



Toor Daal



Serving
8–10



Prep
30–40



Cook
25 Minutes



Contributer
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- 4 tbsp Olive oil
- ½ medium Red onion, sliced
- 1 tbsp Garlic, minced
- 1 tsp Ginger, minced
- 1 cup Toor *daal*
- 3 cups Water
- 1 tsp Cumin, powdered
- ½ tsp Turmeric powder
- 1 tbsp Coriander powder
- ½ tsp Salt or to taste
- 1 tbsp Coriander leaves (optional), for garnish

1. Over medium heat in the pressure cooker pot, mix the onion with garlic and ginger. Fry for 5–7 minutes until onions turn light in color and garlic turns slightly brown.
2. In a separate container, wash the *daal* in water and add 3 cups of water. Mix the *daal* and water into the pressure cooker pot.
3. In the mix in Step 2, add cumin powder, turmeric powder and coriander powder.
4. Close the pressure cooker and cook the *daal* mixture with the spices above on high heat until 1 whistle.
5. After 1 whistle, on low heat cook the *daal* mixture for 7–8 minutes.
6. Remove the *daal* mixture from the burner and remove the steam from the pressure cooker. Open the cooker and add ½ tsp of salt and mix the *daal*. Add coriander leaves for garnish on the top or mix it in.

Variation

In South Asian cooking, a tadka is added to most yellow lentils. This is a mixture of hot oil with cumin seeds added when boiling into the cooked lentils for taste. You can use Masoor daal instead of Toor daal.



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