



# *Chana Dal 3 Ways*

## MAIN MEALS

- Traditional chana dal
- Tomato-based chana dal
- Spinach-based chana dal

We're going to start off with the traditional recipe. The best part about three recipes (besides the flavour) is that the tradition recipe, which is the first recipe we're going to start off with forms the foundation for the tomato and spinach based dals, which means that you don't have to go out and buy different types of lentils and different spices. The tomato and spinach dals only require 2-3 more ingredients in addition to the ingredients needed for the traditional recipe.

Ingredients:

### **Traditional Chana Dal:**

- Chana dal dried (split chickpeas) 2 cups
- Curry leaves: 10-12
- Coriander/cilantro: 1 bunch (stems and leaves)
- Garlic: 2 cloves finely chopped
- Red onion: Half of one onion
- Mustard seeds: 1 teaspoon
- Turmeric powder: 1 teaspoon
- Cumin seeds: 1 teaspoon
- Coriander powder: 1 teaspoon
- Salt to taste
- Water - 3 ¼ cups

Soak the dried chana overnight.

Boil the chana. Foam will accumulate during the cooking process, ensure you skim this off. If left to build it can result in the water overflowing and the flavour of the foam can be a little bitter. It's a trick my mum taught and mum knows best :)

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Cook until soft - so that it can be mashed by pressing a piece between your fingers. Then set aside.

Heat your non-stick pan on medium-high heat. Once hot add your mustard seeds, once the seeds start popping add your cumin seeds.

Then add your onions and stir all the ingredients around.

Add your curry leaves and stir for about 30 seconds.

Add  $\frac{1}{4}$  cup of water to deglaze the pan. Then add the chopped stems of the coriander (leaves are to be added later in the cooking process) as well as the chopped garlic. Stir and then add your boiled chana.

Then add the coriander powder and turmeric powder and stir together. Add 3 cups of water, stir and cover



Cook for 10-12 minutes

Remove  $\frac{2}{3}$  of the mix (liquid and solids) blend this until smooth.

Then add the blended mix back into the pot.

Add salt to taste then add your chopped coriander leaves and stir.

Serve with steamed rice or flatbread.

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### Tomato-based Chana Dal:

The recipe includes all of the same ingredients and the same process as above - at the point (indicated by the blue arrow ⇨) you need to add the following ingredients:

- 1 can of chopped tomatoes
- 2 tablespoons tomato puree
- 4 tablespoons jaggery/palm sugar. Available in Asian food stores (see the recipe video for example of what it looks like)

Cook for 10-12 minutes

Remove  $\frac{2}{3}$  of the mix (liquid and solids) blend this until smooth.

Then add the blended mix back into the pot.

Add salt to taste then add your chopped coriander leaves and stir.

Serve with steamed rice or flatbread.

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## Spinach-based Chana Dal:

The recipe includes all of the same ingredients and the same process as the traditional recipe - at the point (indicated by the blue arrow ⇨) you need to add the following ingredients:

- Frozen spinach: 250grams/8.8 ounces
- 4 tablespoons jaggery/palm sugar. Available in Asian food stores (see the recipe video for example of what it looks like)
- Fresh spinach: 1 hand full (optional)

Cook for 10-12 minutes

Remove  $\frac{2}{3}$  of the mix (liquid and solids) blend this until smooth.

Then add the blended mix back into the pot.

Add salt to taste then add your chopped coriander leaves and stir.

Serve with steamed rice or flatbread.

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