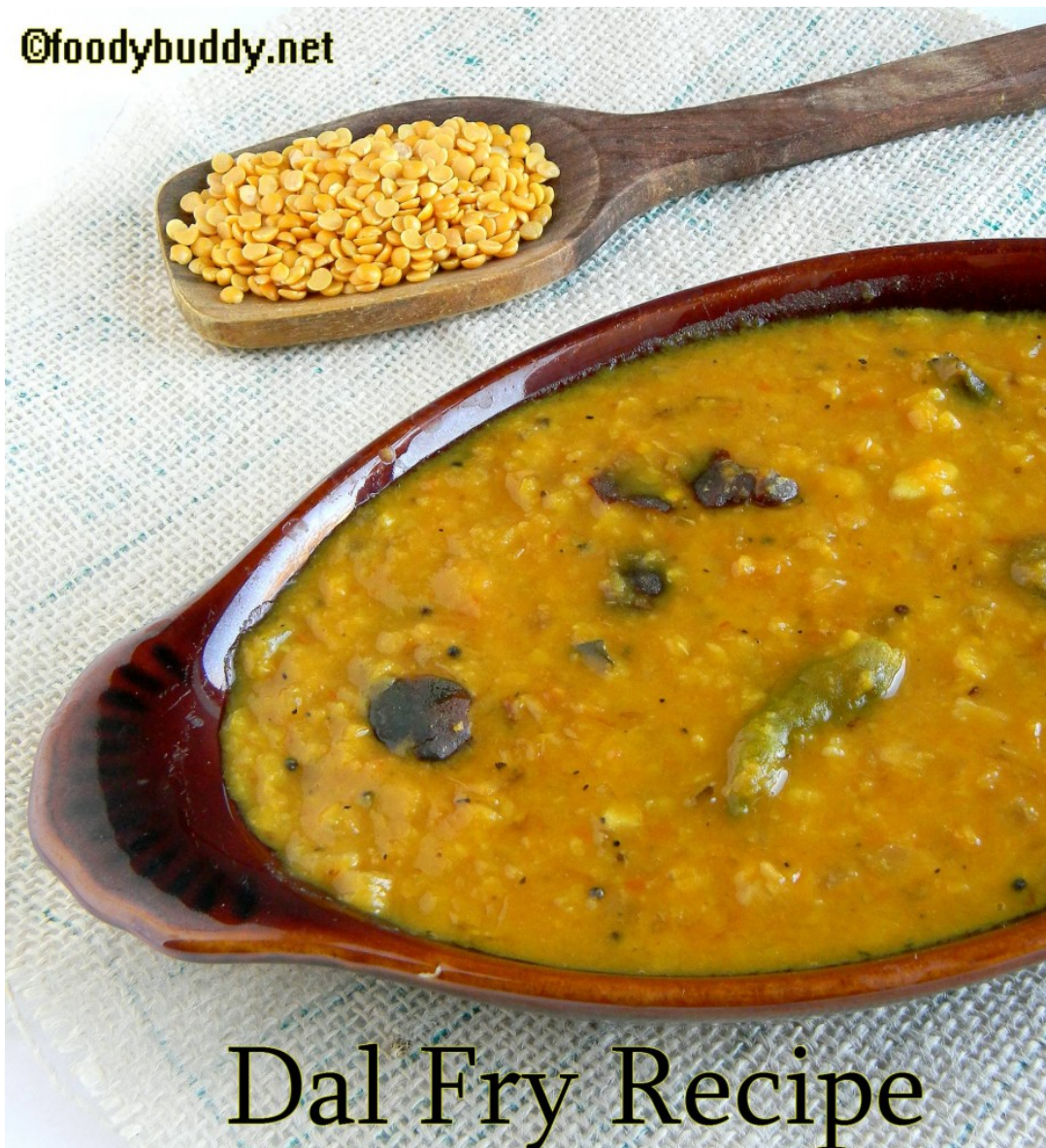


Basic Dal Recipe / Uppu Paruppu Using Toor Dal (South Indian)



