

Free eBook by Rama Ganapathy

POWER PACKED WHOLE PULSES AND LEGUMES

The Best Protein alternative for Vegans

22 RECIPES USING DIFFERENT WHOLE PULSES, BEANS AND LEGUMES



Foreword

February 10th is celebrated as World Pulses Day. I am an avid fan of whole pulses / lentils. When I took a review of my posts so far, I realised I have as of today posted 22 recipes using whole pulses. I decided to compile all those recipes and make an eBook that you can download from my site. This is my humble offering to all those health conscious out there.

Pulses are the world's oldest cultivated legumes. Dry beans, dry broad beans, dry peas, chickpeas, cow peas, pigeon peas, green mung are some of the most popular whole pulses used in Indian cuisine. Pulses are grouped with beans and peas as part of the legume family because, like all legumes, they grow in pods. They add a high-fibre and high-protein element to food. Hence they make an excellent protein substitute for the vegetarians and vegan diet followers.

Whole pulses / lentils still have their husks on. Whereas split dals have had the husks removed. Needless to add that whole lentils are higher in fibre than split dals. Including one whole lentil in your diet at least once a week is one sure way to healthy life.

I have tweaked some recipes slightly from the ones posted in the site. I have tried to make most of the recipes oil free. I realised it is possible to avoid oil completely if you wish. The spices like mustard seeds, fenugreek seeds, cumin seeds

etc do not need oil for roasting. For cooking onions without oil, one tip is the add little water while sautéing.

At this point I would also like to add my thoughts here. Living in a corporate world, there may be times when you would be tempted to consume oily food. Party time, festival time, cheat days, etc 😊 It is human nature and hence no need to feel guilty. I can add a tip here. Whenever you consume oily food, try to increase your raw food intake the following day or few more days. Such as raw salad, raw vegetable juice, fruits, etc. This balances your system to a great extent.

It is my intense desire to introduce healthy eating among people. Living in the world of fast food and instant food, healthy eating becomes more and more crucial. I also sincerely feel food connects the whole world. I have tried to include recipes from all over India – East, West, North & South and also introduced few Internationals ones such as savoury muffins, lentil loaf, falafel and hummus. The first 8 recipes are using Chickpea & Brown chana. The balance 14 use many other whole pulses.

Hope you enjoy these recipes.

Happy & healthy eating

Rama Ganapathy

<https://dairy-free-glutenfree-diet.com/>

20.02.2020

1. Chole Stew

Chickpeas are a type of legume in the same family as peanuts. Known as Garbanzo beans in the West and Chole / Channa / Kabuli Channa in India and widely used in Middle east cuisine, they have a buttery, nutty flavour and creamy texture.

While Chole is widely used in North India as a side dish for Rice or Roti, Stew is popular dish from Kerala, South India served as a side dish for their Aappam and Idiyappam.

This Chole stew is a cross between North and South India. This recipe does not use Tomatoes nor any souring agent. I have added lots of vegetables including potatoes and sweet potatoes to make it healthier. The final addition of coconut milk is the master stroke. This is what makes it different from the North Indian version. This gives a unique palate to the dish.

2 cups boiled Chole

1 onion finely chopped

6 cloves garlic

1" piece ginger

2 cups finely chopped mixed vegetables (red pepper, green pepper, potato, sweet potato, etc)

1 tsp chilli powder

1 tsp cumin powder

1 tsp turmeric powder

1 tsp chole masala / garam masala

2 cups coconut milk

Salt to taste

Finely chopped coriander and coconut cream for garnishing

Soak the chole / chickpea overnight or for 7 to 8 hrs.

Boil, drain and reserve the water.

Mash the chole coarsely with potato masher.

Heat a pan (add oil if using) and sauté the onion, ginger and garlic till the onions become translucent.

Add the chopped vegetables and sauté further.

Add just enough reserved water and cook covered till the potatoes get cooked.

Add salt and dry spices and mix well.

Mash the vegetables coarsely with the back of the ladle.

Add cooked chole and coconut milk.

Mix well and cook covered on a low flame till chickpea / chole absorb all flavours.

Garnish with coconut cream and coriander / mint.

Check for the consistency. If you want to eat with rice, make it little thinner. If it is for roti / puri, make is thicker.





2. Kala Chana Ghugni / Bihari Brown Chana

Kala Chana Ghugni is a popular, delicious and favourite dish with every family in Bihar. In fact it's a popular snack in all Eastern States of India like Assam, Odisha and Bengal, though the preparation may vary slightly from State to State. Some families consume it as morning breakfast as well.

Ghugni is the generic name. It is made with yellow peas or channa dal, or even with chole at times. It is mostly offered as prasad during Navratri. But is made without onion and garlic at such times. Bihari homes mostly serve this with Chura (Roasted Poha Chiwda).

- ½ cup Brown Chana
- ½ cup thinly sliced onion
- 1 medium tomato
- 3 green chillies
- 1" piece ginger
- 1 tsp chilli powder
- 2 tsp coriander powder
- ½ tsp garam masala powder
- ½ tsp turmeric powder
- ¼ tsp asafoetida
- 1 tsp cumin seeds
- 2 bay leaves
- 3 dry red chillies broken

Soak chana overnight / 8 hours minimum.

Pressure cook with just enough water and enough salt.

Grind tomato, green chillies, ginger, 2 tsp sliced onion and 2 tsp reserved chana to a smooth paste.

Heat a pan and add cumin seeds, bay leaves and red chillies.

Once it splutters, add asafoetida and add the sliced onions. Sauté till onions become brown. You can add 2 tbsp water for sautéing as we are not using oil.

Add the ground paste, red chilli powder, dhania powder, turmeric powder and salt for the gravy.

Sauté for few more minutes till the gravy blends together.

Add the boiled chana with water and simmer till it becomes almost dry.

Serve garnished with sliced onion, green chillies and lime.





3. [Himachali Chana Madra](#)

Channa Madra is a satwik dish from Himachal Pradesh that does not use onion or garlic. This is one dish that is sure to find a place in Himachal Food festival called Dham. True to hilly regions, madra uses raisins and dry fruits like almonds and cashews. Along with that spices such as red chilli powder, fennel seeds powder and coriander powder are also added in the gravy.

