

Sambar is often thought of as inseparable from tamarind—but Ayurveda reminds us that when sourness becomes excess, it can inflame the digestive fire and disturb the doshas, especially [Pitta](#). This version of sambar, crafted without tamarind, uses naturally sweet-sour ingredients like tomatoes, amla (optional), or lemon to maintain taste and balance. It's gentle, grounding, and deeply nourishing.

What Is Sattvic Sambar?

This is a **[Pitta-friendly variation](#)** of classic South Indian sambar, where **moong or masoor dal** forms the base, blended with seasonal vegetables, mild spices, and sourness adjusted with **tomatoes or amla**. It's a **sattvic stew**, suitable for all doshas when properly balanced.

How to Make Sattvic Sambar: The Traditional Way

□ Ingredients:

For the Dal

- ½ cup moong dal or masoor dal
- 2¼ cups water
- ¼ tsp turmeric powder
- A pinch of hing (asafoetida)

Vegetables (choose from)

- 1 carrot (chopped)
- 5-6 beans (cut)
- ½ cup ash gourd or pumpkin
- 1 tomato (finely chopped)
- 1-2 thin slices of fresh amla (optional for tang)

Spice Mix

- 1½ tbsp homemade or mild store-bought sambar powder
- Salt to taste

Optional Sour Adjustments (choose one)

- 2 slices of fresh amla, cooked along with vegetables
- OR extra tomato for subtle acidity

For Tempering (Tadka)

- 1 tsp ghee or cold-pressed sesame oil
- ½ tsp mustard seeds
- 1 dried red chilli
- Few curry leaves

□ Method:**1. Cook the Dal:**

Wash and cook dal with turmeric and hing until soft. Mash and set aside.

2. Cook the Vegetables:

In a pot, add vegetables (except tomato and lemon) with about 1 cup water. Cover and cook until 80% done.

3. Add Tomato & Spice:

Add chopped tomatoes and sambar powder. Cook for 5-6 minutes until tomatoes break down.

4. Add Cooked Dal:

Mix in the mashed dal. Stir well and adjust water for consistency. Simmer for 7-10 minutes until flavors combine.

5. Prepare the Tadka:

Heat ghee or oil in a pan. Add mustard seeds, red chilli, fenugreek seeds, and curry leaves. Let them crackle. Pour over the sambar.

6. Final Touch:

7. If using lemon juice, add after turning off the flame and resting for 5 minutes.

□ Ayurvedic Benefits

1. **Pitta-friendly:** avoids aggravation caused by excessive sourness
2. **Moong dal** is light, sattvic, and balances all doshas
3. Vegetables like pumpkin, drumstick, and ash gourd offer grounding, cooling, and nourishing properties
4. Curry leaves, hing, and mustard enhance **Agni (digestive fire)** without overheating
5. Promotes satiety without heaviness or acidity

□ Pro Tips from the Indian Kitchen

- Use **ripe tomatoes** or a slice of **amla** during cooking for subtle sourness.
- Avoid lemon during cooking—it turns bitter if boiled. Always add after cooking.
- **Roasted methi powder** (a pinch) enhances earthy depth if tamarind is absent.
- Stir in a few chopped coriander leaves at the end for freshness and prana.
- Let the sambar **rest before serving**—it deepens the flavor.

□ Why We love Vegetable Biryani

- It's **gentle on the gut**, especially in summer or for those with acidity
- Maintains authentic flavor without tamarind
- Suitable for **sattvic diets and post-detox meals**
- **Versatile** – pair with rice, millet, or sip as soup
- Still gives the full sensory joy of sambar without disturbing dosha balance

□ Ideal For

- **Pitta** season (summer) or during acidity
- **Children and elders** who need milder food
- **Recovery diets**
- **Sattvic eating days**
- **Everyday use** when you want flavor without overstimulation

