



# GUJARATI DAAR (MADE FROM "TOOR DAL"),

with Basmati Rice and Natural Yoghurt xx tastes soooooo good....So here is how to make it

Soak a mug full of toor dal in water for 20 to 30 minutes ... then rinse it 3 times and place on heat....

add 1 teaspoon salt.

Prepare the Basmati Rice by rinsing it in water. Do this by at least 3 to 4 times. Then place on heat. Add half teaspoon of salt.

Chop 5 chillies

Finely grate a good chunk of ginger

Chop 6 tomatoes into small pieces.

The toor dal should be boiling... once it softens then either use an electric blender or a hand blender (like mine) to make the toor dal like a fine soup.

The rice should be done and you should drain it.

In a separate pan, put some oil on heat.... once it's getting hot add 3 or 4 sticks of cinnamon and 7 or 8 cloves into the oil.

Add 2 or 3 Limbda leaves (curry leaves)

Now add some rai methi into the oil. (Rai is mustard seeds, methi is fenugreek seeds).

When this starts popping add half teaspoon hing (astafatida), half teaspoon turmeric, half teaspoon chilli powder into the oil.

Do a quick stir for 10 seconds. Now add the chopped chillies into the oil... it will sizzle nicely.

Then add the ginger too and stir. After a few minutes, add the fresh chopped tomatoes... cook these until they almost melt.

Then add 1 tin of chopped tomatoes. Add 2 or 3 teaspoons of salt. Add 3 or 4 teaspoons of dhana jeera

Add 1 teaspoon of chilli powder

Add 2 teaspoons of turmeric

Mix it all in and stir. Now add some lemon juice, maybe a whole lemons worth... and 2 large spoons of sugar or jaggery... I use sugar.

Keep stirring. After a few minutes, add the sauce into the boiled toor dal.... mix well. Now taste, taste, and taste again... until you get the taste you desire... add whatever is lacking... and really this is where the skill in making good daar comes in.

Add some daar masala... only 1 or 2 teaspoons.

Finally sprinkle some fresh dhania on top... Serve in a bowl with the rice and natural yoghurt.... Papad, or poppadoms with pickle are a nice accompaniment.... Enjoy...

*Chandra Bhogaita*