



LAUKI CHANNA DAL RECIPE

Simple, healing food rooted in Ayurvedic tradition

INGREDIENTS

- 1 cup channa dal (split chickpeas) – soaked for 30 mins
- 2 cups lauki (bottle gourd), peeled and diced
- 1 medium onion, finely chopped
- 1 medium tomato, chopped
- 3–4 garlic cloves, minced
- 1 tsp freshly grated ginger
- 1–2 green chilies (optional)
- 1 tsp cumin seeds
- 1/2 tsp turmeric powder
- 1/2 tsp asafoetida (hing)
- 1 tbsp ghee or oil
- Salt to taste
- 3 cups water
- Fresh coriander leaves for garnish

DIRECTIONS

1. Cook the Dal:- cook the soaked channa dal with 2.5 cups water and 1/4 tsp turmeric until tender but not mushy, skimming foam as needed.
2. Prepare the Tempering:- Heat ghee or oil in a deep pan or kadhai. Add cumin seeds, let them splutter. Add asafoetida, then sauté garlic until golden brown and add ginger and saute until aromatic. Add chopped onions and cook until golden brown. add turmeric and chopped chili and salt. Add tomatoes and cook until soft and oil start separating.
3. Add Lauki:- Add diced bottle gourd, Cook for 3–4 minutes, stirring occasionally.
4. Combine & Simmer:- Add the cooked channa dal with its water. Add more water if needed for desired consistency. Adjust salt and simmer for 10–15 minutes until the lauki is tender and flavors meld.
5. Garnish & Serve:- Sprinkle fresh coriander leaves. Serve hot with steamed rice, roti, or jeera rice.

NOTES

Lauki Channa Dal is light, cooling, and easy to digest—ideal for balancing Pitta and Kapha. Spiced well, it also supports Vata and is best eaten warm at lunch for optimal digestion.

METHI PARATHA RECIPE

By Chef Madan Lal

Methi Paratha is a type of flavored paratha made by mixing fresh fenugreek leaves (methi) directly into the wheat flour dough. It's seasoned with basic spices like turmeric, chili powder, and sometimes ginger or garlic. The paratha is rolled out and pan-fried with ghee or oil until crisp and golden. The taste is distinctly herbal and mildly bitter due to the methi, which is known for its health benefits. Methi parathas are a popular breakfast or lunch item and are often served with yogurt, pickle, or tea.



Ingredients

- 2 cups whole wheat flour (atta)
- 1 to 1.5 cups fresh methi leaves
- 2 tsp Yogurt (optional)
- Few drops lemon juice (Optional)
- 1-2 green chilies, finely chopped
- 1 tsp ginger paste or grated ginger
- 1 pinch turmeric powder
- 1/2 tsp red chili powder
- 1/2 tsp ajwain (carom seeds) or jeera (cumin)
- Salt, to taste
- 1 tbsp oil or ghee (for the dough)
- Water, as needed to knead
- Ghee or oil, as needed for shallow fry

Instructions

- 1. Prep the Methi Leaves:** Wash methi leaves nicely and chop finely. Sprinkle a little salt on them and let sit 10 mins. Squeeze out extra water to reduce bitterness – especially helpful if methi is very bitter or to cut the bitterness add yogurt or lemon when making the dough.
- 2. Make the Dough:** In a large mixing bowl, combine: Wheat flour, Chopped methi, Green chilies, Ginger, Spices and salt. Add 1 tbsp oil or ghee. Mix everything well. The methi will start releasing moisture. Slowly add water if required and knead into a soft, pliable dough. Cover and rest for 15-20 minutes.
- 3. Roll the Parathas:** Divide dough into 6 equal balls. Roll each into a smooth ball and flatten. Dust lightly with dry flour and roll into a 6-7 inch round – not too thick, not too thin.
- 4. Cook the Parathas:** Heat a tawa or skillet over medium heat. Place a rolled paratha on the hot tawa. When you see bubbles or light spots, flip. Apply ghee/oil on the flipped side, then flip again and apply on the other side. Cook both sides until golden brown with light crisp edges.