I had to tweak the following in this recipe:

1. I have used cashew curd instead of dairy curd as a dairy free recipe. Since Madra anyways uses dry fruits like almonds and cashews, I thought I might as well replace dairy curd with cashew curd to make it vegan.
2. Himachal being a hilly region and cold, dishes from the region use lots of ghee to bring warmth to the body. Himachali Madra is no exception. The curd is fried in a lots of ghee that is spiced up. But I had to compromise on this issue. I have not used ghee or oil. Since the cashew curd is unlikely to curdle, I found no need for oil or ghee. No doubt the original taste of the Madra might have been compromised to some extent in the absence of ghee. 😞 Sorry. Couldn't help. Health is priority. 😊

2 cups pre boiled chole (soaked overnight, pressure cooked and drained)
1 cup cashew curd or any plant based yoghurt (non-vegans can use normal curd)
1 tsp cumin seeds
1 big cardamoms
4 cloves
½ tsp fennel seeds
1 bay leaf
½ tsp peppercorns
2 small cardamoms
1 tsp chilli powder
½ tsp asafoetida powder
1 tsp coriander powder
1 tbsp raisins
Salt to taste

Soak 1 cup chickpeas / channa / chole overnight, pressure cook with just enough salt, drain and keep. Yields almost 2 cups after cooking. Reserve the drained water.

Crush both the cardamoms, cloves, peppercorns and fennel seeds in a mortar and pestle to a coarse powder.

Heat a pan and add cumin seeds, bay leaf and the crushed spices.

Reduce flame to minimum possible and add asafoetida, red chilli powder, coriander powder and raisins and sauté for few seconds. Make sure the spices do not burn.

Add the curd and keep stirring continuously for 5 to 10 minutes.

Once the curd is cooked well and reduced in size, add the cooked channa.

Adjust the salt and spices and cook covered for 10 more minutes in low flame. Add the drained water if need be.



4. [Jaisalmeri Channa](#)

Can you name a prominent ingredient in Rajasthani cuisine? Yes. It is Besan. No Rajasthani dish is complete without besan. Chane Jaisalmeri or Jaisalmeri Chana is no exception. It is a simple & traditional recipe that uses brown channa, besan and curd. What a combination! All three protein-rich ingredients!

The use of brown channa, different spices and peanut curd differentiates this recipe from the Himachali Channa Madra. You will find the taste totally different. This mouth-watering dish goes well for lunch as well as dinner. When you consume it with roti or rice, it becomes a sumptuous & hearty meal.

1 cup soaked overnight and boiled brown channa

2 tsp besan / chickpea flour / kadalai mavu

1 cup peanut curd

1 tsp chilli powder

½ tsp turmeric powder

1 tsp coriander powder

¼ tsp cumin seeds powder

½ tsp amchur powder (optional)

½ tsp garam masala powder (optional)

2 cloves

1" piece cinnamon

1 tsp cumin seeds

1 bay leaf

Salt to taste

Final tempering (optional):

1 tsp oil

1 broken dry red chilli

½ tsp chilli powder

½ tsp asafoetida powder

Soak channa overnight / for 8 hours.

Pressure cook with enough water and salt for 3 whistles / till the channa gets cooked. Drain and keep the water.

Take ¼ cup of boiled channa and mash coarsely with a masher.

Beat the curd with besan and all the masalas and just enough salt for the curd. Make sure its lump free.

Heat a skillet / kadai. When it is hot enough, add the cumin seeds, bay leaf, cloves and cinnamon and dry roast them till they become aromatic.

Add the curd mixture and sauté on a very low flame.

Add water and mashed channa and mix well.

Add the balance whole channa and check for the consistency. It should not be very thick not thin like a kadhi.

Add the balance water from the boiled channa if required.

Boil on a slow flame for a few minutes and switch off.

Add the final tempering if you wish.





5. [Chili Channa](#)

Chinese cuisine is gaining popularity in India. Fusions such as Chilli idli, Manchurian, Spring rolls, Hakka noodles, Chinese fried rice, etc are favourites of many Indians. One such Indo Chinese dish is Chilli Channa. Indian Chole takes Chinese Avatar in this recipe.

I have made this recipe as per my standards.

Firstly, most Chinese dishes use Soya Sauce. I personally avoid Soya products due to many reasons. Hence I didn't use soya sauce.

Secondly, Chilli channa uses chilli sauce and tomato Ketchup. I avoid store bought sauces and ketchups. Hence in this recipe, you can see that I have substituted it by blending soaked tomato and red chilli and cooking it further. I got a fusion of chilli and tomato sauce.

Thirdly, I also avoid oil as much as possible in all my recipes. Chilli Channa requires to be deep fried in oil. I tried to avoid the use of oil. But the result was not desirable. So decided to go ahead with minimal oil. I decided roast the channa with as little as 2 tsp oil for the entire batch. The result was a crispy, not oily, roasted channa.

You can check the tip I have given in my foreword for consuming oily food.

½ cup Kabuli Channa (Chole)

3 tablespoon Corn flour

½ cup finely chopped onion

1 tsp finely chopped garlic

½ cup green capsicum diced OR ¼ cup chopped finely

2 green chillies
2 ripe, red tomatoes
4 dry red chillies (Byadgi or Kashmiri that adds colour)
1 tsp Kashmiri chili powder (optional)
1 tsp Tomato ketchup (optional)
2 spring onions chopped finely with the greens
1 tsp coriander leaves chopped finely
2 tsp jaggery powder
¼ cup water, if necessary
Salt to taste
3 tsp oil

For the Channa:

Soak Channa in water for 6 to 8 hrs OR overnight
Cook with salt in a pressure cooker / as per convenience till they are soft
Drain and keep aside. (The water can be used for cooking)
Add corn flour, mix well till every channa peace is coated well with the flour. Adjust the quantity of the flour accordingly.
Heat 2 tsp oil and sauté channa in batches till channa becomes crisp.

For the Chilli:

Soak tomatoes and red chillies in hot water
Peel tomatoes, blend to a fine paste with red chillies without adding water
Heat oil in a pan
Add garlic and green chilli and sauté for few minutes

Add onions and sauté further till the onions become translucent. Do not brown.

Add Capsicum pieces and sauté till the capsicum is half cooked. Let it be crunchy.

Add the tomato chilli paste and keep sautéing and mixing. If you are adding chilli powder and ketchup, you can add at this stage. I didn't add them.

Add half of spring onions with greens and mix well.

