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Sambar - Split Pigeon Peas With Vegetables

South India. It is eaten on its own with plain cooked rice or as an accompaniment to Steamed Rice & Lentil Muffin (*idli*) and Crêpe (*dosa*). Some Malayalees mash the cooked peas for a smooth, soupy dish to mix with rice and others keep the cooked peas intact. Split Pigeon Peas With Vegetables also works as a nutritious vegetable soup.

Ingredients (To serve 4)

Split pigeon peas (toovar dal) - 3/4 cup

Medium onion - 1

Mixed vegetables - 1 lb / 450 gm (eggplant, zucchini squash, yellow squash, yam, red, or orange pepper)

Sambar powder - 2 tsp

Green chilies - 2

Ginger - ½ -inch / 1.3-cm piece

Coriander leaves - 4 tbsp

Tamarind concentrate - 1/4 tsp

Grated coconut - 3 tbsp

Olive oil - 4 tbsp

Black mustard seeds - 3/4 tsp

Curry leaves - 5

Salt - ½ tsp

Utensils

2 medium pans with lids

Blender

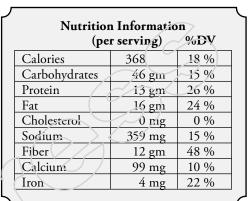
Small wok

Preparation/Pre-Cooking (50 minutes)

- 1. Wash the split pigeon peas.
- 2. Boil 4 cups of water in the pan.
- 3. Add the pigeon peas to the boiling water. Cover and cook on low heat, skimming the froth off periodically, until tender for 40-50 minutes. Add more water as needed to cook the pigeon peas.
- 4. Mash the cooked pigeon peas and add more water for a smooth, soupy sambar.
- 5. Peel and chop the onion into large chunks.
- 6. Wash the vegetables and cut into 3-inch long pieces.
- 7. Trim the stems off and slit the green chilies lengthwise into thin strips.
- 8. Peel and thinly slice the ginger.
- 9. Wash and roughly chop the coriander leaves.
- 10. Dilute the tamarind concentrate with 1-2 tbsp of warm water.
- 11. Blend the grated coconut with a little water to make a smooth, fine paste.

Cooking (7 minutes)

- 1. Add the vegetables, onion, *sambar* powder, and a little water in the second pan. Cover the pan and cook until vegetables are crisp-tender.
- 2. Add the cooked pigeon peas, coriander leaves, tamarind liquid, and salt to the vegetables. Cook for a minute.



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Tempering (5 minutes)

- 1. Heat the oil on high in the wok.
- 2. Add the mustard seeds to the hot oil.
- 3. When the mustard seeds start to pop, add the green chilies and ginger and stir-fry for a minute.
- 4. Reduce the heat to medium and add the curry leaves and coconut paste and sauté for about 1-2 minutes.
- 5. Pour the seasoned oil over the vegetable-pigeon peas mixture.

Serve: Hot.

Pre-Cooking Option: Cook the pigeon peas in advance (preparation steps 1-3).

Note: Sambar powder is a spice blend made with toasted coriander and cumin seeds, peppercorns, red chilies, turmeric, fenugreek, and asafetida.

