

# Sahaja Basics ~ Chapati & Dahl Recipe

## Ingredients for the Dahl - 2 servings

- 1 cup Dahl - Red Lentils
- 2 cups Water
- 1 tsp Turmeric Powder

## Ingredients for Tempering - 2 servings

- 2 tbsp Oil/Ghee
- 1 tsp Mustard Seeds
- 1 tsp Cumin Seeds
- 3-4 Curry leaves (dry or fresh)
- 1 tsp Garam Masala
- ½ tsp Mild Chili Powder (Deggi Mirch) or Paprika Powder
- ½ Medium Size Onion - Finely chopped
- 2 Garlic Cloves - Finely chopped
- 3-4 cm Fresh Ginger - Finely chopped
- ½ Fresh Green Chili Pepper - Finely chopped
- 2 Tomatoes - Chopped
- . Salt
- Optional: Fresh Coriander, Ground Black Pepper

## Ingredients for 4 to 5 Chapatis (1 serving)

- 1 cup Whole wheat flour (+ some for dusting) Can also be a gluten-free alternative
- ½ cup Warm Water - or as needed
- ½ tsp Salt

## Preparing the Chapatis

It is best to prepare the Chapati dough before starting with the dahl. This will allow the dough to rest before baking it.

1. Place the flour in a bowl and mix in the salt.
2. Start by adding half of the water to the bowl and start combining it with the flour using your hand.
3. While bringing the dough together add a little water at a time (not more than 1 tablespoon). Take your time feeling this step out, we tend to add too much water too quickly. Also you may need more or less water than in the recipe, depending on the kind of flour you use.
4. Once all the required water has been combined with the flour, start kneading (massaging) the dough. Use the knuckles of your finger, applying pressure.
5. Keep kneading until the dough feels soft and pliable, at least 5 minutes. If it still feels hard and dry, add little water and knead again. If it feels too sticky, add some flour and mix.
6. Once done, the dough should be smooth and not stick to your fingers anymore. To test, press the dough with your fingers, it should leave an impression while keeping your fingers clean.
7. Cover the dough and leave to rest for at least 20 min. (You can cook the Dahl then the chapatis)

## Cooking and Tempering the Dahl

1. Place rinsed lentils in a pot along with 2 cups of water, the salt and turmeric. Bring to the boil then reduce the heat and simmer uncovered for 10-15 minutes until cooked. Skim off the foam as it gathers at the top.
2. Meanwhile, heat the oil/ghee in a medium frying pan or wok set over medium heat. Add all the whole spices (mustard seeds, cumin seeds and curry leaves), cook for 60 to 90 seconds, until fragrant.
3. Add the green chili pepper, garlic, and ginger; stir-fry for a little while before adding the onion and cook while stirring frequently for 4 to 5 minutes, until the onions are turning golden brown.
4. Add the powdered spices (garam masala & chili powder) the tomato and some salt to the pan. Cook until the tomato begins to fall apart, about 2 to 3 minutes.
5. Once the lentils are cooked, stir the spiced onion mixture into the pot of lentils (or vice versa) and cook for a few more minutes. Taste and add salt as needed. If it is too thick, then add some water. If it is too liquid, then cook on low until it thickens to your liking.
6. Garnish with fresh coriander (optional); serve with chapatis (or rice).

## Cooking the Chapatis

1. Put a skillet or heavy bottom pan on medium to high heat. No oil is needed.
2. Divide the dough into 4-5 equal parts.
3. Take one part and form a smooth ball by rolling the dough in the palm of your hands. There should be no crack or fold in your ball.
4. Flatten the ball and dust it with some flour, then using your rolling pin, start rolling the chapati.
5. Apply gentle pressure as you roll, then take the dough and move it a little with your hands and roll again. If the chapati starts to stick dust it with more flour.
6. Once you have an evenly thin 15-20cm diameter chapati, take it in your hands, dust the excess flour off and place the chapati in the middle of your hot skillet. It is very important that the chapati is absolutely flat and does not have any folds or wrinkles.
7. Bake on the first side for 20-30 secs, until you see slight bubbles forming on top.
8. Flip to the second side and bake it for 1-2 minutes. Peek every now and again underneath the chapati so it does not burn.
9. If you see some nice dark brown (not black/burned) circle appearing on the bottom side, flip the chapati back to the first side and finish cooking it. During this last step, apply some gentle pressure with a kitchen cloth or spatula. At this point, if you have rolled the chapati evenly it should bubble up! If it doesn't, don't worry, it will still taste the same :)
10. Once also this side shows the same brown colored circles, lift your chapati from the skillet and let it cool down on a service plate. It is very nice to brush your warm chapatis with some ghee before serving them.
11. The finishing on the open flame we show in the video is not necessary to make a good chapati and only recommend you to try it if you are an experienced chef.
12. Repeat these steps with the remaining dough balls.

It seems like a lot of technical steps to remember, but after trying it out a couple of times, you should get the hang of it. Enjoy!