

Tarka Dal



Tadka Dal is a specialty of central India, it is a simple plate based on lentils and served with Basmati rice.

It's a must on everyday dish, a great source of proteins, not only for vegetarians.

Ingredients for 4 persons

280 gr. lentils	1 spoonful of chili powder
1 tea spoonfull of cumin powder	1 tea spoonfull Mdh mixed spices for lentils
2 tomatoes	1 spoonful of tomato paste
cumin seeds	fresh coriander
3 onions	1 tablespoon of coriander powder
1 tea spoonfull of garam masala	1 tablespoon of ginger garlic cream
1 garlic clove	saffron
3 whole chillies	2 tablespoons of Heera Butter
1 spoonful of ginger powder	1 tea spoonfull of turmeric powder
1 tea spoonfull of coriandolo in polvere	200 gr. Basmati Rice

PREPARATION:

- 1.) Wash the lentils by immersing them in water and running your fingers in the middle a few times.
- 2.) Put the lentils in a pan with water and salt and bring them to boil until cooked.
- 3.) Prepare the stir-fry: heat the ghee in a pan over medium heat. Once hot, add the minced garlic, onions, tomato and take off the heat.
- 4.) Add the various spices, mix well and leave to flavour for a few minutes then turn off the heat
- 5.) Add the sauté and seasoning , put it a few minutes on the fire and serve with basmati rice.

As a condiment we suggest Basmati rice and various sauces based on ginger, garlic, coriander and mint.

Tarka Dal



WE SUGGEST



3312 ITS COLOMBO
Turmeric Powder
100 gr.



0351 TRS
Jeera Powder
100 gr.



2169 ITS
Jeera Whole
100 gr.



0009 TRS
Garam Masala
100 gr.



1542 ITS COLOMBO
Red Chili Whole
100 gr.



0348 TRS
Coriander Powder
100 gr.



3374 MDH
Chana Dal Masala
100 gr.



3823 ITS
Ginger and Garlic Paste
300 gr.



0335 ITS
Chana Dal lentils
500 gr.



0315 HEERA
Butter Ghee
1 kg.



3228 SATKAR
Basmati Rice
1 kg.



3336 Its
Basmati Rice
1 kg.



3682 Satkar Brown
Basmati Rice
1 kg.

WE SUGGEST:



3619 KAMASUTRA
Beer
66 ml.



2609 KAMASUTRA
Beer
33 ml.



1714 KAMASUTRA
Red Wine Shiraz
750 ml



1585 KAMASUTRA
Red Cabernet
Sauvignon
750 ml



1528 KAMASUTRA
Sauvignon Blanc
750 ml



4039 DABUR REAL
Green Mango Fruit Juice
1 lt.



4038 DABUR REAL
Masala Guava Fruit Juice
1 lt.



4036 DABUR REAL
Guava Fruit Nectar Juice
1 lt.



4037 DABUR REAL
Litchi Fruit Nectar Juice
1 lt.



4035 DABUR REAL
Mango Fruit Nectar Juice
1 lt.