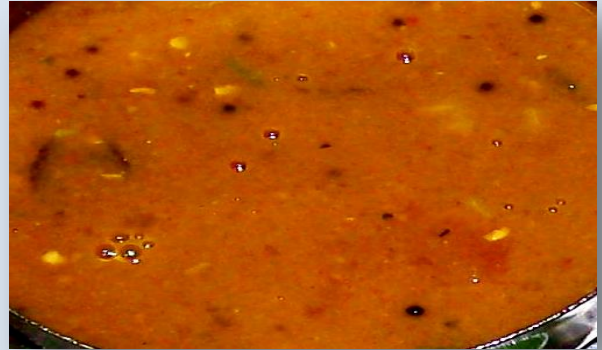


Sambar

Serve with Idli, Medhu Vada, Dosas, Uthapams or with your own favorite style

Vegetables (Drumsticks, Pumpkin, Zucchini)	200gms
Toor Dal	1 Cup
Tomatoes Med	1 Lg or 2
Tamarind	2tbsp
Turmeric	1tsp
Salt Taste	To
Udupi Palace Sambar Powder	2 tbsp
Oil	1 tbsp
Red chillies	2-3
Asafoetida	1 tsp
Curry leaves	6-7
Mustard seeds	1 tsp
Fenugreek seeds	1 tsp



Method

- Wash the Toor Dal thoroughly and add 4 teacups of water with Turmeric to boil.
- Pressure cook the Dal until soft or boil and smash when its tender
- Cut Vegetables into pieces and boil the Pumpkin, Zucchini with the drumsticks in 1 1/2 teacups of water. Drain and add to the Dal.
- Soak the tamarind in a little water, strain and extract the juice.
- Add to the Dal mixture and vegetables mixture.
- Heat oil and fry the mustard seeds, fenugreek seeds, red chillies, curry leaves until they begin to crackle.
- Add **Udupi Palace** sambar powder and the fried spice mixture to the Dal and Vegetables mixture
- Add salt to taste and boil with diced tomatoes for 5 to 7 minutes and some water if you prefer thin
- Sprinkle some chopped coriander leaves for garnish and flavor
- Serve hot and ENJOY