

# 7 DAL RECIPES

*Step by step nutritious  
recipes*

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BY COCINA ESTA RECETA



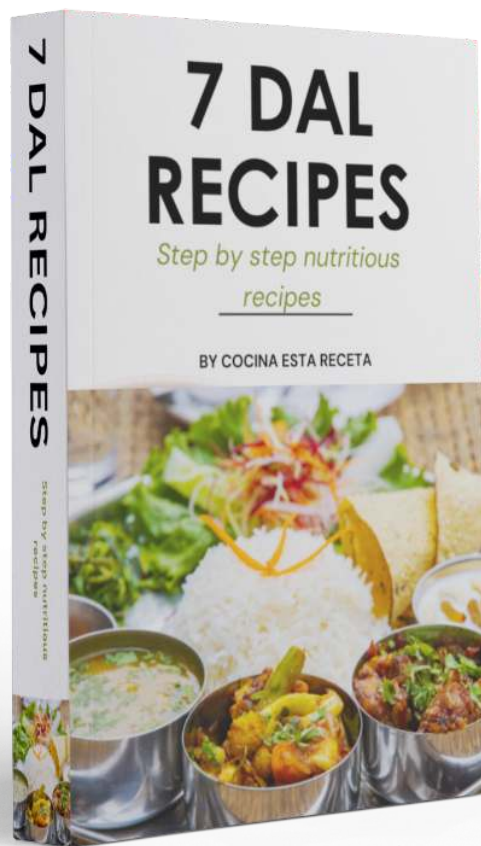
# Dal Recipes

## 7 Dal Recipes

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# Dal Recipes

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This book will teach you how to prepare 7 Dal recipes from the many recipes that are out there. Come along and visit our channel and enjoy how we explain step by step how to cook many fantastic recipes. In the meantime, you can keep these seven recipes very handy that are easy to prepare and super yummy.

I hope you like them.

Dal is a staple dish in many South Asian households, loved for its wholesome flavors, nutritional value, and versatility.

In this eBook, we'll explore seven incredible Dal recipes: Khichdi Recipe, Chana Dal Restaurant-Style, Masoor Dal Recipe (Red Lentil Dal), Whole Masoor Dal – Brown Lentil Curry, Instant Pot Pakistani Chana Dal, Pakistani Maash Ki Dal (Urad Dal), and Instant Pot Red Lentil Dal.

Each recipe includes easy-to-follow instructions, cooking tips, and calorie information to help you prepare these delicious dishes with confidence.

## Recipe 1: Khichdi Recipe

A simple, comforting Khichdi recipe that's easy to make and easy to eat. Made with split (dhuli) Moong Dal, this recipe makes soft, slightly mushy (but not watery!) Khichdi. You can also make a drier, pulao-like version by reducing the water content. This dish will warm and soothe you from the inside out.

### Ingredients:

1 cup (~190 g) aged, long-grain basmati rice

1/2 cup (~115 g) split (dhuli) moong dal (skinned mung beans)

1/4 cup neutral oil (e.g., grapeseed oil)

1 small (~115 g) yellow onion, quartered and thinly sliced

3-4 garlic cloves, crushed or very finely chopped

3/4-inch fresh ginger, crushed or very finely chopped

1 1/2 tsp cumin seeds

2 cups of vegetable or chicken broth (see Note 1)

3 cups water (for mushy Khichdi as pictured; see Note 2 for intact rice)

1 tsp ground black pepper

1/4 tsp turmeric powder

1 3/4 tsp kosher salt (adjust to taste, depending on stock)

# Dal Recipes

Salted butter (for serving)

Plain, whole-milk yogurt (for serving)

## Instructions:

Place the rice and moong dal in a medium bowl and fill with water. Gently wash until the water runs clear.

Soak in warm water (~100°F/40°C) while you proceed with the recipe.

Heat oil in a nonstick Dutch oven over medium to medium-high heat. Add the onion and sauté, stirring often, until golden brown (~7 minutes). Deglaze the pan with 1/4 cup water. Once the water evaporates, add garlic, ginger, and cumin seeds. Sauté for 1-2 minutes until aromatic.

Add vegetable/chicken stock, water, black pepper, turmeric, and salt. Increase heat to high and cover to bring to a boil. Meanwhile, drain the rice and dal thoroughly.

