

Simple Dahl

Don't add cinnamon

Mung beans need up to knocking knuckle

No more than 2x jalapeno

No more than 25 min

For mung, add spinach at the end

Fry Onions in Pressure cooker pot (optional) add ginger/garlic with butter

Add green chili

Add 2-3 tsp of turmeric, salt/pepper, half tsp Garam massala, tbsp curry powder

TOMATO (fresh or paste)

Pressure cook for 3 whistles (start at high heat to pressurize then reduce to medium Puree!

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- Fry one onion in pressure cooker (minced because blending not required; texture is ham and pea soup)
- Add crushed 1/2 tsp pepper corns
- 1/2 tsp red chilli
- 1 tsp cumin
- 3 tsp salt
- 3 tsp kitchen king
- 1 tsp garam massala
- 2.5 cups of yellow split peas
- 3 cups water
- Pressure cook for NMT 18min

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