

Ingredients

Quantity:	Measure:	Ingredients:	Description:
1	Pinch	Asafetida (Hing)	
1	Teaspoon	Chilly Powder, Red	
1	Teacup	Coriander Leaves (Kothmeer)	
1.5	Teaspoon	Coriander Powder	
8	Nos	Curry Leaves	
1	Teacup	Dhal, Tur	
6	Nos	Drumsticks	cut in pieces
2	Tablespoon	Jaggery	
0.5	Teaspoon	Jeera/Cumin Seeds	
8	Nos	Lady Fingers	
0.5	Teaspoon	Methi - Fenugreek	
0.5	Teaspoon	Mustard Seed	
A	Little	Salt	
2	Teaspoon	Sambar Powder	Recipe 667
1	Ball	Tamarind	
4	Nos	Tomatoes	
0.5	Teaspoon	Turmeric Powder	

Method

Soak and cook dhal till tender. Add dry masalas and other vegetables. When soft, add jaggery, salt and tamarind water.

Prepare Seasoning: Put some oil in the pan and heat it, and fry the mustard seed, and curry leaves, jeera, Methi and Hing.

Pour this seasoning in the Sambar. Add chopped coriander leaves, and the Sambar is ready to be served with hot cooked rice.

For [Sambhar Powder](#) , please see Masalas category.