Add ground paste, saute well until raw smell vanishes.**
- **Add coriander powder, turmeric powder and red chilly powder, saute well for a min.**
- **Add chopped tomato, cook for 2-3 mins until oil**

separates.

- Add lima beans, garam masala and cumin powder. Mix well with masala. Add enough water and check the salt. Close it with a cooker lid and cook for 3 whistles. Switch off the stove. Finally garnish with cilantro leaves.
- Hot Lima beans curry is ready to serve.

Tips

- Serve with [chapathi](#) or [stuffed paratha](#).
- You can add ginger garlic paste instead of garlic cloves.
- You can also add peas or carrot to this recipe.
- You can add lemon juice at the end for more tangibleness.

Health Benefits of Lima Beans

- Good source of cholesterol-lowering fiber
- Rich in iron, which provides cell growth in your body.
- Rich in Protein and carbohydrates.

Lima Beans Curry



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[Paneer Bhurji](#)



Delicious Paneer Bhurji is a popular dish in Punjab region of India. Panner is a Indian cheese and substitute to meat for vegetarians. This recipe is made with paneer or cottage cheese is crumbled and then cooked with onion, tomato and spice mix. It's quite easy to prepare and rich in protein. Best accompaniment for [paratha](#) and [roti](#).

Ingredients

- 7-10 Cubes of Paneer (Crumble it)
- 1/2 Cup of Peas
- 1 Chopped Onion (Medium Size)
- 1 Chopped Tomato (Large)
- 1 Tsp of Ginger Garlic Paste
- 3 Tbsp of Chopped Cilantro
- 1 Tsp of Cumin
- Pinch of Garam Masala

1 Tsp of Dried Methi Leaves
1 Tbsp of Oil
Salt and Water as needed

Spice Mix

1 Tsp of Black Salt
1 Tsp of Fennel Seeds
1/4 Tsp of Hing
1/4 Tsp of Cumin Powder
1/2 Tsp of Amchur Powder
1/2 Tsp of Dry Ginger Powder
1/2 Tsp of Coriander Powder
Pinch of Cinnamon Powder
1 Blade of Mace
1 and 1/2 Tsp of Red Chilly Powder
1/2 Tsp of Turmeric Powder

Method



- **Heat a pan with oil, add cumin, chopped onion and fry until it turns to golden brown color.**

- Add ginger garlic paste, fry for 1-2 mins until raw smell vanishes.
- Add tomato, fry for 1-2 mins.
- Add green peas and spice mix, saute well for 1-2 mins.
- Add crumbled paneer and little water. Keep it covered and cook for 5-6 mins.
- Finally add dried methi leaves and a pinch of garam masala. Mix well. Cook for 1-2 mins. Check the salt and switch off the stove.
- Garnish with cilantro and serve hot.

Tips

- Serve with [roti](#) or [paratha](#)
- You can do this dish either with homemade or store bought frozen paneer.
- You can add any vegetables to this dish like capsicum or carrot.
- You can add green chilly for extra spiciness.



Health Benefits of Paneer

- Source of calcium and protein.
- Rich in vitamin B and D
- Enhances blood formation and strengthen the liver.
- Reduces risk of cancers and stomach disorders.

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