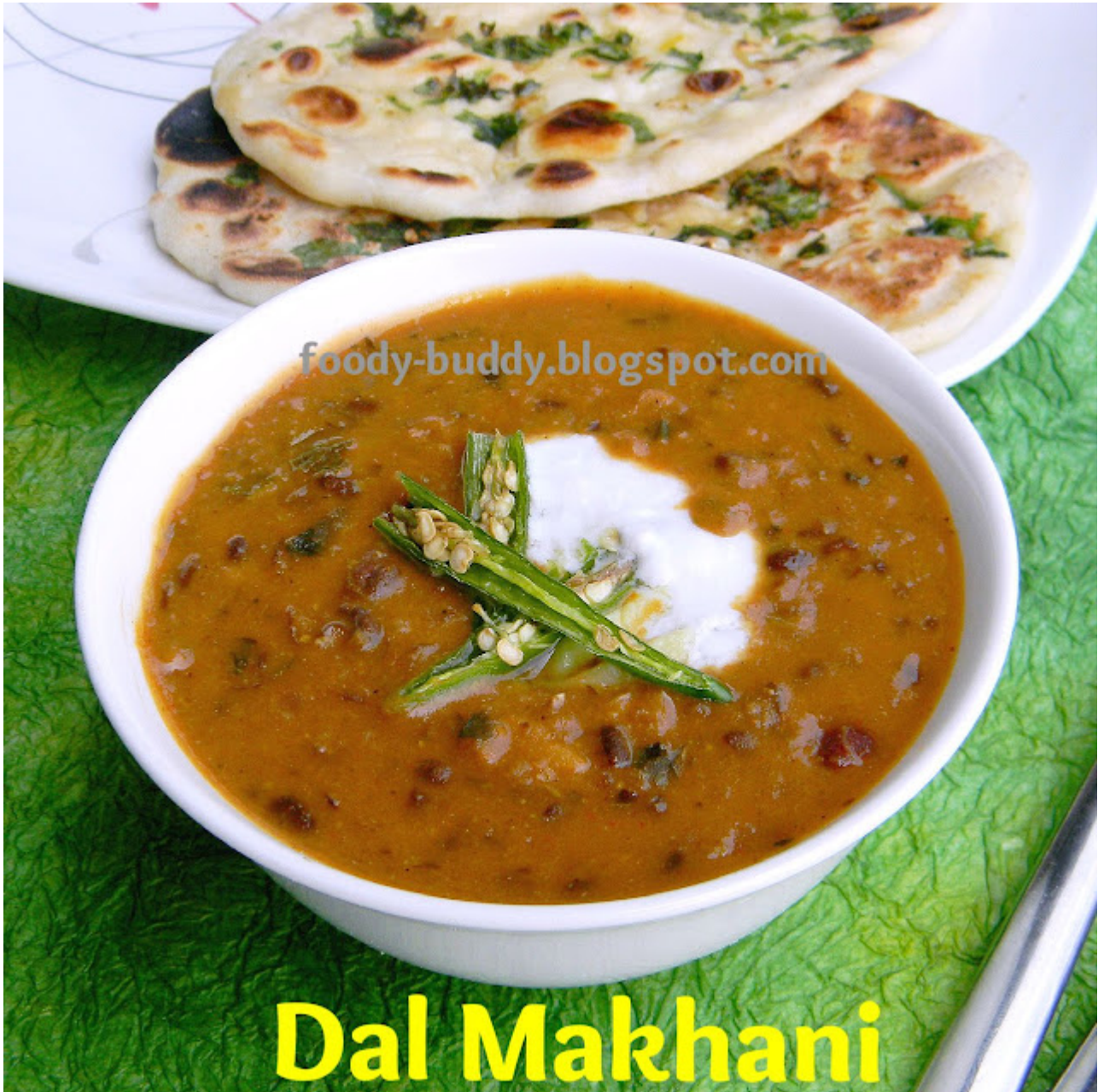


# [Dal Makhani Recipe in Crock Pot & Pressure Cooker Method](#)



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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 .



