

Daal (Indian Red Kidney Beans)

Courtesy of Dipal Shah

1/4 cup dry rajma (red kidney beans)
1/4 cup dry Urad dal (black lentils, whole)
1/4 cup dry Chana dal (yellow lentils, split)*
1 cup water
1 tablespoon butter
1/4 teaspoon mustard seeds
1/4 teaspoon cumin seeds
3 green chilies, sliced
1/2 inch piece of fresh ginger, grated
1 onion, chopped
2 tomatoes, chopped
Salt, to taste
Pinch of turmeric
1 teaspoon red chili powder
1/4 cup cream
1/4 cup coriander (cilantro) leaves, chopped fine

Soak the rajma, urad dal and chana dal overnight.

Discard the soaking liquid. Pressure cook the rajma, urad dal and chana dal in water for 15 minutes**. Remove and drain then set aside.

Heat the butter in a pan (large enough to hold all ingredients when combined) over medium-high heat. When hot add the mustard and cumin seeds, fry them until they splutter and begin to pop. Add the chiles and ginger, fry for a few more minutes.

Add the onion and tomatoes, cook until onions are softened and tomatoes are cooked through.

Add salt, chili powder and turmeric and stir well. Add them mashed dal mixture and let it boil for a few minutes.

Add the cream and coriander leaves, mix well. Serve with rice.