



Hello friends today I'm sharing my hubby's recipe for this amazing red lentil curry (Malka dal). Growing up I was never fond of lentils or any dal for that matter. Coming from a family where everyone was very fond of non-vegetarian food, lentils were not cooked very often and when they were, not cooked very well. After I got married I was introduced to lentils by my vegetarian husband. He had been perfecting this recipe for a while and was pretty famous in his friends circle. After the first spoon I was completely hooked on it and we have been cooking this recipe regularly if not every week. This is also our go-to hangover cure, our comfort food and our backup dinner plan (perhaps 2nd to maggi :)) and our under-the-weather cure. Malka dal, rice and green chillies have saved lives of many hungry and hungover people.

We like it with a big squeeze of lime and lots of green chillies.

Do give this recipe a try. I am sure you would love it.

Happy Cooking! :* 😊

MALKA DAL FRY (RED LENTIL CURRY)

SAVE

PRINT

Rating

Serves: 2-3

Prep time: 15 mins

Cook time: 30 mins

Total time: 45 mins



INGREDIENTS

- Red Lentils (Malka dal) - 1 cup (thoroughly washed)
 - Tomatoes - 2 cups/4 small (finely chopped)
 - Onion - 1 cup/1 small (finely chopped)
 - Cumin seeds - 1 tbsp
 - Mustard seeds - 1 tsp
 - Coriander seeds - 1 tsp (crushed)
 - Red chilli powder - ½ tbsp (or as per taste)
 - Coriander powder - 1 tsp
 - Turmeric - 1 tsp
 - Garam masala - 1 tsp
 - Kasuri methi (dried fenugreek leaves) - 1 ½ tbsp
 - Dry mango powder (Amchur) - ½ tbsp
 - Salt - ½ tbsp (or to taste)
 - Green chillies - 2 or as per taste (finely chopped)
 - Green Coriander leaves - 2 Tbsp (finely chopped)
 - Lemon - as per taste
 - Water - 1 Litre
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INSTRUCTIONS

1. In a pressure cooker or pot, heat 2 tbsp oil. Then add the mustard seeds, followed by cumin seeds and lightly crushed coriander seeds.
2. When the mustard seeds start to pop (that's when the flavor comes out), add the onions.
3. Cook the onions until they turn golden brown in color.
4. Add the tomatoes and green chillies. Stir well, cook for 5 minutes and then add red chilli powder, turmeric, coriander powder and salt.
5. Cook until the tomatoes have softened and the mixture(masala) leaves oil on the sides. The key here is to cook the masala enough so that you cant tell the onion from the tomatoes. Add a few drops of water if the masala sticks to the base when cooking.
6. Once satisfied with the masala add the washed lentils, saute in the masala for 1 min and then add water. The idea is to make sure the lentils retain a bit of texture after boiling.
7. Lastly add kasuri methi, dry mango powder and garam masala. Stir and apply the pressure cooker lid or cover the pot with a lid.

8. Let the lentils cook on medium to high flame. If cooking in a pot, cook for about 30-40 minutes or until tender.
9. For the pressure cooker, allow one whistle and then immediately remove the cooker from the flame and keep aside. Let the pressure diffuse on its own.
10. Once all the pressure has diffused, open the lid, check the consistency, if too thick add water and give it a boil.
11. In the end, add the chopped coriander and lemon, enjoy with rice or as a soup.

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COMMENTS



Jen says

May 27, 2016 at 3:07 pm

We made this recently and it is so good! We make dal weekly and really enjoyed this version. Loved the addition of the amchur powder, gave it a really nice tang.

*Note I say we, it's really Kishore <3

REPLY

Neha says