Pan of Bliss
Let's cook it real slow!

Okra Sambar/Vendakkai Sambar

https://panofbliss.com/okra-sambar-vendakkai-sambar/

Prep Time 15 minutes minsCook Time 15 minutes minsTotal Time 30 minutes

Ingredients

- ¾ cup Toor dal/Tuvar dal/pigeon pea lentils
- ½ tsp Turmeric powder
- 1 tsp Chilli powder
- 2 tsp Sambar powder/masala
- 1 tsp Asafoetida
- 2 cups Water
- 1 no. Potato (medium-sized) cut into halves
- 2 nos. Tomatoes (chopped)
- 3 no, Shallots (peeled & whole)
- 1 tbsp Tamarind pulp
- ¼ tsp Fenugreek seeds (roasted & powdered)

For Seasoning

- 1 tbsp Oil (Sunflower/sesame/coconut)
- 1 tsp Mustard seeds
- 2 nos. Shallots (finely chopped)
- 10 nos. Curry leaves
- 2 nos. Green chillies
- 1 tsp Coriander powder
- 2 tbsps Coriander leaves (chopped)

Instructions

How to prepare Okra Sambar

Step 1

1. Start by rinsing the dal thoroughly and soaking it in water for about 30 minutes.Once soaked, drain the water and transfer the dal to a pressure cooker. Add turmeric powder, chilli powder, salt, asafoetida, sambar powder, chopped potatoes, shallots, and chopped tomatoes. Pour in 2 cups of water and mix well.Drizzle a little oil on the top to prevent dal from escaping through the pressure cooker's whistle while cooking.Cook the dal and vegetables for three whistles. (Do not include the lady's finger in the cooker, as it cooks quickly. It should be cooked separately.)

Step 2

1. In a medium pan, heat oil. Add mustard seeds and allow them to splutter.Then, add chopped onions, green chillies, and curry leaves, stirring them together. Next, add the chopped okra and cook while stirring, sprinkling a pinch of salt. Let it simmer on low flame until the lady's finger is nearly cooked and tender.Add some coriander powder. Stir and add the tamarind paste. Mix well and cook for 2 minutes.Turn off the heat.

Step 3: Seasoning

1. Pour the seasoning with the okra over the cooked dal mixture. Mix everything thoroughly.Place the cooker on the stove and let the dal mixture cook on low heat for 3 minutes. Add chopped coriander leaves. Switch off the stove, and finish by sprinkling roasted and powdered fenugreek powder. Mix well, and the tasty okra sambar is ready to be served!

Notes

FAQs Why should you soak the dal/lentils in water? Improves digestion: Soaking dal enhances the digestion process by helping to break down phytates and lectins, two compounds that can lead to gas, bloating, and discomfort in the stomach. Better nutrient absorption: Soaking dal allows optimal nutrient absorption, as it neutralizes phytic acid, a common inhibitor that can impede the body's ability to absorb essential nutrients. Reduced cooking time: Soaking dal can reduce cooking time by quickening the process. Sambar powder: Store-bought Sambar powder is as good as

homemade ones.