Add salt and jaggery powder and boil the sauce.

The consistency should be neither thick nor watery.

If it is too thick add a little water.

If it is too watery mix 1 tsp corn flour in $\frac{1}{4}$ cup water and add to the paste to thicken.

Cook the sauce for 2 minutes.

Switch off the flame and add the roasted channa and mix well till channa is coated well with the sauce.

Garnish with chopped spring onions and coriander.





6. Satwik Chole

Satwik diet is a very popular food philosophy in India. It places great emphasis on fruits, nuts, seeds, whole grains, pulses, vegetables, non-meat proteins, etc. It is believed to keep a balance in our body making us calm, positive and healthy and keeps our mind alert. Foods like meat, onion, garlic are believed to have sedative effect on our mind and body and hence are avoided in Satwik diet.

What attracts chole when it is served in restaurants is its deep brown colour. The secret ingredient is Tea leaves. Some restaurants add tea bags and some add boiled and strained tea decoction. Here I have added 2 teaspoon tea leaves in my tea infuser and kept it with chole while cooking in the pressure cooker. The result was an amazing brown coloured product. And the Chole masala is freshly made to get the restaurant style flavour.

1 cup chole soaked in water overnight / 7 to 8 hrs. (Yields 2 cups after soaking)

2 tsp tea leaves kept in an infuser / made into a potli / 2 tea bags

1" piece cinnamon stick

4 cloves

2 bay leaves

2 black cardamom

4 green cardamom

¼ tsp Asafoetida (Hing)

Salt to taste

Grind to a paste:

2 tomatoes

2 green chillies

1" piece ginger

For the masala:

2 tsp Anardhana / dried pomegranate seeds

1 tsp red chilli powder

1 tsp dhania powder

1 tsp jeera powder

1 tsp garam masala powder

1 tsp kasuri methi

Drain the soaked chole and rinse in fresh water few times. Pressure cook the chole adding 3 to 4 cups fresh water, whole masalas, tea bags and salt for 6 to 7 whistles. I have not added baking soda and hence kept for 2 more whistles. If you do not mind adding baking soda, less whistles will do.

Once the cooker is settled, drain the chole and retain the water. Remove the whole masala pieces.

Dry roast the Anardhana seeds in a kadai till it becomes dry. Switch off the flame and add the rest of the masala powder & roast in the retained heat. Blend to a smooth powder in a blender. Remove and keep in a separate bowl. Grind the tomato, green chilli and ginger to a smooth paste in the same blender without adding any water.

Heat a kadai and add the Hing. Chole is little heavy on the stomach. To avoid indigestion, adding Hing becomes necessary.

Add the tomato paste and sauté till it becomes almost dry. Add the powder and sauté for few more minutes till they mix well.

Add chole and sauté for few more minutes mashing them lightly with a masher.

Add the retained water, adjust salt level, cover and cook for 5 minutes.

Finally add Chole masala / garam masala and 2 slit green chillies and boil for few minutes.

Serve with Bhatura, plain paratha, jeera rice or even plain rice.





7. [Hummus](#)

Hummus is a dip or spread using cooked and mashed chickpeas (chol ) blended with [tahini](#), olive oil, lemon juice, salt and garlic. It hails from Middle Eastern cuisine and hence is popular in the Middle East and Mediterranean.

You can get Hummus off shelves in most of the supermarkets. But it is very easy to make at home and tastes better too. All you need basically is pre-cooked chol , tahini and lime juice. Please check the recipe for Tahini in the link given above. You can play around hummus by adding any other flavour, grilled peppers with it to give that extra sense of taste. If you do not have tahini, you can still make it without it. It is still quite delicious.

  cup boiled chole / chickpeas
 2 tbsp lemon juice
 2 tbsp tahini paste
 2 cloves garlic finely chopped
   tsp cumin seeds powder
 Salt to taste
 Enough water to grind

In the food processor / mixer, pulse the [tahini](#) and lemon juice and process for 1 minute.

Add the garlic, cumin, and salt & pulse / process until well blended.

Finally add the chickpeas and process until thick and quite smooth.

Adjust the seasoning and sprinkle red chilli / paprika powder and chopped coriander / cilantro leaves.

Notes

You can mix tahini, lime juice, garlic, cumin and salt in a bowl and add to the pulsed chickpeas at the final round.



8. Chole Beetroot Tikki

Called Tikki in North India and Patties in other parts, Tikki is a popular snack across India.

I had some unexpected friends over for tea. And so had to make a quick but healthy snack. Fortunately I had about a cup of plain boiled chole stored in my refrigerator. Decided to use that and make some healthy tikki. Used lot of beetroot and some carrot which lent a beautiful colour to the tikkis. Finally I grilled them in the griller.

The pulsed chole acted as the best binding agent. I did not need potatoes at all. I made it very simple without any extra frills. With spices that were readily available in the spice box and onions and fresh coriander, the tikkis turned out quite delicious.

¾ cup boiled chole (chickpeas / garbanzo beans)

1 medium onion

1 medium beetroot

1 small carrot

Handful fresh coriander leaves

2 green chillies

2 cloves garlic (optional)

1" piece ginger

1 tsp red chilli powder

1 tsp coriander seeds powder

1 tsp amchur powder

½ tsp garam masala powder

1 tsp oil (optional)
Salt to taste

Pulse the chole in the mixer / food processor.

Chop onion, chillies, ginger, garlic and coriander leaves finely. I used the chopper which did the job in a jiffy.

Remove and keep aside.

In the same chopper add beetroot and carrot and chop finely.

Heat a kadai / skillet, add a little oil (optional) and add the onion, chilli ginger mixture. Sauté for a few minutes.

Then add the chopped vegetables and sauté further.

Add the spices, salt and mix well. Cool and add the ground chickpeas and make a thick dough.

Take small balls and flatten them in your palms as tikkis.

Roast them on a heavy pan till both sides become brown. I used the grill pan to grill them.

Serve hot along with tamarind and coriander-mint chatni, and curd.





