

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)

- 1 1/2 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**

