



Ingredients

- 1 cup split red gram
- 4 long brinjals, cut into 1" pieces
- 2 drumsticks, cut into 1" pieces
- 8-10 sambar onions
- 2 medium sized tomatoes, quatered
- 1/2 tsp turmeric powder
- 1 lime-sized ball of tamarind
- 2-3 tbsp sambar powder
- Salt to taste

Seasoning

- 1 tsp mustard seeds
- 1/4 tsp fenugreek seeds
- 2 dry red chillies
- 8-10 curry leaves
- 2-3 tbsp chopped coriander leaves
- 1 tsp oil

Nutrients

Approx. calories per serving: 180 kcal

Procedure

Soak the tamarind in half a cup of hot water and keep aside. Strain and keep the extract aside. Place the split red gram in a 20 cm Tall unit along with turmeric powder and a few drops of oil. Following the procedure mentioned in the "Every-day Cooking" section, cook the dal for 30 minutes until done. Add vegetables dripping wet and cook on low heat until they soften.

Stir in the tomatoes and tamarind extract and simmer for 10 minutes. Now add the sambar powder, salt and sufficient quantity of water to make up the required quantity of gravy. Simmer for 5-7 minutes, remove from heat and add the seasoning. For the seasoning, preheat a 16 cm Regular unit on medium heat until the Thermo Indicator reaches the green mark.

Add a tsp of oil followed by the seasoning ingredients. Once the mustard crackles, fry the seasoning for a minute and then pour it over the sambar. Serve hot with rice.