

Steaming hot, tangy, spicy, and deeply comforting, *Bisibelebath* is Karnataka's answer to a hug in a bowl. Traditionally made with toor dal, we've reimagined this iconic dish using the gentle, easy-to-digest masoor dal, without losing the magic. Whether it's a weekday lunch or a festive weekend meal, this version delivers all the depth with a softer Ayurvedic edge.

### What Is bisi bele bath (Masoor Dal Version)?

*Bisi Bele Bath* literally means "hot lentil rice" in Kannada. It's a one-pot meal where rice and dal come together with vegetables, tamarind, and a special spice blend. This masoor dal version offers a lighter, more digestible twist without compromising the dish's signature rich and tangy flavour.

### How to Make bisi bele bath (Masoor Dal Version) : The Traditional Way

#### □ Ingredients:

##### main

- 3/4 cup masoor dal
- 1/2 cup raw rice
- 1 cup mixed vegetables (carrot, beans, peas, capsicum, etc.)
- 1 gooseberry-sized tamarind (or 1 tbsp paste)
- 1/4 tsp turmeric
- Salt to taste
- 4-5 cups water

##### Bisibelebath spice mix (fresh or ready-made)

- 1½ tbsp homemade or store-bought bisibelebath powder  
(or dry roast and grind: 1 tbsp coriander seeds, 1 tsp cumin, 4 dried red chilies, 1 tbsp chana dal, 1 tsp fenugreek, a pinch of hing, 3 tsp grated coconut, 1-inch cinnamon, 2 cloves)

### Tempering

- 2 tbsp ghee
- 1 tsp mustard seeds
- 1 sprig curry leaves
- 1-2 dry red chilies
- 8-10 cashews (optional)
- A pinch of asafoetida

### □ Method:

1. Rinse and cook masoor dal and rice together in 3-4 cups water until soft and mushy. Keep aside.
2. Soak tamarind in warm water and extract juice.
3. Cook chopped vegetables in water with turmeric and salt until tender.
4. Add tamarind extract, bisibelebath powder, and simmer until the raw smell disappears.
5. Add the mashed dal-rice mixture and mix thoroughly. Adjust consistency with hot water.
6. In a separate pan, heat ghee, splutter mustard seeds, fry red chilies, curry leaves, cashews, and hing.
7. Pour tempering over the bisibelebath. Stir gently and serve hot with ghee.

### □ Ayurvedic Benefits

1. Masoor dal is lighter, easier on the gut, and suitable for all doshas, especially when well-cooked with spices.
2. Tamarind aids digestion in moderation and stimulates appetite.
3. Ghee enhances Agni, calms [Vata](#), and carries nutrients deeper.
4. The spice blend (hing, mustard, fenugreek, cumin) aids [vata-kapha](#) digestion.
5. One-pot warmth makes it ideal for seasonal transitions and sluggish digestion.

### □ Pro Tips from the Indian Kitchen

- Always use hot water to adjust consistency, prevents splitting.
- Freshly grind your bisibelebath masala for unmatched aroma.
- Use ghee generously for flavour and Agni support.
- Add a piece of jaggery to balance spice and tang.
- Soak masoor dal for 15-20 minutes for quicker cooking and smoother texture.

### □ Why We Love bisi bele bath (Masoor Dal Version)

- Deeply satisfying with a comfort-food soul.
- Balanced protein, grain, veggies, and spices in one pot.
- A lighter, Ayurvedic alternative to the heavy traditional version.
- Hugely versatile, pair with papad, raita, or eat on its own.
- Smells like a temple kitchen on festival day!

### □ Ideal For

- Lunch or early dinner, especially on cool or rainy days
- Family gatherings and Sattvic festive spreads
- Busy days, meal prep friendly, and one-pot
- Anyone needing comfort with nourishment

