

METHOD OF PREPARATION – DAL FRY

VERY IMPORTANT: No need to add Salt, Red chilli, Ginger, Garlic or anything else apart from the ingredients given below. Increase all quantities proportionally for serving more than 5 persons. Follow instructions given below as it is for best results.

Ingredients Required for 5 persons.

Lentils (Tuvar / Masoor)	250 gms / 8.8 oz
Cooking oil	100 ml / 7 tablespoons
Onions	1 Medium
Tomatoes	1 Medium
Green chillies	3 Whole
Cilantro/Kothmir/Hara Dhanya	1 Small bunch
Curry leaves	5 / 6 twigs
Mustard seeds	3 gms / ½ teaspoon
Ustad Banne Nawab's Dal Fry Masala	1 packet

STEPS OF COOKING:

1. Wash and drain lentils and pressure cook with one glass of water till 3 whistles only. Close stove and let cooker cool down.
2. Mix entire masala of Dal fry pouch in 50 ml / Half teacup of water thoroughly and keep aside.
3. Heat 100 ml oil in a wok (Kadhai).
4. Add the mustard seeds and when they start popping add the onion and fry till it starts changing colour.
5. Make some incisions in the green chillies and sauté them for 2 to 3 minutes.
6. Add the tomato and sauté for a couple of minutes.
7. Add curry leaves and sauté for another 2 to 3 minutes.
8. Add Dal fry masala paste and sauté for 2 to 3 minutes.
9. Now add the cooked lentils, mix well and cook for about 5 minutes, stirring continuously.
10. Add 500 ml / two glasses of water, mix well and let it come to a boil.
11. Reduce flame to lowest, cover the pot and let it simmer for about ten minutes or till desired thickness of Dal fry is achieved.
12. Remove cover, mix well and close the stove.
13. Garnish with cilantro leaves / kothmir / hara dhanya and serve hot.