Once the mixture comes to a boil, add the drained rice and dal. Stir and taste for salt – it should taste slightly saltier than desired, as it will mellow out during cooking. Cover to bring to another boil.

Reduce heat to medium, partially cover the pot, and simmer undisturbed for 10-12 minutes. The water level will reduce, and the rice and dal will rise to the surface. If the water hasn't boiled off by this time, increase the heat slightly.

Layer a thin kitchen cloth or tea towel under the lid and seal the pot tightly. Reduce heat to low and cook for 13-15 minutes. Stir gently. It will still be slightly watery. Cover and cook for another 5-7 minutes until lightly mushy and no longer watery. Turn off the heat.

Serve in bowls topped with butter, accompanied by yogurt on the side.

## Tips:

# Dal Recipes

**Consistency:** This recipe yields mushy, clumped-together Khichdi. For a drier version, reduce the water to 2 cups and adjust the boiling time to 8 minutes.

**Doubling:** When doubling the recipe, reduce the total liquid by about 1-2 cups to prevent overly watery Khichdi.

**Stock Options:** Salted store-bought vegetable stock, homemade chicken broth, or bouillon cubes work well. Adjust salt accordingly.

## Nutrition:

Calories: 401 kcal

Carbohydrates: 56 g

Protein: 11 g

Fat: 15 g

Saturated Fat: 2 g

Polyunsaturated Fat: 2 g

Monounsaturated Fat: 10 g

Cholesterol: 2 mg

Sodium: 1475 mg

Potassium: 132 mg

Fiber: 4 g

# Dal Recipes

Sugar: 2 g

Vitamin A: 65 IU

Vitamin C: 2 mg

Calcium: 50 mg

Iron: 2 mg

## Recipe 2: Chana Dal Restaurant-Style

A flavorful, rich, and hearty Chana Dal recipe that recreates the magic of restaurant-style dal at home. This dish is spiced with fragrant Indian seasonings and cooked to perfection, making it ideal for pairing with rice or flatbreads.

### Ingredients:

1 cup (200 g) chana dal (split Bengal gram), rinsed and soaked for 30 minutes

4 cups of water

1 medium onion, finely chopped

2 medium tomatoes, finely chopped

2-3 green chilies, split lengthwise

3 garlic cloves, minced

1-inch piece of ginger, minced

# Dal Recipes

2 tbsp ghee or neutral oil

1 tsp cumin seeds

1/2 tsp turmeric powder

1 tsp red chili powder (adjust to taste)

1 tsp garam masala

1/2 tsp amchur (dry mango powder, optional)

1 tsp salt (adjust to taste)

Fresh coriander leaves, chopped (for garnish)

Lemon wedges (for serving)

## **Instructions:**

Rinse the chana dal thoroughly and soak it in water for 30 minutes. Drain and set aside.

In a pressure cooker or Instant Pot, add the soaked dal, water, turmeric powder, and salt. Cook for 6-7 whistles (in a stovetop pressure cooker) or use the Pressure Cook setting for 12 minutes in an Instant Pot. Let the pressure be released naturally.

Heat ghee or oil in a pan over medium heat. Add cumin seeds and let them splutter. Add onions and sauté until golden brown.

Stir in the garlic, ginger, and green chilies. Cook for 1-2 minutes until fragrance.

# Dal Recipes

Add tomatoes and cook until they soften, and the oil starts to separate (~7-10 minutes). Add red chili powder, garam masala, and amchur (if using). Mix well.

Pour the cooked dal into the pan and stir to combine. Simmer for 5-7 minutes, allowing the flavors to meld. Adjust salt and consistency with water if needed.

Garnish with fresh coriander leaves and serve hot with lemon wedges on the side.

## Tips

**Soaking:** Soaking chana dal reduces cooking time and ensures even cooking.

**Pressure Cooking:** For stovetop pressure cookers, ensure the heat is medium-high for the first whistle and then reduce to low.

