

# Tamatar Pappu



## Ingredients

- Toovar dal (split pigeon peas or arhar dal) - ½ cup
- Water - 1½ cups + ½ cup
- Oil or ghee - 1½ tablespoons
- Mustard seeds - ¼ teaspoon
- Cumin seeds - ½ teaspoon
- Onion - ½ of small onion, about ⅓ cup sliced
- Green chilies - 2 small, slit
- Ginger paste - 1 teaspoon
- Garlic paste - ½ teaspoon
- Curry leaves - 5-6
- Tomatoes - 2 small, about 1¼ cups, *keep few for garnishing at the end*
- Salt - to taste

- Red chili powder - 1 teaspoon
- Turmeric powder - ¼ teaspoon
- Cilantro - few sprigs, finely chopped

## INSTRUCTIONS

1. Wash toor dal under running cold water till water runs clear.
2. Take dal into pressure cooker and add 1½ cups of water. Close it with lid; put the weight on. Let it cook on **medium heat for 5-6 whistles**. Let the pressure go down by itself and open the cover.
3. Heat the oil or ghee in a pan on medium heat. Once hot add mustard seeds, let them pop. Then add cumin seeds, let them sizzle.
4. Then add sliced onions and mix.
5. Cook till they become soft and translucent. It will take about 3-4 minutes.
6. Then add ginger paste, garlic paste and green chilies.
7. Mix well and cook for 30 seconds or till the raw smell of ginger garlic goes away.
8. Then add tomatoes and curry leaves.
9. Mix well.
10. Cook for 1-2 minutes. Few will get mushy and few will still hold their shape.
11. Add salt, red chili powder and turmeric powder.
12. Mix well and cook for a minute.
13. Then add cooked dal + ½ cup of water. *Water quantity may vary depending on your liking thickness of dal.*

14. Mix well. Let it come to a boil and simmer it for 5-6 minutes or till you get desire consistency.

15. Finally add chopped cilantro.

16. Mix well and garnish with chopped tomatoes. Dal is ready to serve.