

# Parripu Vada - Lentil Patties

Shouts of “*parripu vadai, vadai*” from food vendors pleasantly intrude the rhythm of train travel in southern India, as freshly fried LENTIL PATTIES are brought into each compartment. LENTIL PATTIES are a favorite teatime snack, and they are best eaten hot with green chutney or as in Kerala with ripe yellow bananas. LENTIL PATTIES make good finger-food appetizers.

## Ingredients (Serves 6)

- Split pigeon peas (*toovar dal*) - 2 cups
- Split red lentils (*masoor dal*) - 1 cup
- Large onion - 1
- Small green chilies - 5
- Ginger - 2-inch / 5-cm piece
- Curry leaves - 6
- Salt - 2 tsp
- Pepper - 4 tsp
- Olive oil - ½ cup (for frying)

### Nutrition Information

	(per serving)	%DV
Calories	537	27 %
Carbohydrates	70 gm	23 %
Protein	24 gm	48 %
Fat	20 gm	31 %
Cholesterol	0 mg	0 %
Sodium	807 mg	34 %
Fiber	20 gm	80 %
Calcium	127 mg	13 %
Iron	6 mg	33 %

## Utensils

- 2 colanders
- 2 medium pans
- Food processor
- Medium wok

## Preparation (Active time 10 minutes)

1. Wash the split pigeon peas.
2. Soak the split pigeon peas in the medium pan with 5 cups of water for 4 hours.
3. Clean the split red lentils.
4. Soak the split red lentils in the other pan with 4 cups of water for 4 hours.
5. After the pigeon peas and lentils have soaked for 4 hours, rinse them separately in the two colanders.
6. Grind the drained pigeon peas and red lentils separately in the food processor, working in small batches without adding any water.
7. Mix the two ground ingredients (should be a pasty mix) together. Keep aside.
8. Peel the onions, ginger, and garlic.
9. Trim the stems off the green chilies.
10. In a clean food processor, add the onions, green chilies, ginger, and curry leaves. Chop them well.
11. Mix the ground lentil mixture and the onion-chili-ginger mixture.
12. Add salt and pepper.
13. Make small golf-size balls, squeezing out any liquid.
14. Press each ball between the palms of your hand and flatten the ball to make a smooth, disk shaped patty. Keep aside.

## Cooking (10 minutes)

1. Heat the oil in the wok over high heat.
2. Drop the patty into the hot oil and fry both sides to a golden brown. Remove the patty with a spatula, draining off excess oil.
3. If the patties brown too quickly, lower the heat, as it should cook well on the inside. Repeat for all the patties.

**Serve:** Hot. Serve with chutney.

**Note:** As the process of making patties takes time to prepare, the patties can be made ahead and frozen. Thaw and heat through in a 400°F / 200°C oven. This batch makes about 30.

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