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

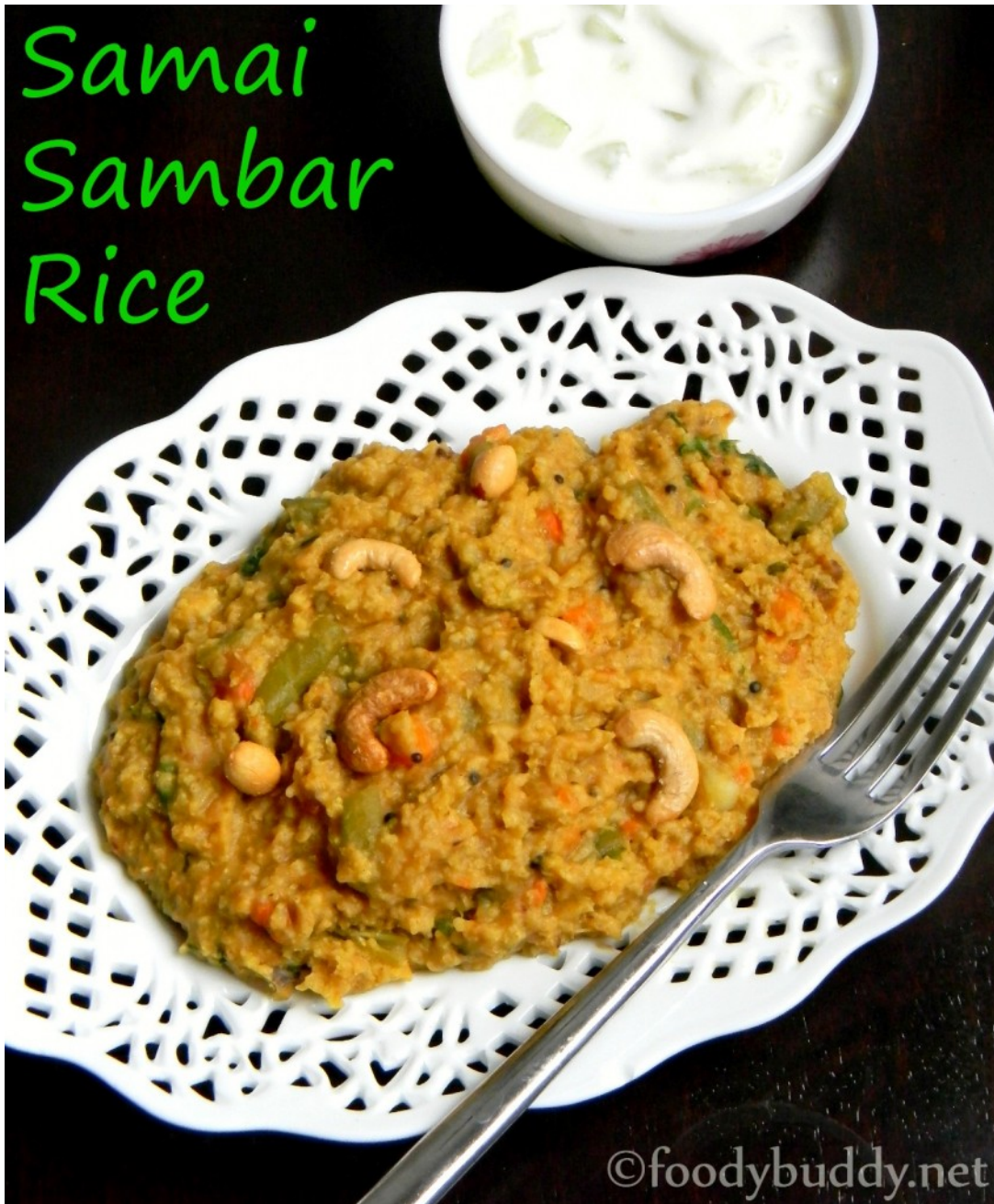
- Adjust the no of red chillies according to your spicy taste.
 - Adding black pepper powder is optional.
 - Adding ghee adds nice flavor to dal.



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](#).

Samai sambar rice / Samai bisibelabath Recipe



Samai in tamil, sama in telugu, same in kannada, kutki in hindi and chama in malayalam is the smallest of all millets . In English they are called Little millets. Millets are very good for our health, as they are rich in protein, vitamins, minerals and iron. Millets are good for diabetic people as they contain maganesium, as it regulates the secretion of glucose in body. Nowdays, I am including in my diet, I love

all kind of millets like varagu, samai, thinai, sollam and ragi. I brought only few millet bags from India, so experimenting few recipes with the available millets. This is one among them, today recipe is samai sambar rice / samai sambar sadam / little millet sambar rice / samai sambar bhat / samai bisibelabath. This samai sambar sadam recipe is a healthy south Indian one pot meal with all nutrients from dal and vegetables. samai sambar rice is very similar to [bisibelabath](#) without adding bisibelabath powder, instead I added [homemade sambar powder](#) and it tasted like restaurant style sambar sadham. You can replace samai with other millets like varagu or thinai or kuthiravalli. In this sambar rice recipe, I haven't used tamarind, instead I added more tomatoes. Try this yummy samai bisibelabath recipe in your home. Also check my other millet recipes.

