

Dhana Methi Ki Sabzi

(Bengal Gram Dal & Fenugreek Seeds Curry)

Ingredients:

1 cup bengal gram dal, washed and soaked for 1 hour
1 tbsp yellow or green fenugreek seeds, washed
1 tsp. red chilli powder
1/2 tsp. dhania (coriander seed) powder
1/4 tsp. turmeric powder
3-4 pinches garam masala powder
2 pinches asafoetida powder
salt to taste
1/2 tsp. amchoor or juice of 1/2 lemon
1 stalk curry leaves
1/2 tsp. each cumin & mustard seeds
1/2 tsp. wheat flour
2 tbsp. oil

Method:

1. Wash, drain and keep dal and fenugreek seeds aside, separately.
2. Boil fenugreek seeds in water, till soft but should not burst.
3. Drain, wash a couple of times, drain, keep aside.
4. Mix chilli, turmeric, dhania powders in 1/2 cup water and keep aside.
5. Heat oil in a heavy pan.
6. Add mustard and cumin seeds, allow to splutter.
7. Add curry leaves, asafoetida, mix.
8. Add masala water, stir till oil floats.
9. Add drained dal, 1 cup water bring to a boil.
10. Cover and simmer till dal is tender to pressing.
11. Add methi seeds, wheat flour, amchoor, garam masala, mix well.
12. Simmer further 2-3 minutes, take off fire.
13. The gravy should be a not too thick masala.
14. Cover and allow flavours to blend for at least 15 minutes before serving.
15. Serve hot with chapatis or hot steamed rice.

For non-chaturmashians: Add chopped green chillies, onions, tomato and capsicum while adding curry leaves.

Making time: 25 minutes

Makes: 3 servings

Shelflife: 5-6 hours, room temperature