Dairy free Gluten free Diet

9. [Black Eyed Peas Dahi Vada | vegan & non fried](#)

Black eyed peas (also called Black eyed beans) (लोबिया / चवळी / कारामणी / വലിയ പയറ്റ് / ಅಲಸಂದೆ) is a popular legume that is used widely in Indian cuisine. Though these are beans / legumes and do not fall under lentils, being whole, they are more nutritious. Hence I decided to include them in this book

Dahi Vada!! Vadas dunked in spiced Dahi (curd / yoghurt)! No Indian feast is complete without this popular and delicious dish. Although in South they spice the curd with chillies and coconut paste, in North they use sweet tamarind chutney. Dahi being probiotic that helps in digestion, Dahi vada forms an integral part of any celebration that serves heavy food in our culture.

This Black eyed Peas Dahi Vada is a healthier version. It is a non- fried snack with non-dairy curd. I have used my cast iron Appe pan to fry the vadas without oil.

½ cup black eyed peas (lobia / karamani / chavli)

2 tbsp channa dal (kadalai paruppu)

2 to 3 green chillies

1" piece ginger

Salt to taste

1 cup peanut curd (dairy curd for non-vegans)

1 tsp chaat masala

1 tsp salt

1 tsp cane sugar (optional)

Soak black eyed peas and channa dal together for 4 hrs.

Grind to a coarse paste adding green chilli and ginger.

Try to grind without adding water. If you find it difficult, just add 1 tbsp water.

Make lemon sized balls.

Heat an Appe pan (appam pan), place the balls, cover and cook them on slow fire.

Keep turning till all sides brown equally.

In the meantime, beat the peanut curd with chaat masala and salt.

Pour over the vadas and garnish with chilli powder & coriander leaves.





10. Baked Falafel with Black Eyed Beans

A famous food from Arab country, Falafel is fried fritters that uses chickpeas. Coming from a predominantly meat-eating country, Falafel is surprisingly a vegan food.

Perhaps, Falafel was invented to compensate the protein in the meat. It is relatively low in fat, high in proteins and has no cholesterol as long as you do not deep fry them. Falafel generally is stuffed in Pita bread topped with lots of vegetables. This makes Falafel a nourishing meal in itself. It is a number one fast food in Israel and Middle East where you can see numerous Falafel stands and fast food restaurants that serve Falafel.

As a variation, I have made this falafel with Black eyed beans (Chawli beans / Karamani). And also baked / roasted it in cast iron skillet without oil.

½ cup Black eyed beans
1 medium onion roughly cut
Handful chopped coriander leaves
3 cloves garlic
½ tsp chilli powder
¼ tsp cumin powder
Salt to taste

Soak the Black eyed beans in water for 2 hours.

In a food processor / mixer, pulse all ingredients except the beans.

Once they are done, add the beans and pulse to a coarse paste without adding water.

Make sure not to make paste like consistency. It should be Dal vada consistency.

Add salt.

If the mixture is too wet, add 2 tablespoon of besan to thicken and mix thoroughly.

Make lemon sized balls.

Flatten and EITHER bake them at 200° for 10 to 15 minutes each side OR roast them in cast iron / heavy skillet without oil.

Serve stuffed in Pita bread / with [hummus](#) / plain salad

Try this healthy, tasty, no oil Falafel



Dairy free Gluten free Diet



11. [Black eyed beans and Amaranth leaves Sabzi](#)

Amaranth greens are known as [chaulai](#) in North India, [harive](#) in Karnataka, [cheera](#) in Kerala, [mulaikkeerai](#) in Tamil Nadu, [lal maath](#) in Maharashtra and [thottakura](#) in Andhra.

It is available both in green and red colour and is a storehouse of iron, vitamins and minerals. Including one greens in your meal per week is anyways good way to be healthy.

In addition, I have used Black eyed beans (karamani / chawli beans) in this sabzi to add to the nutrition. Black eyed beans are good sources of soluble fibre.

1 big bunch (approximately 6 cups) shredded Amaranth leaves

1 medium onion finely chopped

1 medium tomato finely chopped

1/3 cup black eyed beans soaked in water for 15 minutes

2 green chillies slit lengthwise

1" piece ginger cut finely

1/2 tsp turmeric powder

1 tsp chilli powder

2 tsp coriander powder

1 tsp amchur powder

1/2 tsp cumin powder

1/4 cup coconut milk

1 tsp mustard seeds

1 tsp cumin seeds

Heat a pressure cooker / pressure pan, add mustard and cumin seeds.

Once they splutter, add green chillies and ginger and sauté. Add onions and sauté for few minutes. No need to brown the onions.

Next, add tomatoes and add all dry masalas and salt. Mix everything.

Add $\frac{1}{4}$ cup water, black eyed beans and the shredded amaranth leaves.

Cover the cooker and cook for 2 whistles.

Once the pressure settles, open the cooker, add the coconut milk and mix well.

Notes

1. You can use any greens to make this recipe
2. Adjust the spice level according to your taste.
3. You can add vegetables as in Sindhi Sai Bhaji.





12. [Ragda Patties / Red Ragda Patties](#)

Ragda Patties is a part of street food / fast food culture in Maharashtra and Gujarat.

Is fast food good for health? There is a growing concern among mothers if this culture is good for children.

However it may be reassuring to know that the damage happens only when fast food frequently replaces nutritious foods in our diet and when they are eaten in places who do not have your wellness in mind.

Which means that fast foods can still be converted to healthy foods when we substitute the ingredients with healthy vegetables, pulses and non-processed items and make them at home.

This Red Ragda Patties is one such fast food / snack with a difference. **Red Poha (Red Beaten rice)** replaces the potato and **Red Cow Peas** (lal chawli, karamani, lal lobia) replaces the white peas in the usual Ragda.

Patties

2 cups red poha

1 cup finely chopped onion

1 tsp chilli powder

2 tsp dhania powder

½ tsp cumin power

1 tsp amchur powder
 Finely chopped coriander leaves
 2 tsp kasuri methi (optional)

Ragda:

1 cup sprouted Red cowpeas (Red Karamani, red lobia)
 1 tsp turmeric powder
 1 tsp chilli powder
 1 tsp green chatni
 1 tsp sweet chatni
 Salt to taste

Garnishing:

¼ cup green chatni
 ¼ cup sweet chatni
 ½ tsp chaat masala
 ¼ tsp cumin powder
 ½ cup finely chopped tomato
 ¼ cup sev
 Finely chopped coriander leaves
 Pomegranate seeds (optional)

Take the poha in a colander, wash and set aside in the colander itself. If you are using thick poha, you may have to soak in just enough water.

Cook the sprouts as per your convenience, till they are well cooked. Unlike white peas, they do not become soft and smudgy. Mash them well.

