

Sambar

Ingredients:

Toor dal (Split Pigeon peas) - 1 cup
Chana dal (Split chickpeas) - 1/2 cup
Tamarind or tamarind paste - 2 tablespoon (approximately)
Cooking Oil
Mustard seeds - 1 teaspoon
Cumin seeds - 1 teaspoon
Asafoetida / Hing - 1 teaspoon
Spices (Bay leaves [2 or 3], cloves[3], cardamom[3], cinnamon stick[1], black pepper[4])
Green chilies - 2 (slit) (Optional)
Dried Red chilies -2
Curry leaves (5-6)
Fresh Ginger - 1 tablespoon
Coriander powder - 1 tablespoon
Coriander leaves - 2-3 tablespoon
Turmeric - 2 teaspoon
Red chili powder - 1/2 tablespoon
Salt - 1-2 tablespoon (adjust as per taste)
Sambar powder - 3 teaspoon (adjust as per spice level)

Vegetables (Apart from the below list of veggies, you can also add your choice of veggies to the sambar recipe and chop all the below veggies in medium size):

Green beans - few (8/9)
Okra - 4/5 (cut it in 1 inch pieces)
Eggplant - 1 medium size (diced)
Bottle Gourd - 1/2 medium size (diced)
Tomatoes - 3 approx (chopped)
Carrot - 1/2 cup

Lentil cooking preparation:

Add 1 cup of Split Pigeon peas lentils (toor dal) and 1/2 cup of Split chickpeas lentils (chana dal) in a pressure cooker and rinse it few times with water and drain all the water and add 4 cups approx. of fresh water and add 1 teaspoon of oil and 1/2 tablespoon of turmeric powder and pressure cook it for up to 6-7 whistles on medium heat (the lentils are cooked till it is mushy), turn it off and after the pressure goes off, add some salt and water and mash this mixture and leave it aside.

Tamarind pulp preparation (Before we begin making sambar, soak tamarind in water earlier):

In a separate bowl, add 2 tablespoon of tamarind and soak it in 1 cup of hot water for about 20-30 mins, once the tamarind gets soft, then squeeze the tamarind in the water itself, discard the strained tamarind and keep the tamarind pulp aside.

Sambar Preparation:

In a pot, add cooking oil, mustard seeds, cumin seeds, Asafoetida / Hing, bay leaves, cloves, cardamom, cinnamon, black pepper, green chilies, curry leaves, red chilies, turmeric powder, fresh ginger, and add the chopped vegetables (Green beans, Okra, Egg plant, Bottle Gourd, Carrots) let it fry until veggies cook more than half and then add chopped tomatoes, add some salt and pinch of red chili powder and let it cook, next add tamarind pulp (if you don't have dried tamarind then use packaged or bottled tamarind paste) and let it boil, adjust salt and add mashed lentil paste (toor dal and chana dal mixture), let it boil, adjust with some water and then add Sambar powder, add coriander powder and at the end garnish with coriander leaves, adjust salt and spices accordingly.