

courtesy : Mrs. Kantheruby Venkatraman



Sambar/Dhal curry is totally vegetarian. It is a good source of protein. It is normally served with white rice, chappati, thosai or roti chanai.

Ingredients:

2 cups split yellow lentil(no skin)
a pinch of asafoetida
2 large potatoes; peeled and cubed
2 large tomatoes; sliced
1 eggplant/brinjal; cubed
5 cloves garlic; cut in 1/2 lengthwise
2 green chillies; cut in 1/2 lengthwise
6 cups water
2 tablespoon oil+1/4 teaspoon oil for boiling
1 large onion; sliced
2 dried red chillies; tear into pieces
1/4 teaspoon mustard seeds
1/4 teaspoon fenugreek
1 stalk curry leaves; stripped(20 leaves)
1 teaspoon tumeric powder
salt to taste

Method of preparation:

Put yellow lentil in a pot. Pour water. Wash till the water runs clean. Drain. Pour 6 cups water into the lentil pot. Add salt, 1/4 teaspoon oil, garlic and asafoetida. Boil uncovered till the lentil is almost cooked. Next add the cut potatoes, eggplant, tomatoes, green chillies and tumeric powder. Stir well. Heat on medium flame till the potatoes are cooked. Turn off flame and cover the pot. Next, heat oil on a wok. Add mustard seeds. When the mustard seeds begin to pop, add sliced onion, fenugreek seed, dried red chillies and curry leaves. Saute till the onion is golden brown. Uncover the lentil curry pot. Pour the contents of the wok into the pot. Cover. Stir the lentil curry when ready to serve. Serve with white rice, thosai, chappati or roti chanai.

Note : Adjusting the number of dried red chillies and green chillies or water level will alter the hotness of the lentil curry