

## Recipe

### PHAANU

#### Ingredients - 4 Servings

1 cup gahat or kulath (horse gram)  
1/2 cup oil (preferably mustard oil)  
5 cloves of garlic  
1/2 inch ginger  
1 tsp cumin

1/4 tsp asafoetida  
1/2 tsp dry coriander powder  
1/4 tsp turmeric powder  
3 cups water  
salt  
ghee, for garnish

#### Directions

Soak the horsegram dal in water overnight. If using pigeon pea (arhar) dal, soak for 1-2 hours.

In the morning wash and rub the dal in running water so that it is free of seed covering (chilka). Then, grind it into a dry thick paste in a mixer or on a silbatta along with green chillies, garlic and ginger.

Place a tawa on a moderate flame. Put some oil and make thick pancakes (like cutlets) from the dal paste. Use only half of the paste for making the cakes.

Mix water with the remaining paste making it of pouring consistency. Heat oil in a pan and add cumin seeds and hing. Now add gahat paste, turmeric powder, dry coriander powder and salt.

Cover and cook for about 10 minutes on slow fire. Add the dal cakes to the gravy and continue to simmer for another 10 minutes. The gravy should have pouring consistency. If too thick, add some more water and heat until it boils.

Garnish with pure ghee and chopped coriander leaves. Serve with steamed rice.

\*Served at Ezzenza Mahayana Resort & Spa, Rishikesh.