

# DAL PARATHA

*Recipe and notes from Sunita dasi*



**Yield:** 7-8 parathas

**Time:** Approximately 45 minutes

Srila Gurudeva (Bhaktivedanta Narayana Gosvami Maharaja) sometimes asked his personal cook to prepare dal paratha for Krsna, and he would also sometimes ask his daughters (female disciples) if they knew how to make this preparation, as it was his favorite type of paratha. This recipe is my take on dal paratha, how I think Srila Gurudeva would like it.

## INGREDIENTS

- 2 cups whole wheat flour
- 1/2 cup chana dal (soaked 6-8 hours) 1 green chili
- 1 inch grated ginger
- 1 tsp dhaniya (coriander) powder 3/4 tspn salt (or per taste)
- 1/4 tsp amchur (mango) powder
- 1/4 tsp jeera (cumin) seeds
- 2-3 pinches red chili powder
- 2 tbsp fresh dhaniya (cilantro)
- 1-2 pinches hing (asafoetida)
- 1/4 cup oil
- 1 cup water (or as needed)

## DOUGH

1. Add 1/2 tspn salt and 2 tspn oil in with 2 cups of flour and mix well
2. Add water little at a time to form dough
3. Cover and set aside for 20 minutes

## FILLING

1. Cook dal with 1/4 cup water in pressure cooker OR in open pan until cooked
2. Blend dal without water or mash with masher and allow to cool before adding with dough
3. Heat 2-3 tspn oil in pan on low heat, add hing, jeera, green chili (cut in small pieces), grated ginger, dhaniya powder, mix together. Add blended dal, amchur powder, salt, red chili powder, fresh dhaniya and mix Cook 1 minute until all spices are fully mixed in well with dal
4. Lightly oil hand and knead the dough again, making small dough balls (about the size of medium guava) Lightly sprinkle flour on the dough balls before rolling out 3-4 inch wide and add 2-3 spoons of filling

## RECIPE CONTINUED

5. Gather dough from all sides to close and press down with finger
6. Sprinkle flour and roll out fully (7-8 inch diameter)
7. Spread ghee on iron skillet (tawa), place paratha and flip when you see bubbles begin to form
8. Add ghee to the opposite side, pressing lightly with spatula to ensure both sides and all edges are fully cooked (golden brown) and repeat for rest (makes 7-8 parathas)

Offer to Thakurji! Jaya Srila Gurudeva!

### **Notes on maintaining a service mood while in the kitchen:**

When I cook in the kitchen I try to remember that I'm not cooking—I'm assisting Srila Gurudeva. If everything turns out nicely it's only by his mercy. If it doesn't, that's my own fault. When I cook, I don't actually measure, even if I'm following someone else's recipe (unless I'm baking). It's an intuitive process. Inspiration flows into your heart when you try to cook for the pleasure of Sri Guru and Krsna. Also, cleanliness is next to Godliness (external physical cleanliness of ourselves, the kitchen, and paraphernalia; as well as the internal cleanliness of our hearts and minds). If you cook while angry or upset it'll go into what you are cooking, so it's important to be happy. Moreover, others shouldn't upset the cook while they are engaged in cooking seva. Listening to Srila Gurudeva or bhajans helps put you in the right consciousness. These are some tips to be aware of.