## 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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**Pan Fried Cauliflower /**  
**Marinated Cauliflower Fry**



## Marinated Cauliflower Fry

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**Cauliflower fry is very easy to make dish. In this recipe, florets are cooked in hot water with salt, marinated it with spices for few mins and then sauteed in oil . Eat this delicious mouth watering recipe with hot [fried rice](#) or [lemon rice](#) or any variety rice or even [rotis](#).**

### Ingredients

**1 Medium Sized Cauliflower, about 2 Cups**

## To Grind

- 3 Tbsp of Roasted Bengal Gram / Podukadalai
- 1 Tbsp of Rice Flour
- 1 Tbsp of Corn Flour

## For Marination

- 1/4 Cup of Ground Powder ( Roasted gram, rice and corn flour)
- 1 Tsp of Ginger Garlic paste
- 1 Tsp of [Sambhar powder](#)
- 1 Tsp of Garam masala
- 1/2 Tsp of Black Pepper Powder
- 2 Tbsp of Curd (Yogurt)
- Pinch of Hing / Asafoetida
- Salt to taste

## To Temper

- 2 Tbsp of Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal



## Method

- Heat a pan with water and salt, bring it to boil. Add cauliflower florets, cover it and cook it for 5 mins. Just cook 50 %. Drain the water and transfer the cauliflower florets to a wide bowl.
- Grind all the ingredients listed under "to grind" to a fine powder.
- Add all the ingredients listed under "marination" to the cauliflower florets. Add little water and mix well with hand / spoon.
- Marinate this florets for 15 – 20 mins.
- Heat a cast iron pan with oil, add mustard seeds and urad dal, after it splutters, add the marinated cauliflower florets, fry in medium low flame for 10 mins.
- Cauliflower fry is ready to eat.



### Tips

- Serve with [lemon rice](#) or any variety rice.
- You can “deep fry” the cauliflower florets after marination instead of pan fry.
- If you don't have [sambhar powder](#), add 2 tsp of coriander powder, 1 tsp of red chilly powder and 1/2 tsp of turmeric powder.

### Healthy Benefits of Cauliflower

- Excellent source of antioxidants.
- Anti-inflammatory properties.
- Protect against cardiovascular and cerebrovascular disease.
- Clean your digestive system.
- Good source of vitamin B and minerals.



*Cauliflower Fry*

# Rajma Capsicum Curry



*Kidney beans is also called Rajma, is a well known pulse that is extensively used all over the world in the preparation of variety of dishes, particularly in dishes like rice, curries, salad or toppings. Kidney beans are rich in iron, protein, fiber and other minerals. Consumption of this beans gives you a healthy heart.*

*Coming to Rajma Capsicum Curry recipe, this dish is made from kidney beans(Rajma). You can use dried rajma or canned variety to make this curry. If you prefer to cook with the dried variety, soak the beans in water for at least eight hours, boil in a pressure cooker or crock pot, until they turn very soft. This Rajma Capsicum Curry is easy to make with the simple ingredients, delicious in taste with hot [chapathi](#) or phulka or naan. Try this Rajma Capsicum Curry recipe and let me know your feedback.*

- Preparation Time : 30 Mins
- Cooking Time – 20 mins
- Serves -2

## **Ingredients – Rajma Capsicum Curry**

- 1.5 Cups of Cooked Rajma/ Kidney Beans
- 1 Small Green Bell Pepper (Capsicum)
- 1 Medium Onion, Finley Chopped (About 1/2 Cup)
- 2 Medium Garlic Cloves, Minced
- 1 Tsp of Fresh Ginger, Minced
- 1/2 Tsp of Turmeric Powder
- 2 Medium Size Tomatoes, Finely Chopped
- 1.5 Tsp of Red Chilly Powder / Cayenne Pepper
- 1/2 Tsp of Garam Masala
- Salt to taste
- 1/4 Cup of Cilantro (Coriander Leaves), Finely Chopped
- 1/2 Tsp of Cumin (Jeera)
- 2 Tsp of Vegetable Oil

## **Method – Rajma Capsicum Curry**

- Heat the oil in a skillet or a pan over medium heat.
- When the oil is hot, add the cumin seeds and fry until the lightly browned and fragrant, about 5 seconds.
- Stir in the onion, garlic, ginger and turmeric powder and cook, stirring occasionally, until the onion is soft, about 5 mins.
- Add the tomatoes, bell pepper, garam masala, red chilly powder and salt, cook until the tomatoes and bell peppers are soft, about 5 mins.
- Add the Kidney beans(Rajma) and 1 cup of water and bring the mixture to a boil. Reduce the heat to medium low, cover the pan and cook, stirring from time to time,

until the mixture thickens and a sauce forms, about 10 mins.

- Add more water if prefer a thinner sauce. Transfer the beans to a serving dish, sprinkle with chopped cilantro and onion, and serve hot with [chapathi](#) or naan or phulka.



## Tips

- You can add green chilly for more spicy taste.
- You can use dried kidney beans or canned beans to make this curry.
- Use butter or ghee to get a rich taste of curry.
- You can also add dried methi leaves for a different twist to the dish.

## Health Benefits of 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.

