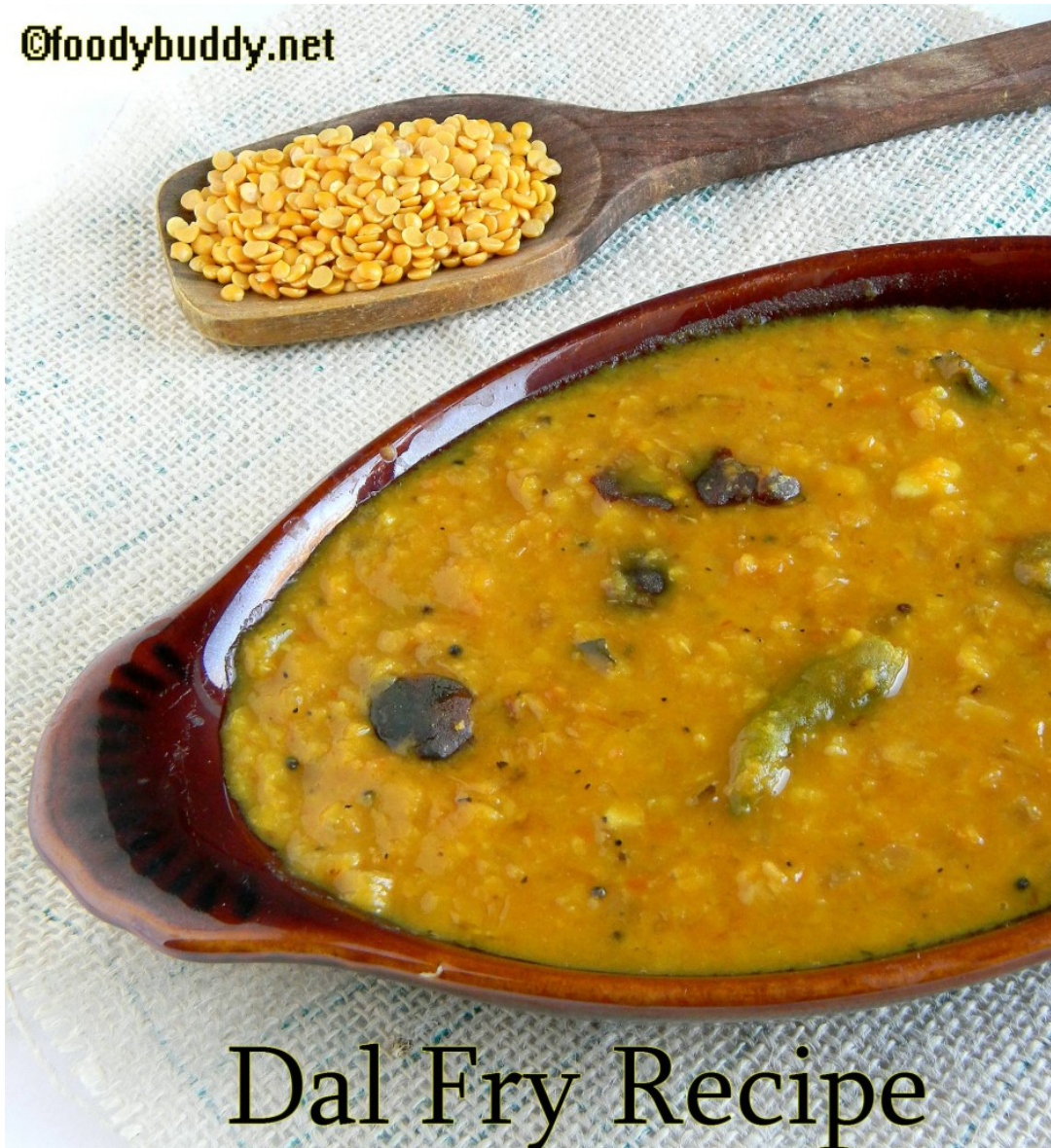


# Basic Dal Recipe / Uppu Paruppu Using Toor Dal (South Indian)



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](#).

