

# Buttery Pigeon Pea Dal (Mitti Handi Dal)

From – *delish.com*

1 cup split yellow pigeon peas (toor dal) – rinsed  
1 jalapeno (halved and seeded)  
1 jalapeno (minced)  
1 tsp turmeric  
salt  
2 Tbsp canola oil  
1 tsp cumin seeds  
¼ cup finely chopped onion  
1 large clove garlic (minced)  
1 ½ tsp minced fresh ginger  
2 medium tomatoes (finely chopped)  
1 pinch cayenne pepper  
1 Tbsp unsalted butter  
2 Tbsp chopped cilantro  
steamed basmati rice (for serving)  
warm naan (for serving)

- In a medium saucepan, cover the pigeon peas with water and let soak for 30 minutes. Drain well.
- Return the pigeon peas to the saucepan. Add the halved jalapeno, ½ tsp turmeric, 4 cups water and a pinch of salt and bring to a boil. Simmer over moderately low heat until the peas are just tender but not falling apart, about 15 minutes.
- Discard the jalapeno halves.
- Meanwhile, in another medium saucepan, heat the canola oil until shimmering.
- Add the cumin seeds and cook over moderate heat until fragrant, about 1 minute.
- Add the onion, garlic, ginger and minced jalapeno. Cook over moderate heat, stirring, until the onion is lightly browned, about 5 minutes.
- Add the remaining ½ tsp of turmeric along with the tomatoes and cayenne. Cook over moderately low heat until the liquid has evaporated and the tomatoes are softened, about 5 minutes longer.
- Add the pigeon peas and their cooking liquid to the tomato mixture and simmer until the dal is slightly thickened, about 5 minutes.
- Season with salt.
- Stir in the butter and cilantro and serve with rice and warm naan.



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