

TRUPTI IDLY WITH SAMBHAR RECIPE

INGREDIENTS

100 grams Toor Daal
100 grams tomatoes finely chopped
500 ml water
25 grams tamarind or one juiced lemon
Trupti Gujarati Daal Powder

For Tempering:

30 ml vegetable oil
3 grams Trupti mustard seeds
2 grams Trupti curry leaves dried
3 garlic cloves crushed
10 grams of fresh coriander leaves or ½ teaspoon of Trupti coriander powder

METHOD

Crush the garlic and finely chop tomatoes.

Soak the tamarind extract pulp (may substitute with juice of one lemon)

Boil the daal with tomatoes and ½ teaspoon of salt till lentils mashed and set aside

Heat the oil in a pan on the stove at high heat and add mustard seeds and dry curry leaves till they crackle in the hot oil

Mix the daal with the tempering in pan within 3 seconds so tempering does not burn and turn the heat to medium and stir

Add the lemon juice and then add the fresh coriander leaves on top if desired

Boil for five minutes on a low flame and serve with idly or even steamed rice

Will keep in the fridge for 2 days therefore excellent to make additional and use as a curry or stew substitute as the toor daal is high in protein

Prepare Idlies:

Trupti Dry Idly Mix 2 cups

1 teaspoon Eno Fruit Salt or ½ teaspoon Soda bicarbonate (to assist in fermenting the batter)

2 cups water

1 teaspoon salt

Mix the ingredients for the Idly as follows: Add the dry Trupti Idly mix in a bowl then add ½ cup of water to mix and mix well ensuring no lumps.

In a cup mix the Eno or Soda bicarb with two tablespoons of water and immediately mix in the batter

Mix all the ingredients well and leave covered in a warm dry place overnight or for at least 10 hours

The mixture should at least double in quantity so you know it is ready for steaming

Meanwhile add water in steamer or pressure cooker and let it start to steam, place idly plates stand close steamer or cooker and steam for 10-12 minutes. Take off flame and allow it to cool, take out the idly stand and sprinkle little water on each plate, use a spoon to scoop out idly. If using cloth then gently invert the cloth to remove idly. Serve nice and hot with the sambhar.