**Flavor Boost:** Add a dollop of butter or cream for a richer taste.

## Nutrition:

Calories: 290 kcal

Carbohydrates: 38 g

Protein: 12 g

Fat: 10 g

Saturated Fat: 3 g

Cholesterol: 10 mg

Sodium: 480 mg

# Dal Recipes

Potassium: 540 mg

Fiber: 12 g

Sugar: 6 g

Vitamin A: 1200 IU

Vitamin C: 15 mg

Calcium: 80 mg

Iron: 4 mg

## Recipe 3: Masoor Dal Recipe (Red Lentil Dal)

Masoor Dal, made with red lentils, is a quick, nutritious, and delicious dish that can be prepared in under 30 minutes. Its light, creamy texture makes it perfect for a healthy, satisfying meal.

### Ingredients:

1 cup (200 g) red lentils (masoor dal), rinsed

4 cups of water

1 medium onion, finely chopped

2 medium tomatoes, finely chopped

3 garlic cloves, minced

1-inch piece of ginger, minced

# Dal Recipes

2 tbsp vegetable oil or ghee

1 tsp cumin seeds

1/2 tsp turmeric powder

1 tsp ground coriander

1/2 tsp red chili powder

1 tsp garam masala

1 tsp salt (adjust to taste)

Juice of half a lemon

Fresh cilantro, chopped (for garnish)

## **Instructions:**

Rinse the red lentils thoroughly and set aside.

In a large pot, heat oil or ghee over medium heat. Add cumin seeds and allow them to splutter. Add onions and sauté until softened and golden.

Stir in garlic and ginger, cook for 1-2 minutes until fragrant. Add tomatoes, turmeric, ground coriander, red chili powder, and garam masala. Cook until the tomatoes break down and the mixture becomes paste-like.

Add the rinsed lentils and water to the pot. Stir and bring to boil. Lower the heat to medium-low and simmer for 20-25 minutes, stirring occasionally, until the lentils are tender and creamy.

Adjust the seasoning with salt and lemon juice. Garnish with fresh cilantro before serving.

# Dal Recipes

## Tips:

**Consistency:** For a thicker dal, reduce the water by 1/2 cup. For a thinner, soup-like consistency, add more water.

**Quick Option:** Use an Instant Pot and cook on High Pressure for 8 minutes, followed by a quick release.

**Storage:** Masoor Dal can be refrigerated for up to 3 days. Reheat gently on the stovetop, adding water if needed.

## Nutrition:

Calories: 280 kcal

Carbohydrates: 34 g

Protein: 12 g

Fat: 9 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 460 mg

Potassium: 650 mg

Fiber: 10 g

Sugar: 5 g

# Dal Recipes

Vitamin A: 300 IU

Vitamin C: 10 mg

Calcium: 60 mg

Iron: 3 mg

## **Recipe 4: Whole Masoor Dal – Brown Lentil Curry (Stovetop + Instant Pot)**

The whole Masoor Dal, also known as Brown Lentil Curry, is a nutritious and earthy dish that's both comforting and flavorful. It is beautifully paired with rice or roti and can be made on the stovetop or in an Instant Pot.

### **Ingredients:**

1 cup (200 g) whole masoor dal (brown lentils), rinsed

4 cups of water

1 medium onion, finely chopped

2 medium tomatoes, finely chopped

3 garlic cloves, minced

1-inch piece of ginger, minced

2 tbsp ghee or neutral oil

# Dal Recipes

1 tsp cumin seeds

1/2 tsp turmeric powder

1 tsp red chili powder (adjust to taste)

1 tsp garam masala

1/2 tsp ground coriander

1 tsp salt (adjust to taste)

Fresh cilantro leaves, chopped (for garnish)

Lemon wedges (for serving)

## **Instructions:**

### **Stovetop Method:**

Rinse the lentils thoroughly and soak in water for 30 minutes. Drain and set aside.

Heat ghee or oil in a large pot over medium heat. Add cumin seeds and let them splutter.

Add onions and sauté until golden brown. Stir in garlic and ginger and cook for 1-2 minutes until fragrant.

Add tomatoes, turmeric, red chili powder, ground coriander, and garam masala. Cook until the tomatoes soften, and the mixture becomes paste-like.

Add the lentils, water, and salt. Stir to combine and bring to a boil. Reduce heat to low, cover, and simmer for 25-30 minutes, stirring occasionally, until the lentils are tender.