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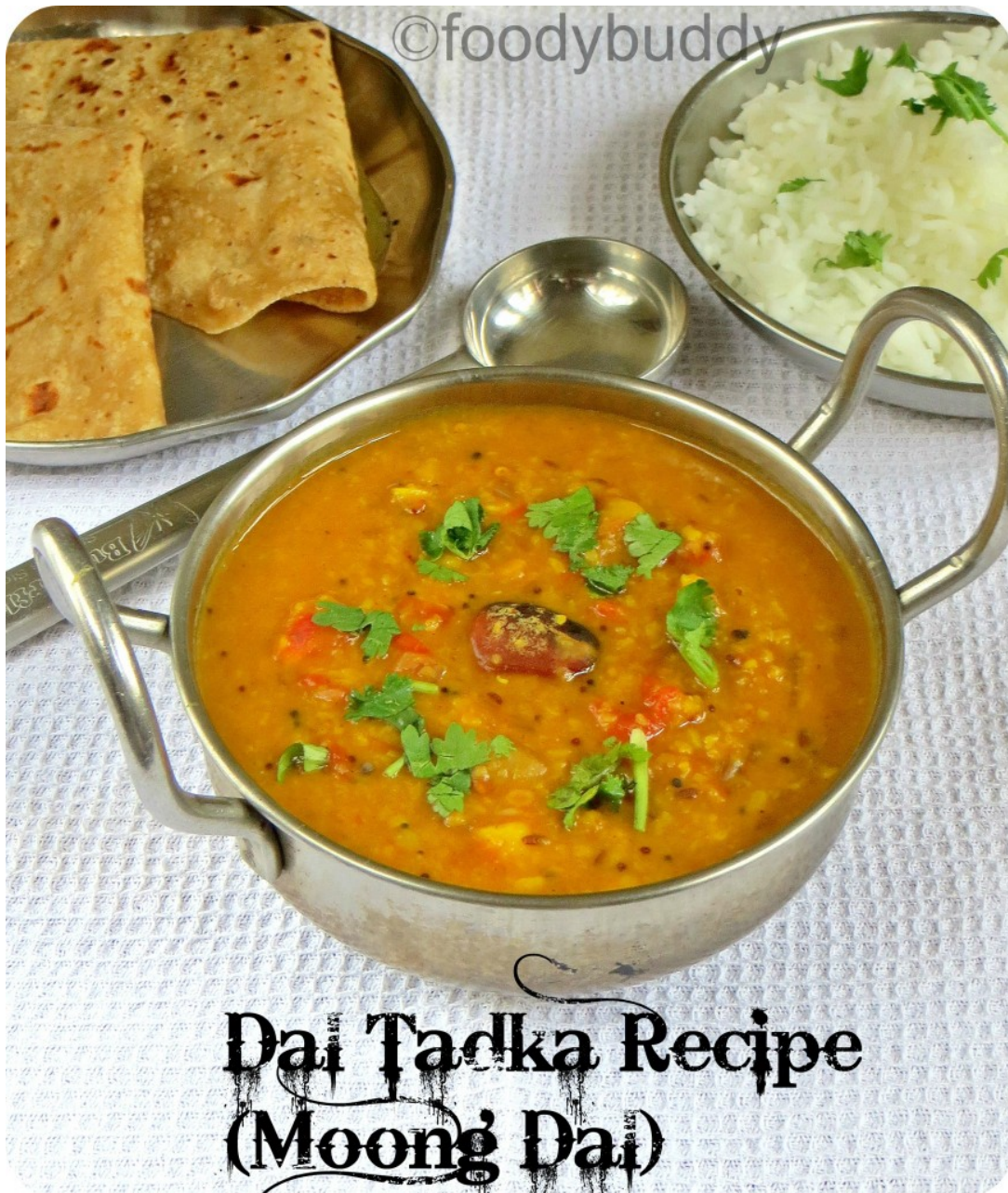
# Moong Dal Tadka / How to make moong dal

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 with steamed rice or chapathi. This moong dal is the most healthiest food in ayurveda. This Moong dal tadka is more nutritious, easy to digest when compared 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 a 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