

# Stuffed Daal Baati with Panchmel Daal



## Ingredients

- Whole wheat flour (atta) 2 cups
- Baking powder 1/4 teaspoon
- Salt to taste
- Pure ghee 2/3 cups + for soaking
- Carom seeds (ajwain) 1/2 teaspoon
- Paneer (cottage cheese) crumbled 100 grams
- Green peas boiled and mashed 1/4 cup
- Chaat masala 1 teaspoon
- Red chilli powder 1 teaspoon
- Fresh coriander leaves chopped 1 teaspoon

## Method

1. Mix flour, baking powder and salt. Sift and keep aside. Rub two-thirds cup of ghee into the flour mixture till it resembles breadcrumbs. Add ajwain and make a dough using three-fourths cup of water.
2. For the stuffing mix paneer, green peas, chaat masala, red chilli powder, coriander leaves and salt in a bowl. Preheat oven to 220°C. Divide the dough into eight portions and shape them into small balls.
3. Stuff each ball with the stuffing and roll them to balls again. Bake them in the preheated oven for about ten minutes. Lower temperature to 200°C and continue to bake for further thirty to thirty-five minutes.
4. Take out, press lightly and soak in a bowl of melted pure ghee for at least one hour. Remove from bowl before serving and serve with dal and ghee.



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- [info@gulaboils.com](mailto:info@gulaboils.com)

# Rajasthani Panchmel Dal

## Ingredients

- Split Bengal gram 1/4 cup
- Whole green grams 1/4 cup
- Split black gram skinless (dhuli urad dal) 1/4 cup
- Split pigeon pea (toor dal/arhar dal) 1/4 cup
- Whole red lentils (sabut masoor) 1/4 cup
- Salt to taste
- Turmeric powder 1/2 teaspoon
- Ginger 1 inch piece
- Green chillies 2
- Oil 3 tablespoons
- Asafoetida a pinch
- Cumin seeds 1/2 teaspoon
- Cloves 4-5
- Dried red chillies 2
- Cumin powder 1 teaspoon
- Coriander powder 1 teaspoon
- Red chilli powder 1/2 teaspoon
- Tomatoes, chopped 2 medium
- Garam masala powder 1/2 teaspoon
- Fresh coriander leaves chopped 2 tablespoons

## Method

1. Soak all the dals in three cups of water for at least two hours. Drain and boil them in three cups of salted water with turmeric powder till done. Grind ginger and green chillies to a paste. Heat oil in a pan.
2. Add asafoetida, cumin seeds, cloves and red chillies. When the cumin seeds start to change colour, add ginger-green chilli paste and sauté for a minute.
3. Add cumin powder, coriander powder and red chilli powder. Add the tomatoes and sauté till oil separates. Add the cooked dals, salt and water if required. Cook for ten minutes stirring well. Add garam masala powder and serve hot garnished with coriander leaves.



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