# Dal Recipes

Adjust seasoning and garnish with fresh cilantro. Serve hot with lemon wedges on the side.

## **Instant Pot Method:**

Set the Instant Pot to Sauté mode and heat ghee or oil. Add cumin seeds and let them splutter.

Add onions and sauté until golden. Stir in garlic, ginger, and spices. Cook for 1-2 minutes.

Add tomatoes and cook until softened. Add lentils, water, and salt. Stir well.

Seal the lid and set the Instant Pot to Pressure Cook on High for 15 minutes. Let the pressure be released naturally for 10 minutes, then manually release the remaining pressure.

Open the lid, adjust seasoning, and garnish with cilantro. Serve hot.

## **Tips:**

**Soaking Lentils:** Soaking reduces cooking time and ensures even cooking.

**Consistency:** For a thicker curry, simmer uncovered for a few extra minutes.

**Flavor Boost:** Add a dollop of butter or a splash of cream for a richer taste.

## **Nutrition:**

Calories: 310 kcal

Carbohydrates: 44 g

Protein: 15 g

Fat: 8 g

# Dal Recipes

Fiber: 15 g

Sodium: 590 mg

## Recipe 5: Instant Pot Pakistani Chana Dal

This Instant Pot Pakistani Chana Dal is a quick and flavorful dish made with split chickpeas. Perfectly spiced and hearty, it's ideal for pairing with steamed basmati rice or naan.

### Ingredients:

1 cup (200 g) chana dal (split chickpeas), rinsed and soaked for 30 minutes

3 cups of water

1 medium onion, finely chopped

2 medium tomatoes, finely chopped

2 green chilies, split lengthwise

3 garlic cloves, minced

1-inch piece of ginger, minced

2 tbsp ghee or oil

1 tsp cumin seeds

1/2 tsp turmeric powder

1 tsp red chili powder (adjust to taste)

# Dal Recipes

1 tsp garam masala

1 tsp salt (adjust to taste)

Fresh cilantro leaves, chopped (for garnish)

Lemon wedges (for serving)

## Instructions:

Set the Instant Pot to Sauté mode and heat ghee or oil. Add cumin seeds and let them splutter.

Add onions and sauté until golden brown. Stir in garlic, ginger, and green chilies. Cook for 1-2 minutes.

Add tomatoes, turmeric, red chili powder, and garam masala. Cook until the tomatoes break down and the mixture thickens.

Add the soaked chana dal, water, and salt. Stir to combine.

Seal the lid and set the Instant Pot to Pressure Cook on High for 12 minutes. Allow the pressure to be released naturally for 10 minutes, then manually release the remaining pressure.

Open the lid, stir the dal, and adjust seasoning. Garnish with cilantro and serve lemon wedges.

## Tips:

**Consistency:** For a thicker Dal, use less water or simmer on Sauté mode after cooking.

**Additions:** A pinch of asafoetida (hing) can enhance the flavor.

**Storage:** Chana Dal keeps well in the fridge for up to 3 days.

# Dal Recipes

## Nutrition:

Calories: 280 kcal

Carbohydrates: 40 g

Protein: 12 g

Fat: 8 g

Fiber: 10 g

Sodium: 570 mg

## Recipe 6: Pakistani Maash Ki Dal (Urad Dal).

Pakistani Maash Ki Dal, made with split urad dal, is a creamy and flavorful dish often served with paratha or naan. Its rich, buttery texture makes it a crowd favorite.

### Ingredients:

1 cup (200 g) maash dal (split urad dal), rinsed and soaked for 1 hour

3 cups of water

1 medium onion, finely sliced

3 garlic cloves, minced

1-inch piece of ginger, minced

2 tbsp ghee or butter

# Dal Recipes

1 tsp cumin seeds

1/2 tsp turmeric powder

1 tsp red chili powder

1 tsp garam masala

1 tsp salt (adjust to taste)

2 green chilies, split lengthwise

Fresh coriander leaves, chopped (for garnish)

Lemon wedges (for serving)

## **Instructions:**

Heat ghee or butter in a pot over medium heat. Add cumin seeds and let them splutter.

Add onions and sauté until golden. Stir in garlic, ginger, and green chilies. Cook for 1-2 minutes until fragrance.