Add all the ingredients for patties with the poha and knead to a tight dough. If it is too tight, add few teaspoons of water. If it is too runny, add powdered poha.

Make patties and roast on cast iron tawa, till both sides become brown.

Add all ingredients for ragda to mashed dal and bring it to gravy consistency adding little water.

Just before serving, take the patties, add lots of red ragda and garnish with all the ingredients.



13. [Langar wali dal](#)

Langar wali dal is the speciality of Gurudwaras in Punjab. Langar refers to community kitchen in a Gurdwara where a fully vegetarian free meal is served to all the visitors, without distinction of religion, caste, gender, economic status or ethnicity.

It is a very rustic and simple dal. It is better known as Kali daal/ Maa Chollean di Dal (Split Black Gram & Split Bengal Gram Lentils). I have used whole black gram for this recipe. It is very basic, nutritious dal combined with simple spices. No fancy ingredients, no finesse in cooking. Based on its rusticity, you do not need to chop the vegetables finely nor do you need to sauté the onions to golden brown. All you need to do is to prepare it with lots of love that would reflect in the dal and make it delicious. Ideally, the authentic dish served at Gurudwaras use ghee for tempering and also while serving. I have avoided oil here.

Try this simple, rustic and delicious kaali daal / Amritsari Dal / Langar wali Dal on hot rotis or rice. It is divine and heavenly.

1 cup urad dal with skin (whole or split)

½ cup Channa dal

3 to 4 green chillies

1" piece ginger

1 cup onion roughly cut

1 cup tomato roughly chopped

1 tsp chilli powder
2 tsp coriander powder
Salt to taste
1 bay leaf
1 tsp turmeric powder
asafoetida

Soak Urad dal and channa dal for minimum 4 to 6 hrs
Pulse green chilli and ginger to a coarse paste (preferably in mortar and pestle)

Pressure cook dal adding half of green chilli paste, salt, turmeric powder and bay leaf.

Let the dal be cooked till soft. Mash the mixture.

Heat a pan and add cumin seeds.

Once they splutter add asafoetida and onion.

Sauté for few minutes adding a spoon of water and add balance green chilli paste.

Mix well and add chopped tomatoes.

Add little water and cook till tomatoes become mushy.

Add dry spices and cook further for few more minutes.

Once the mixture becomes thick, add to the boiled dal.

Cover and cook for 10 minutes on a slow flame.

Serve garnished with fresh coriander, raw onion and raw green chilli (optional) 😊





14. [Navratan Dal Korma | Nine lentils korma](#)

This Lentil Korma is a healthy mix of whole lentils and beans. Hence it is fitting to call it Navratan dal Korma.

In a nearby small time grocery shop, I happened to come across a packet of different types of colourful whole lentils. A close look at it and I realised it is a treasure trove. It contained all possible whole lentils and beans in all possible colours. The colours made them very attractive. I was awe struck. It was a gentle reminder of how Nature is abundant with colour and nutrition.



I have made this Korma South Indian style to go with rice. Slightly tweaked it by roasting the spices as against keeping them raw and grinding them. No South Indian Korma is complete without yoghurt / curd. However, I have avoided curd and instead added a dash of coconut milk at the end. It added to the flavour and taste. You can say, it is a cross between Kerala stew and Tamil Nadu vegetable korma.

Few tips:

I have steam cooked the pulses to retain most of its nutrients.

I have totally dispensed with oil to retain the goodness of the pulses. This is a NO OIL recipe.

1 cup mixed whole dal (any dals of your choice)

½ cup tomato chopped fine

½ cup finely chopped onion

1 green chilli slit

1 tsp ginger grated fine

½ cup coconut milk

Salt to taste

For the masala:

2 tsp coriander seeds

6 dry red chillies

4 cloves

1" piece cinnamon / ¼ tsp cinnamon powder

1 tsp Saunf (aniseeds / sombu)

1 tsp Khus Khus (optional)

1 tsp sesame seeds

2 tbsp fresh grated coconut / dry coconut (copra)

1 tsp roasted channa

7 to 8 cashew nuts

Tempering:

1 tsp mustard seeds

1 tsp cumin seeds

½ tsp asafoetida

Soak dal overnight / 7 to 8 hrs. Yields 2 cups after soaking.

Cook with enough salt as per your convenience.

Dry roast coriander, red chillies, saunf, khuskhus, cloves, sesame seeds, cashew, roasted channa and cinnamon till they give out nice aroma.

Grind all to a paste adding coconut, green chilli, ginger, garlic (if using) and tomato.

Heat a skillet and add the tempering ingredients one by one.

Once they are done, add onion and sauté for few minutes.

Add the masala paste and salt for the masala (remember we have cooked the dal with salt) and sauté for 5 to 6 minutes.

Add the cooked dal with little water and mix well.

Boil till the dal absorbs the flavours of the spices.

Reduce flame and then add coconut milk.

Boil till you see bubbles on the sides.

The consistency should be like a thick Korma.

Garnish with coriander leaves.





15. Amritsari Dhuli Dal / Amritsari Sookhi Urad dal

This dry urad dal preparation is very popular in Amritsar. It is a traditional main dish that is commonly cooked in Punjabi households. In general, Punjabi food is famous for its rustic flavor. Though the cuisine uses dairy items like paneer more, their dals are a speciality too. Punjabi cuisine's whole dal preparations like black gram (Dal makhni), green mung dal and Amritsari chole are quite popular.

Though many households use split white urad dal for this recipe, I have used [whole urad dal, the skinless variety here](#). Spiced with common ingredients available at home, it's a delicious dish. Added to that, this is an easy to make dish that gets done in half an hour or less. When you run out of vegetables and still want to dish out the most nutritious food for your family, this is the best bet. The best part I loved in this dish is, you can make it in the morning and eat it packed for your tiffin at noon or have it for dinner. It tastes excellent and becomes more flavourful.

½ cup whole white urad dal (skinless)

1 medium onion chopped finely / grated

1 big tomato / 2 medium sized tomato

1 tsp ginger garlic paste

1 green chilli chopped finely / minced finely

1 tsp cumin seeds

Asafoetida

½ tsp chilli powder

½ tsp amchur powder
½ tsp garam masala powder
½ tsp turmeric powder
1 tsp coriander powder
Salt to taste
1 tsp oil (optional)

Wash and add water to urad dal just to cover it. Soak for 15 minutes.

