

Recipe- Daal Makhni

Daal Makhni

Ingredients

Urad whole Black Daal 0.5 cup

Rajma 1 tbsp

Ghee 1 tbsp

Jeera 1 tsp

Hing /Asafoetida 1 pinch

Ginger 1 inch pc (sliced thin strips)

Salt 1 tsp (or according to taste)

Milk 2 cups

Cream 1 tbsp

Garam masala powder 1 tsp

Daal makhni masala 2 tsp (Store Brought)

Method

- Wash and soak Urad daal and Rajma overnight.
- Pressure cook (1 whistle on high flame and then 3-4 whistle on low flame) with 1 tsp salt and 2 cups of water.
- When done open the pressure cooker and check if daal is cooked well.
- Add 1 cup milk and keep it on low flame for 0.5 an hour. (Do not close lid you may just cover with a plate)
- Keep stirring at regular intervals.
- After half an hour take 1 tbsp ghee in a pan and heat on high flame.
- When ghee is hot enough add jeera and let it cracker.
- Now add hing and ginger strips, fry.
- Add Daal makhni masala and fry for few seconds.
- Add this tempering to daal and mix well.
- Add one more cup of milk and lets cook for another half an hour on low flame.

- Keep stirring at regular intervals.
- When daal reaches to desired consistency, mix garam masala and switch off the flame.
- Garnish with cream and ginger.
- Serve hot.

Tips

You may also add onion, garlic and tomato while frying. While serving if daal is thick add some milk and heat it on high flame until desired consistency.

If you do not have daal makhni masala add 1 tsp red chilli powder, 1 tsp Coriander powder 1 tsp bhuna jeera powder, 1 tsp garam masala and 1 tsp dry aamchur powder.

“Be Vegetarian be Happy”

“Live and Let Live”

Recipe- Vermicelli Poha

Vermicilli Poha



Vermicelli 1 cup

Onion 1 small (Sliced in thin strips)

Carrot 1 small (Sliced in thin strips)

Capsicum 1 small (Sliced in thin strips)

Salt 1 tsp (or according to taste)

Turmeric Powder 1 tsp

Red chili Powder 1 tsp

Mustard Seeds 1 tsp

Ajwain/ Carom seeds 0.5 tsp

Method

- First dry roast vermicelli in a non stick pan untill golden brown.
- Meanwhile take 3 cups of water in a pan and bring it to boil.
- When done add roasted vermicelli to the boiling water with 1 tsp of salt and 1 tsp oil.
- Cover half the pan and leave it around 4-5 minutes on medium flame.
- When vermicelli is boiled strain and wash with cold water. Keep aside.
- Now take olive oil in a non stick pan and heat on medium flame.
- When oil is hot enough add Mustard seeds and ajwain and let it cracker.
- Add Onion and fry till change in color.
- Add Turmeric powder, Red chili powder and all other vegetables with pinch of salt.
- Fry for few seconds, cover the pan and reduced the flame to low .
- Check after 4-5 minutes when vegetables are soft mix vermicelli and toss well on high flame.
- Now cover the pan and leave it on low flame for 1-2 minute.
- Serve hot.

Tips

You can use yellow or red capsicum as well to make the dish more colorful.

according to your child taste and tolerance.