Add turmeric, red chili powder, and garam masala. Stir well.

Add soaked dal, water, and salt. Bring to a boil, then reduce heat to low. Cover and simmer for 25-30 minutes, stirring occasionally, until the dal is soft and creamy.

Adjust seasoning and garnish with fresh coriander. Serve hot with lemon wedges.

## **Tips:**

# Dal Recipes

**Creamy Texture:** Mash some of the dal with the back of a spoon for a creamier consistency.

**Richness:** Add a splash of cream or a knob of butter before serving.

**Make-Ahead:** This dal tastes even better the next day as the flavors deepen.

## Nutrition

Calories: 290 kcal

Carbohydrates: 38 g

Protein: 14 g

Fat: 9 g

Fiber: 8 g

Sodium: 540 mg

## Recipe 7: Instant Pot Red Lentil Dal.

This Instant Pot Red Lentil Dal is a quick, healthy, and delicious option for busy days. With its creamy texture and mildly spiced flavor, it's a dish the whole family will enjoy.

### Ingredients:

1 cup (200 g) red lentils (masoor dal), rinsed

3 cups of water

# Dal Recipes

1 medium onion, finely chopped

2 medium tomatoes, finely chopped

3 garlic cloves, minced

1-inch piece of ginger, minced

2 tbsp vegetable oil or ghee

1 tsp cumin seeds

1/2 tsp turmeric powder

1/2 tsp ground coriander

1/2 tsp red chili powder

1 tsp salt (adjust to taste)

Fresh cilantro, chopped (for garnish)

Lemon wedges (for serving)

## **Instructions:**

Set the Instant Pot to Sauté mode and heat oil or ghee. Add cumin seeds and let them splutter.

Add onions and sauté until golden. Stir in garlic and ginger and cook for 1-2 minutes.

Add tomatoes, turmeric, ground coriander, and red chili powder. Cook until the mixture thickens.

# Dal Recipes

Add lentils, water, and salt. Stir well.

Seal the lid and set the Instant Pot to Pressure Cook on High for 8 minutes. Allow the pressure to be released naturally for 10 minutes, then manually release the remaining pressure.

Open the lid, stir the dal, and garnish with cilantro. Serve hot with lemon wedges.

## **Tips:**

**Quick Option:** No soaking is needed for red lentils, making this a great last-minute dish.

**Flavor Enhancer:** Add a pinch of garam masala at the end for extra depth.

**Storage:** This dal freezes well for up to 3 months.

## **Nutrition:**

Calories: 260 kcal

Carbohydrates: 36 g

Protein: 12 g

Fat: 6 g

Fiber: 9 g

Sodium: 520 mg.

## **Closing Notes:**

# Dal Recipes

We hope you enjoyed diving into the world of **7** delightful Dal recipes—each one crafted to bring warmth, flavor, and nutrition to your table. From the rich and comforting Pakistani Maash Ki Dal to the tangy and refreshing Whole Masoor Dal – Brown Lentil Curry, these recipes were curated to show how versatile and easy it can be to prepare nutritious meals with everyday ingredients. Whether you're a seasoned cook or just starting out, these dishes offer something for everyone.

Each recipe was carefully explained with simple step-by-step instructions, handy cooking tips, and a breakdown of nutrition to ensure you feel confident and inspired in the kitchen. Dal isn't just a dish—it's an experience, connecting us to a rich culinary tradition while also being an affordable and healthful way to enjoy balanced meals.

But don't stop here! Cocina Esta Receta is more than just a book—we're a vibrant community of food lovers on YouTube, sharing many more incredible recipes that are as easy to make as they are delicious. From dals to curries, snacks, desserts, and beyond, our videos bring recipes to life with stunning visuals, detailed demonstrations, and plenty of additional cooking hacks.

👉 **Head over to our channel now** and discover the joy of cooking through our growing collection of videos! You'll find step-by-step guides to these dal recipes and countless others that'll transform your home cooking game. Don't forget to like, comment, and subscribe to stay updated on all our latest uploads.

Thank you for allowing us to join you on this culinary journey. Here's to many flavorful meals ahead, filled with the goodness of dal and a touch of creativity. Stay inspired, stay healthy, and happy cooking!

Warm wishes,

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