

## Sambhar Recipe

Written by Friends' Contribution

Sunday, 24 July 2016 00:00 - Last Updated Sunday, 31 July 2016 08:40

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### Ingredients

Quantity	Measure	Ingredients	Description
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### Method

Assemble ingredients, clean, and wash dhals, transfer dhals to pressure cooker, with a little salt and turmeric, cover the cooker and cook for 2-3 whistles, allow the steam to escape, before opening the pressure cooker, see the dhals are cooked, whisk the dals and set aside.

Soak tamarind for 15-20 mins, smash with spoon, and extract/strain the juice. set aside.

Wash the veggies, for the sambhar, chop them, heat oil in a curved bottom pan, and cook the carrots first for about a minute, then toss the chopped onion, chopped brinjal, zucchini, and lauki, cover the pan, and cook for 3-4 mins. until the veggies are cooked and soft and tender, add jaggery now and mix well. Add tamarind water to the cooked veggies. Mix sambhar powder. Add the cooked dals and mix until blended.

Start tempering:

Heat the oil, and add the ingredients one by one as the start to splutter, the curry leaves. Add this to the boiling dhals. Let the dhals now simmer to 5-10 mins. Adjust seasoning, and serve with warm idles.

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