

Daal Baati (Dal with dumplings)

A traditional recipe of Rajasthan, a state located in north India, famous for a great culinary heritage. Savoured as a meal.

Ingredients:

For Baati:

Soybean flour (finely sieved) - x gms
Salt and oregano to taste
A pinch of baking powder (optional)
Ghee / oil – x/5gms



For frying and soaking

Desi Ghee (clarified Butter) / refined oil - liberal amounts

For Dal

Soybeans - x gms
Cumin seeds – a few
Asafoetida – a pinch
Ghee / Butter / Refined oil – liberal amounts
Salt, turmeric and Red chilli powder – to taste

Method:

1. Make a hard dough of the soy flour, salt and Ghee/ oil (such as shortening), using very little water.
2. Cover with a wet cloth and leave aside for 10 minutes.
3. Knead well and roll into small equal sized balls and lightly press them to flatten a bit.
4. In a pan , take half a litre water, bring it to a boil and once boiling hot, drop the dough balls into the water and let them cook.
5. Once the balls are done, they would become light and move up to the surface of the water.
6. Drain them, Deep fry till light brown and keep aside, soaked in Ghee / oil.
7. Alternatively, the rolled dough balls could be baked in an oven and then kept dipped in oil / ghee for softness.
8. Soak soybeans overnight. Rub hard to remove the skin. Pressure cook in enough water for 20 – 25 minutes, till tender. Add salt and turmeric. Cook covered for some time till a thick consistency is achieved.
9. In another pan, heat some oil / ghee and remove from fire. Add cumin seeds, asafoetida and red chilli powder, mix and pour over the cooked dal.

Serve hot Dal with Baati .

Traditionally baati with a good amount of ghee is taken in a bowl and eaten topped with dal.

Suggestions:

In lower ratio recipes, wheat flour/ gram flour could substitute or be mixed with soy flour . Similarly washed black gram dal could either substitute or be mixed with soy beans for a more appealing consistency and taste. A mixture of different dals too could be taken.