1. [How to cook millets at home](#)
2. [Quinoa Dosa / Thinai Dosa](#)
3. [Samai ven pongal](#)
4. [Bajra / Kambu Dosa](#)
5. [Bajra / kambu roti](#)
6. [Ragi Almond ladoo](#)

How to make samai sambar rice / samai sambar sadham

Ingredients for samai sambar rice

Preparation Time: 15 mins Cooking Time: 30 mins Serves:3

- 1 Cup of Samai (Little Millet)
- 2.5 Cups of Water

To pressure cook the toor dal

- 1/2 cup of Toor Dal
- 1.5 Cups of Water
- 1/4 Tsp of Asafoetida
- 1/4 Tsp of Oil
- 1/2 Tsp of Turmeric Powder

To Fry Vegetables

- 7 -10 Small Onion (Shallots), Whole
- 1 large Onion, Finely Chopped
- 2 Small Green Chillies
- 3 Large Tomatoes, Finely Chopped
- 2 Carrots, roughly Chopped
- 3/4 Cup of Chopped Beans
- 1/2 potato, Chopped
- Handful of Lima Beans
- 2 brinjal, chopped
- 2 Tsp of Sambar powder
- Handful of Curry Leaves

To Temper

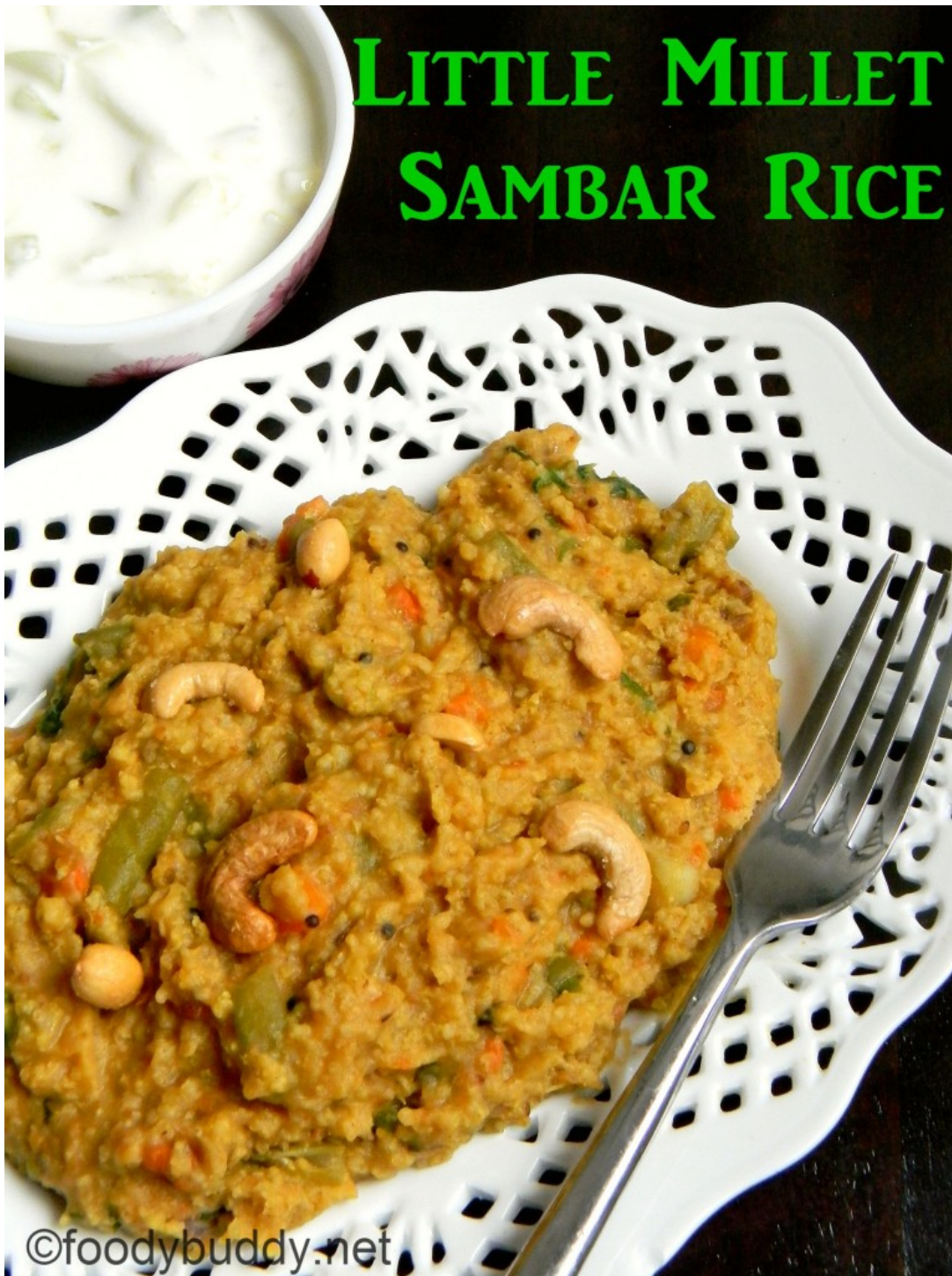
- 2 Tsp of Ghee
- 1 Tsp of Mustard Seeds
- 1/2 Tsp of Urad Dal
- 1 Tsp of Vadakam
- 2 Small Red Chillies
- Few Curry Leaves
- Few peanuts and cashew nuts