Drain and add in a pressure cooker with the weight on. Add ¼ cup water and just cook till the pressure builds up, switch off and open the cooker.

Do not wait for the whistle. If you get a whistle, switch off and release pressure manually and open the cooker.

Each grain should remain separate but cooked at the same time.

Heat a skillet.

Add cumin and asafoetida.

Once it is done, add onion and sauté till it become translucent. Do not brown.

Add green chilli, ginger garlic paste and sauté further for few more minutes.

Puree the tomato in a blender without adding water and add the puree.

Mix well and add all the dry masalas and salt.

Let the spices blend. If the mixture is too dry, add ¼ cup water.

Add the Dal and cook on slow fire till the dal absorbs all the flavours of the masala. If necessary add few spoons of water. Idea is that it should not become mushy.

Sauté with light hands to make sure that the Dal remains whole. Check if the Dal is done.

Garnish with roasted whole dry red chilli and mint (pudina) leaves.

Transfer into serving bowl and serve with bhakri / roti / paratha.



16. Valache Birde – Sprouted Lima Beans in Gravy

Valache Birde is a popular dish in Konkan regions of Maharashtra. No festival is complete without this dish. **Val / lima beans / field beans / mochai / pithiki pappu** is a highly nutritious bean variety. It is generally slightly bitter and so is also known as **kadve vaal** (kadve meaning bitter in Marathi). But on cooking, it acquires a nutty flavor. It is widely used in Gujarati and Parsi cuisines as well.

The making of this dish requires a little planning. You have to soak it for 12 hrs and keep it for sprouting for 24 hrs. You then have to remove the skin by soaking the sprouted dal in water for 15 minutes. Skin comes out easily by squeezing & pressing out the inner dal with index finger & thumb. Sprouted Val that is low in calories and fat is all the more nutritious.

2 cups Val (soaked, sprouted and skin removed)
 1 onion cut into big pieces
 4 to 5 garlic cloves
 1 tsp jeera
 ½ cup fresh grated coconut
 1 tsp mustard seeds
 ½ tsp asafoetida
 1 tsp chilli powder
 ½ tsp turmeric powder
 1 tsp jaggery powder / 1 small piece of jaggery
 2 to 3 petals of Tamarind soaked in ½ cup water and squeezed / 2 or 3 kokum

Salt to taste

Grind onion, jeera and garlic to a paste. Remove and keep aside.

In the same blender add coconut and $\frac{1}{4}$ cup water and grind to a fine paste. Take out and add $\frac{1}{4}$ cup more water. It should resemble thick coconut milk.

Steam cook the beans adding $\frac{1}{2}$ cup water for 15 minutes till they are semi soft. I prefer to steam cook the pulses as steam cooking retains the nutrients most.

Dry roast mustard seeds in a pan till they splutter. (if you wish you can add 1 tsp oil).

Add asafoetida and sauté for few seconds.

Add onion and garlic paste & sauté further till onions become pink.

Add steamed beans with water, chilli powder, turmeric powder and mix with very light hands.

Make sure that the beans do not break.

Boil for few minutes. Since the beans are already steamed, it takes less time to cook.

Add the tamarind water, salt and jaggery.

At this stage, adjust the water according your requirement and boil further for few more minutes till the spices blend well and beans become soft.

Finally add the coconut paste and bring to just one boil.

Garnish with fresh coriander and roasted red chilli.





Dairy free Gluten free Diet

17. [Savoury Muffins | With Sprouted Lentils](#)

This recipe for Savoury Muffins uses whole lentils. I had sprouted a cup of whole lentils (Whole Masoor) and decided to make the best use of it. This is the result.

Muffins are of different types and the type of muffin can have a big impact on its fat and sugar content. As Muffins are normally made with processed flours, most store bought muffins are deceptively high in fats, with up to 40% fat content, which many consumers are not aware of.

But these Savoury muffins do not use any flour. Neither processed nor Gluten free flours. Sprouted and steamed whole Masoor along with sautéed vegetables form the base for these muffins. This makes it a healthier option either for breakfast or with evening tea.

1 cup sprouted whole lentils (whole masoor)
 ½ cup finely chopped mixed vegetables (carrots, french beans, yellow, red and green bell peppers)
 ¼ cup onion chopped fine
 1 tomato pureed
 ½ tsp black pepper powder
 ½ tsp cumin powder
 ½ tsp mixed herbs (optional)
 1 tbsp flaxseeds meal (flaxseeds powder)
 7 to 8 walnuts broken into small bits
 Salt to taste

Pre heat the oven to 180° C

Chop the vegetables VERY finely.

Finely chop the onions and puree tomato.

Soak flax seeds meal in 3 tbsp water for 15 minutes.

Steam cook the lentils with ½ cup water.

Once they are soft, drain and keep aside to cool. Reserve the water.

Pulse the lentils coarsely.

Heat a pan and add onions. Sauté till it turns pink.

Add tomato paste and cook till tomatoes are mushy.

Add salt and dry spices.

Add mixed vegetables and sauté further for a few minutes.

Let the vegetables remain crunchy.

Allow to cool to room temperature.

Add Flaxseeds mixture to the coarsely ground lentils

Add the sautéed vegetables.

