Restaurant Style Indian Daal Tadka

One of the most popular Indian daal lentils, flavorful and easy to prepare at home.

Prep Time	Cook Time
10 mins	30 mins

Equipment
- Sauce pan with lid
- Small saute pan for making the tempering OR Use a Tadka pan if you have one

Ingredients
- 2 cups toor lentils also called pigeon peas
- 1 tbsp oil
- 1 cup chopped onion can be ground for a smoother texture
- 2 teaspoons ginger garlic paste OR use 1 teaspoon each of minced garlic and grated ginger
- 1 teaspoon turmeric
- ½ teaspoon ground red chili
- 1½ teaspoons salt
- ½ cup tomato puree or sauce OR use 1 cup chopped fresh tomatoes
- Lemon as garnish

Tadka or Tempering
- 1½ tbsp ghee or butter
- 1 teaspoon cumin seeds
- 2 teaspoon chopped garlic
- 1-2 whole chili pepper I prefer fresh chili, like Thai or Serrano, but feel free to add a dry red chili if you like the sound of it!
- 1 tbsp chopped cilantro

Instructions

Making the Daal (Lentils)
1. Wash and soak the toor lentils for about an hour before cooking. Leave aside till needed.
2. In a saucepan, add oil and chopped onion. Cook till the onion is slightly brown.
3. Next, add the ginger and garlic, and let the flavors come together for a minute before adding the washed and drained toor lentils, turmeric, red chili, salt, and tomatoes along with 5 cups of water.
4. Bring to a boil, reduce the flame to medium-low, cover and cook for about 20-30 minutes till the lentil grain is done.

Making Tadka or Tempering

1. Melt ghee or butter in a small saute pan or tadka pan on a low flame (to avoid splattering of whole spices).

2. When the fat has melted, add cumin seeds, garlic, and whole chili pepper. Stir till garlic is light brown, then turn off the flame add the cilantro leaves.

Serving Daal Tadka

1. Add the tempering to the hot lentils (listen for the classic sizzle!).

2. Garnish with a drizzle of lemon juice and serve freshly made with steamed rice or pulao of your choice.