

Sabut Masoor Dal is rustic, earthy, and deeply satisfying. This wholesome whole-lentil curry is iron-rich, easy to digest, and comforting, especially when paired with jeera rice or soft phulkas.

What Is Sabut Masoor Dal?

Sabut Masoor Dal refers to whole brown/red lentils (unskinned masoor dal) simmered with simple spices like cumin, turmeric, and ginger — no onion, garlic, or heavy masalas. It's perfect for those following a sattvic or Ayurvedic diet.

How to Make Sabut Masoor Dal : The Traditional Way

□ Ingredients:

- ½ cup **sabut masoor dal (whole red lentils)**
- 1 tbsp **cold-pressed sesame oil or ghee**
- 1 tsp **jeera (cumin seeds)**
- ½ tsp **grated ginger**
- ¼ tsp **turmeric powder**
- ¼ tsp **coriander powder** (optional)
- A pinch of **pepper powder** (optional)
- Salt to taste
- 2 to 2½ cups **water**
- Fresh **coriander leaves** for garnish

□ Method:

1. **Wash and soak** sabut masoor dal for 30 minutes.
2. **Pressure cook** with turmeric and 2 cups of water for 3–4 whistles or until soft.
3. In a pan, **heat oil or ghee**. Add **jeera** and let it splutter.
4. Add **grated ginger** and sauté lightly.
5. Add the **cooked dal** with some more water for desired consistency.
6. Add **salt, coriander powder**, and a pinch of **pepper** if using.
7. Let it simmer for 5–7 minutes.
8. Garnish with **fresh coriander leaves** and serve hot.

▣ Ayurvedic Benefits

1. Sabut masoor is **rich in iron**, ideal for **pitta** and **kapha** balance.
2. Promotes **strength and grounding**.
3. Combined with jeera and ginger, it becomes **easy to digest**.
4. High in protein and **blood-purifying**.

▣ Pro Tips from the Indian Kitchen

- You can lightly mash the dal for a thicker consistency.
- Add a few curry leaves for aroma if desired.
- For extra warmth, a tiny pinch of ajwain can be added.

♥ Why We Love Sabut Masoor Dal

- One-pot simplicity and deep nourishment
- Hearty, filling, and flavorful without heaviness
- Ideal for a detox or balancing meal
- Tastes even better the next day!

▣ Ideal For

- Daily lunch or dinner
- Iron-deficiency support
- Menstrual phase nourishment
- Children, elderly, and convalescence recovery