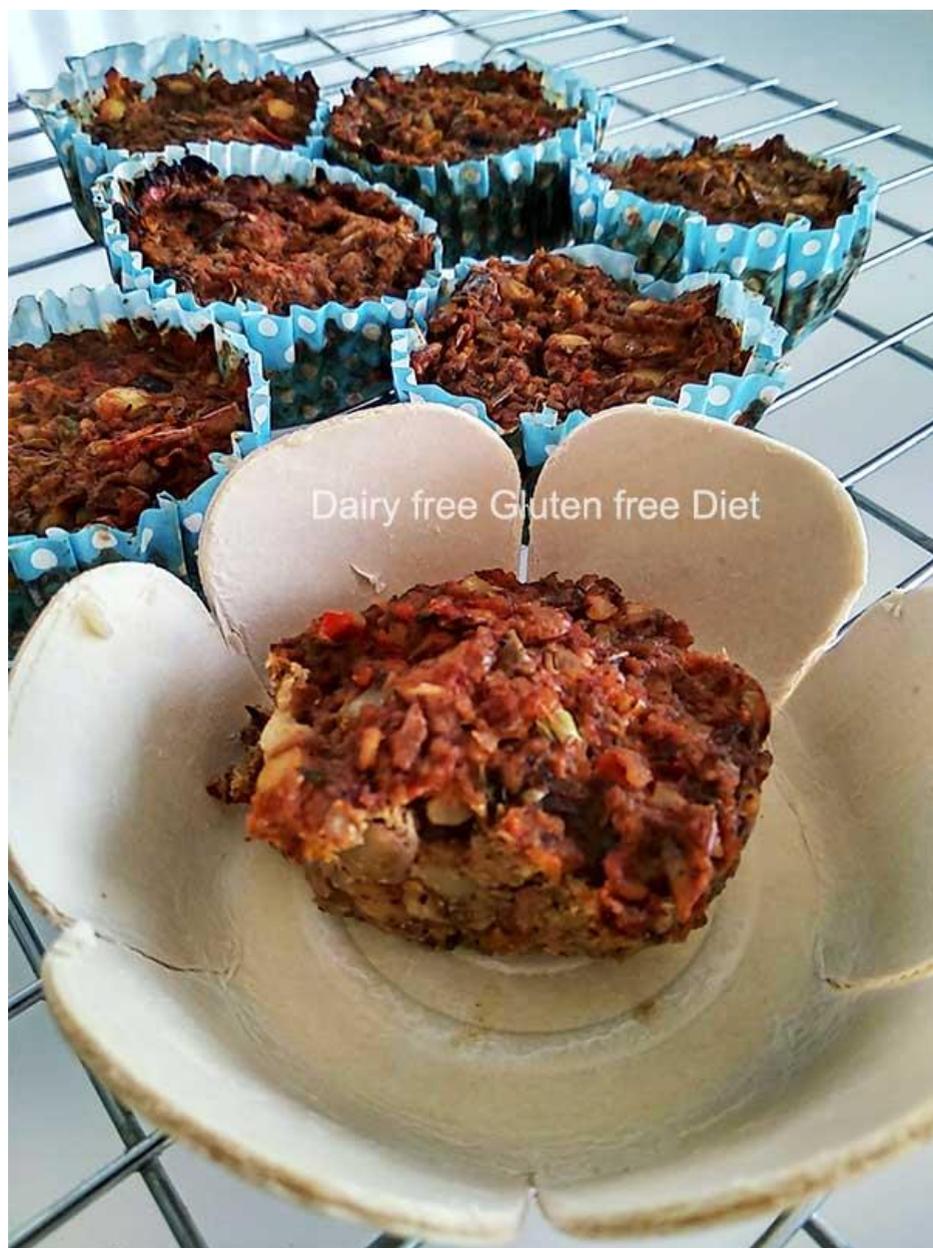
Mix with a spatula.

If the mixture is too thick, add the drained water slowly and bring it to muffin consistency. It should be neither too thick nor too runny.

Fill in the muffin pans lined with liners.

Bake in the preheated oven at 180° C for 35 to 40 minutes.





18. [Mung Idli](#)

“What is the best breakfast in India?” The answer that tops the list is, “idli”. First reason being, idlis are fermented. That enables breakdown of minerals and vitamins and aids in digestion. Second reason being, they are steamed and not fried. That makes idlis a low-calorie food. Third reason being it’s a complete food that can be had any time of the day without compromising on the nutrition. The fourth and last reason is its suitability for any age. Right from kids to aged, healthy and ailing, idlis serve as harmless and nutritious food item.

Traditionally, rice idlis are popular. But idlis with other ingredients like millets and dals are gaining popularity thanks to awareness in health and nutrition amongst individuals.

In this recipe, I have not used rice or millets but have used 2 kinds of whole pulses – whole green mung and whole urad.

Ingredients:

½ cup whole mung dal

½ cup whole urad dal

Salt to taste

Soak both dals together for minimum 4 hrs.

Grind together to a fine paste in a mixer.

The batter should be of idli consistency.

Add salt and mix well

Leave overnight / 8 hrs for fermenting.

Make idlis.

Serve with any Chatni



19. [Whole Masoor Tikki](#)

Tikkis are famous snack in North India. Dal Tikki is a speciality of Uttar Pradesh. This Masoor Lentil Tikki uses the healthy whole masoor.

Generally whole masoor / black masoor / sabut masoor do find less use in many homes. Recipes for it are sparse in cookbooks, restaurants rarely serve it. Perhaps because they are not as easy to cook as split masoor. They need to be soaked overnight before cooking and cooked for a longer time. Else they remain uncooked. But trust me, the trouble taken is worth.

I decided to make use of the multiple health benefits of the whole masoor in this Masoor Lentil Tikki. I soaked them to increase its protein value. I also added lots of veggies to make it more nutritious. Lastly, I roasted them in cast iron skillet without oil. However, if you do not have a cast iron tawa, you can always bake them. In case you do not have both oven and cast iron tawa, you can use as little oil as possible to make these tikkis. They do not require too much oil as other normal tikkis do.

Pre-cooking: Soak $\frac{1}{2}$ cup whole masoor for 6 hrs / overnight. This yields 1 cup after soaking

1 cup drained whole Masoor
1 spring onion whites chopped
3 cloves garlic (optional)

¼ cup grated carrots
¼ cup grated beetroot
¼ cup chopped capsicum
2 green chillies
1" piece ginger
Handful Coriander leaves
1 tsp garam masala powder
Salt to taste
2 tablespoon Powdered Poha (grind poha to a fine powder in mixer)
Greens from Spring onions

Add all ingredients from Masoor to garam masala in a blender and pulse to a coarse paste without adding water.

Add salt and spring onion greens and mix well.

You can either add poha powder directly in the mixture or use it as a coating like bread crumbs. Both ways work out well.

Make balls and shape into medium sized Tikkis / Burgers.

If using a heavy bottomed Cast iron skillet, the Tikkis can be pan fried without oil (or very little oil) on both sides. Add oil if you feel it is necessary.

Alternately, brush the Tikkis with a little oil and bake in a preheated oven at 180° for 10 minutes on one side and further for 5 minutes on the other side.





20. Protein filled Fare

This is a 3 in 1 recipe. Idli, Chila (Adai) and Kuzhi appam with the same dough.

Why do we call it protein filled?

This recipe uses three whole lentils & legumes.

