

Sambar - Split Pigeon Peas With Vegetables

SPLIT PIGEON PEAS WITH VEGETABLES (*sambar*) is a spicy, soupy dish and a staple dish in many parts of South India. It is eaten on its own with plain cooked rice or as an accompaniment to STEAMED RICE & LENTIL MUFFIN (*idli*) and CRÊPE (*dosa*). Some Malayalees mash the cooked peas for a smooth, soupy dish to mix with rice and others keep the cooked peas intact. SPLIT PIGEON PEAS WITH VEGETABLES also works as a nutritious vegetable soup.

Ingredients (To serve 4)

- Split pigeon peas (*toovar dal*) - $\frac{3}{4}$ cup
- Medium onion - 1
- Mixed vegetables - 1 lb / 450 gm (eggplant, zucchini squash, yellow squash, yam, red, or orange pepper)
- Sambar* powder - 2 tsp
- Green chilies - 2
- Ginger - $\frac{1}{2}$ -inch / 1.3-cm piece
- Coriander leaves - 4 tbsp
- Tamarind concentrate - $\frac{1}{4}$ tsp
- Grated coconut - 3 tbsp
- Olive oil - 4 tbsp
- Black mustard seeds - $\frac{3}{4}$ tsp
- Curry leaves - 5
- Salt - $\frac{1}{2}$ tsp

Nutrition Information

	(per serving)	%DV
Calories	368	18 %
Carbohydrates	46 gm	15 %
Protein	13 gm	26 %
Fat	16 gm	24 %
Cholesterol	0 mg	0 %
Sodium	359 mg	15 %
Fiber	12 gm	48 %
Calcium	99 mg	10 %
Iron	4 mg	22 %

Utensils

- 2 medium pans with lids
- Blender
- Small wok

Preparation/Pre-Cooking (50 minutes)

1. Wash the split pigeon peas.
2. Boil 4 cups of water in the pan.
3. Add the pigeon peas to the boiling water. Cover and cook on low heat, skimming the froth off periodically, until tender for 40-50 minutes. Add more water as needed to cook the pigeon peas.
4. Mash the cooked pigeon peas and add more water for a smooth, soupy *sambar*.
5. Peel and chop the onion into large chunks.
6. Wash the vegetables and cut into 3-inch long pieces.
7. Trim the stems off and slit the green chilies lengthwise into thin strips.
8. Peel and thinly slice the ginger.
9. Wash and roughly chop the coriander leaves.
10. Dilute the tamarind concentrate with 1-2 tbsp of warm water.
11. Blend the grated coconut with a little water to make a smooth, fine paste.

Cooking (7 minutes)

1. Add the vegetables, onion, *sambar* powder, and a little water in the second pan. Cover the pan and cook until vegetables are crisp-tender.
2. Add the cooked pigeon peas, coriander leaves, tamarind liquid, and salt to the vegetables. Cook for a minute.

Tempering (5 minutes)

1. Heat the oil on high in the wok.
2. Add the mustard seeds to the hot oil.
3. When the mustard seeds start to pop, add the green chilies and ginger and stir-fry for a minute.
4. Reduce the heat to medium and add the curry leaves and coconut paste and sauté for about 1-2 minutes.
5. Pour the seasoned oil over the vegetable-pigeon peas mixture.

Serve: Hot.

Pre-Cooking Option: Cook the pigeon peas in advance (preparation steps 1-3).

Note: *Sambar* powder is a spice blend made with toasted coriander and cumin seeds, peppercorns, red chilies, turmeric, fenugreek, and asafetida.