

# Karnabahar Dal

Traditional Indian Cauliflower Dal - aromatic, healthy soup with coconut milk, curry leaves and spices. Easy vegetarian recipe ready in 65 minutes.

10 min

HAZIRLIK

55 min

PIRME

1h 5min

TOPLAM

4

PORSIYON

Medium

ZORLUK

Karnabahar Dal

## Malzemeler

- 4 onion
- 1 clove garlic
- 1 cauliflower
- 8 curry
- 2 tsp mustard
- 0.5 red chilli
- 0.7 lb pea
- 4 cup coconut milk
- 1 tbsp olive oil
- 1 cup water

## Yapılışı

- Prepare the vegetables**

Peel and finely chop 1 onion and 1 clove garlic. Cut 0.7 lb cauliflower into uniform 1-inch florets.
- Cook the aromatics**

Heat 1 tablespoon oil in a large heavy-bottomed pot over medium heat (160°C/320°F). Add the chopped onion and cook, stirring occasionally, until soft and translucent, about 5-6 minutes.
- Add the garlic**

Add the garlic and cook for another minute until fragrant. Add 2 teaspoons mustard seeds and cook until they begin to pop and splutter, about 30 seconds.
- Add the vegetables**

Add the cauliflower florets and 8 curry leaves to the pot. Stir gently to coat the vegetables with the aromatic oil mixture.
- Simmer the dal**

Pour in 4 cups water and bring to a boil over high heat. Reduce heat to medium-low and simmer partially covered for 25-30 minutes, until the cauliflower is fork-tender and begins to break apart slightly.
- Stir in coconut milk and salt**

Stir in 1 cup coconut milk and 0.5 teaspoon salt. Continue simmering for 10-15 minutes more, stirring occasionally, until the dal has thickened slightly and the flavors have melded together.

## 7 Finish and serve

Taste and adjust seasoning with additional salt if needed. Serve hot in bowls, garnished with a few fresh curry leaves if desired.

## ?puçlar?

Toast mustard seeds until they pop and splutter for maximum flavor release - this indicates the oils have been properly activated.

Cut cauliflower florets uniformly to ensure even cooking, and don't make them too small or they'll break apart during the long simmer.

Add curry leaves carefully to hot oil as they will splatter; the sizzling sound indicates they're releasing their aromatic oils.

Stir the dal gently and only occasionally to prevent breaking up the cauliflower florets while ensuring even cooking.

Taste and adjust seasoning at the end - you may need additional salt as the vegetables release their natural juices during cooking.

For richer flavor, let the dal rest for 10-15 minutes before serving to allow the spices to fully meld together.

If the dal becomes too thick, thin it with hot water or vegetable broth rather than cold liquid to maintain the temperature.

Fresh curry leaves make a significant difference - if using dried, use half the amount and add them earlier in the cooking process.