1. Black eyed beans, the most nourishing among the legume family loaded with vitamins and proteins.
2. Whole mung which is one of the best plant-based sources of proteins.
3. Whole masoor that has iron and protein in abundance and is a perfect choice for vegetarians.

All these, added with marvellous millets with just enough Carbs, makes this a perfectly balanced food. You can serve it for breakfast, snack or as a main course.

On the first day I tried idlis with this dough.

And on the second day added more grated veggies and made Chilas and Kuzhi appam. All of them turned out to be enjoyable.

1 cup Foxtail Millet (you can use any millet)

1/3 cup whole mung dal

1/3 cup whole masoor dal

1/3 cup Black eyed beans

2 to 3 dry red chillies

Soak all together for 3 hrs.

Grind to a coarse paste adding water.
Leave it for fermentation for 8 hrs / overnight.

Day 1: Make idlis and serve with Gooseberry Chatni, sambhar and [Flax seeds gun powder](#).

Remember to eat the idlis when they are hot. They tend to harden on cooling. But can be steamed again to make them soft.

Day 2: Add grated carrots, onions and chopped coriander leaves and make adai (Chila) / Kuzhi appams in appam maker and serve with Peanut curd Kadhi.

Gooseberry Chatni: Grind together $\frac{1}{2}$ cup grated coconut, $\frac{1}{2}$ cup gooseberry seed removed, 1 tablespoon roasted peanuts, 2 green chillies and few coriander leaves to make a chatni adding required amount of water.



Day 1:



Day 2:



21. [Lentil Loaf](#)

The lentils that go to make this Lentil Loaf is *whole red lentils* known as Whole Masoor in India. Traditionally, they are often served with rice and are most useful to thicken dals and curries. Whole red lentils are widely used in Western countries in the form of soups, curries and loaf.

This is a highly nutritious recipe since it has oodles of vegetables along with the lentils. This recipe is so versatile that you can use any vegetable and any spice of your choice. I have used the Mixed Italian herbs to give it an International flavour. If you prefer, you are free to add typical Indian spices. For texture I have used some chopped walnuts reserving some to top the loaf. You can add roasted seeds such as pumpkin seeds, melon seeds, peanuts, etc to add to the nutrition levels. Let your creativity loose. After all cooking is an art and science, right?

1¼ cup whole lentils (whole masoor)
 1 cup finely chopped mixed vegetables (carrots, french beans, yellow, red and green bell peppers)
 ¼ cup onion chopped fine
 ½ tsp black pepper powder
 ½ tsp cumin powder
 ½ tsp mixed herbs (optional)
 1 tomato
 2 tbsp flaxseeds meal (flaxseeds powder)
 ¼ cup walnuts broken into small bits
 Salt to taste

Chop the vegetables VERY finely.

Cook the lentils with 1 cup water in a pressure cooker / steam cooker.

Once they are soft, drain and keep aside to cool. Reserve the water.

Heat a pan and add onions. Sauté till it turns pink.

Add tomato paste and cook till tomatoes are mushy.

Add mixed vegetables and sauté further for a few minutes.

Let the vegetables remain crunchy.

Add salt and dry spices and switch off.

Allow to cool to room temperature.

Preheat the oven to 190° C

Pulse the lentils along with flax seeds powder coarsely in mixer / food processor.

Add the cooked vegetables and give one more quick pulse to make a fairly thick dough.

If the mixture is too thick, add the drained water slowly and bring it to bread consistency. If too thin, add 2 tbsp powdered poha (powdered flattened rice).

Remove in a bowl and mix with a spatula to a thick dough and add the chopped walnut, reserving few for topping.

Transfer the mixture to a loaf pan lined with parchment sheet.

Press into an even layer and top with the remaining walnuts.

Bake at 190°C for 40 to 45 minutes or until golden brown on the top.

Remove from oven and let rest for 15-20 minutes in the pan. Then gently remove and carefully slice and serve.



22. [Rajma Tawa Pulao](#)

The combination of Rajma and Rice is top favourite of North Indians and Nepalis. In fact, Rajma Chawal is a staple food in Nepal. Tawa Pulao is a famous Mumbai street food. Rajma Tawa Pulao is a fusion of Rajma Chawal of the North and Tawa Pulao of the West India.

What is special about tawa Pulao?

So what makes this Tawa Pulao so special you may ask. Pav Bhaji masala is the key ingredient & a must add in this recipe. That is what gives it a very typical street style flavour. It is interesting to watch how the street vendors make this pulao. They sauté the veggies as they do for Pav Bhaji, keep that bhaji on the sides of the tawa, bring a part of it in the centre of the tawa and mix it with cooked rice. The final output is the fusion of Pav Bhaji and Pulao. As we, home cooks, do not generally own such big tawa, we can make this in a frying pan. We still have the liberty to call it Tawa Pulao.

To make it healthier, I have used Rajma (Red Kidney bean) as the main ingredient. Rajma is a good meat substitute for vegetarians. In order to make Rajma keep the centre stage, I have added very few vegetables such as coloured bell peppers just to add colour and crunchiness to the dish.

Serve this healthy Rajma Tawa Pulao with any raita, papad and a green salad.

½ cup Rajma
1 cup cooked Brown rice
2 cloves, 2 Black cardamom & 1 bay leaf
½ cup thinly sliced onion
1 tsp ginger garlic paste
½ cup chopped tomatoes
2 tbsp each thinly sliced capsicum, red and yellow bell peppers and deseeded tomatoes
1 tsp Pav Bhaji masala
1 tsp Rajma masala / garam masala
1 tsp Kashmiri chilli powder

Chopped coriander and pudina leaves
Salt to taste

Cook rice as per convenience. Make sure each grain is separate.

Soak rajma overnight / 6 to 7 hrs.

Cook with salt, 2 cloves, 2 black cardamoms and bay leaf. (cook as per convenience. Instant pot / pressure cooker / steam cooker / direct boiling).

Drain and keep aside.

Heat a pan and add onion and sauté till onions become translucent. Do not brown.

Add ginger garlic paste and sauté.

After few minutes, add chopped tomatoes and cook covered till it becomes a paste.

Add all dry spices and keep sautéing

Add thinly sliced bell peppers and drained Rajma sauté cook covered few minutes till the Rajma absorbs all flavours.

Add the cooked rice and mix well.

Add chopped coriander and serve with any raita and papad.