Method for samai sambar rice

- In a pressure cooker, cook the toor dal for 3 whistles by adding all the ingredients listed under "To pressure cook list "
- In another cooker, cook samai for 3 whistles by adding 3 cups of water. Keep it aside.
- Heat oil in a frying pan, add both small and large onions, green chillies, saute this until it turns golden brown.
 - Add tomatoes, fry this until it turns soft, add all the vegetables, curry leaves, sambar powder and salt, fry well for 2 mins, cover and cook it for 7 mins.
 - Add toor dal and rice, mix well with all the vegetables. Turn it off.
- Finally heat a pan with ghee, add red chillies, mustard seeds, urad dal, vadagam and curry leaves, after it pops up, transfer this to pan with vegetables and rice, mix well.
- Hot, yummy samai sambar sadam is ready to serve with [raita](#) or chips or appalam.

Tips

- You can reduce tomatoes and add tamarind juice or else use tomatoes only.
 - Add any vegetables of your choice .
- You can replace samai with other millets like varagu or thinai or kuthiravalli.



tags : [samai rice](#), [samai sambar rice](#), [samai sambar sadham](#), [samai recipe](#), [little millet sambar rice](#), [how to make sambar rice with samai](#), [prepare sambar sadham](#), [restaurant style sambar sadham](#), [samai sambar bhat](#), [samai bisibelabath](#), [millet recipe](#), [south indian one pot meal](#), [variety rice](#), [lunch box recipe](#), [samai recipe](#)

Easy Mysore Bonda Recipe / Ulundu Bonda

Mysore Bonda



Mysore bonda or ulundu bonda is a deep fried evening snack from mysore, made with urad dal, rice flour and spices. This

easy mysore bonda recipe is very famous in south India. You can make mysore bonda recipe with maida, that has different taste and not healthy too. So I made authentic mysore bonda with urad dal. This mysore bonda are easy to make, very crispy on outside and soft on inside, the coconut bits in between adds a little crunch, aroma of spices and colour of bonda makes appetizing. Serve this mysore bonda as an evening tea time snack along with cup of tea or coconut chutney. Try this easy mysore bonda recipe at home and enjoy.

How to make mysore bonda recipe at home

Ingredients for Easy mysore bonda recipe

Preparation Time : 1.5 hrs (soaking)

Cooking Time: 30 mins

Serves: 16

- 1/2 Cup of Urad Dal
- 2 Tsp of Toor Dal
- 2 Tsp of Rice Flour
- 1 Tbsp of Coconut Bits
- 1/2 Inch of Ginger
- 2 Green Chilies
- 1/4 Tsp of Asafoetida
- 2 Tsp of Black Pepper, Grind it coarsely
- 1 Tbsp of Coriander Leaves and Curry leaves
- Salt to taste
- Oil to deep fry

Method for Easy Mysore Bonda Recipe

- Soak both urad dal and toor dal in water for 1.5 hrs. After that wash the dals in running water and grind it in a grinder by adding required water until the batter turns smooth and fluffy. Transfer it to a bowl.
- Chop the green chilies, coriander leaves, curry leaves and ginger finely.
- To the batter, add chopped green chilies, ginger, rice flour, coconut bits, asafoetida, black pepper, coriander leaves, curry leaves and salt. Mix well with hand.
- Heat oil in a pan, keep a small bowl of water to wet your hands. Wet your hands and take a small batter and shape it into a ball and gently drop it into the oil (use your thumb to gently drop the batter into the oil).
- Fry both the sides until it turns golden brown. Fry it in a medium flame and make sure inside gets cooked.
- Drain it in a paper towel and enjoy with a cup of tea.

Tips

- Use less water while grinding the batter. If you add more water, bonda will absorb more oil.
- If your batter is runny, keep it in fridge for sometime and cook later.
- Always fry the bonda in medium high flame. If you cook it in high, inside won't get cooked. If it is too low, bonda absorbs oil

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Ulundu Bonda

Tags: [mysore bonda](#), [mysore bonda recipe](#), [easy mysore bonda recipe](#), [how to make mysore bonda at home](#), [prepare mysore bonda](#), [ulundu bonda](#), [ulundu bonda recipe](#), [bonda recipes](#), [south indian snacks](#), [easy evening snack recipe](#), [no-onion-no-garlic-snack](#)