

Dal

1 cup (200 grams) tur dal (pigeon pea) or any other lentils cooked
1 green chili, finely chopped
1 tomato
1/2 teaspoon (1.5 grams) mustard seeds
1/2 teaspoon (2 grams) asafoetida
1/4 teaspoon (.5 gram) turmeric
1 teaspoon (2 grams) cumin seeds
1 cup (250 milliliters) water
juice from 1/2 lime
chopped coriander
sea salt, to taste

Cook dal with water, turmeric powder, tomatoes, green chilies, and salt in a pan until tender. Temper the mustard seeds, asafoetida, cumin seeds in another dry pan till they begin to splutter. Add the tempered mustard seed, asafetida, and cumin seeds in the cooked dal bring to a boil. Garnish with chopped coriander and lime.

Recipe by Suruchi Mishra