

This Sambar recipe is one of the most loved dishes in South Indian cuisine. It accompanies most every meal. In South India, there are variations to this sambar recipe, but this is the one I use.

Ingredients:

1/2 lime sized ball Tamarind
1 cup Toor Dal (or red lentils)
1/2 teaspoon Turmeric Powder
2 teaspoons oil
Salt to taste
5 small dry red chilies (or to taste)
8 Curry Leaves (see note)
1 medium onion (shallots are preferable)
1/2 teaspoon mustard seeds
1/4 tsp asafoetida (optional)
1/2 teaspoon fenugreek seeds
1 large tomato
2 tablespoons sambar powder (see note)
1/4 cup chopped cilantro leaves (also known as coriander leaves)
1 cup of a vegetable of your choice like green beans, chopped carrot

Directions:

Soak the tamarind in 1 cup water for 20 minutes. Squeeze it out, adding water little by little to prepare 1 cup of juice.

Choose a heavy cooking pot. Wash and clean the dal. Boil 2 cups of water and add the dal, turmeric powder and 1 teaspoon of oil. As the dal boils, skim off the foam and discard. Boil until the dal is soft and then mash it coarsely. If needed, add more water as it is boiling but do not let it get too watery. If you use a pressure cooker it will take about 5 minutes.

Vegetable Korma

Ingredients:

1 cup Carrots, cut into small dice
1 cup Green Beans, cut into small dice
2-3 medium Potatoes, cut into small dice
1/3 cup Green Peas
1 Tomato, diced

Masala Puree or Paste:

1-2 tablespoons Oil
3 Cloves
1 inch piece Cinnamon bark
1 bunch Coriander leaves (also called Cilantro or Chinese Parsley)

1 inch piece fresh Ginger, minced
1/2 Coconut, grated
5 Green Chilies (or more if you like it Hot!)
1 medium Onion, diced

Seasoning:

2 tablespoons oil
1/4 teaspoon Fennel
1 teaspoon Mustard Seeds
3 Cardamom Pods
10 Curry Leaves
1 large Onion, diced
1 teaspoon Turmeric Powder
Salt, to taste

Prepare the vegetables as indicated in the ingredients list. For the paste, heat the oil in a large, heavy fry pan and add the cloves and cinnamon bark and fry for a minute. Add the ginger, chilies, and onion and fry until the onions are translucent. Remove from the heat and stir in most of the bunch of coriander leaves, chopped. Reserve the remainder of the leaves for garnish. Puree the mixture in a blender or food processor with the coconut. Set the puree aside.