

Sambar (made in my fabulous instant pot)- Karuna Simbeck

A *sambar* is a South Indian lentil and vegetable stew made with lentils, tamarind, and a special **sambar spice mix**. It's typically eaten with dosas (a south Indian crepe) or idlis (savory rice cake), but I love this with plain white rice. It's become my comfort food. Detailed recipe below.



1. Make a spice blend or buy store made for the sambar. I made my own blend by dry roasting the below spices, letting it cool naturally and grinding it all in a coffee grinder.

1 tablespoon Chana Dal (Bengal gram)

1 tablespoon Urad Dal (Black gram)

1 teaspoon cumin seeds

1/2 teaspoon Whole Black Peppercorns

1/4 teaspoon Fenugreek Seeds

5-10 curry leaves

3-4 Dried chilis

FIRST COOKING CYCLE FOR SAMBAR

- 1/2 cup Toor Dal (split pigeon pea)
- 2.5 cups Water
- 1 cup Canned Tomatoes
- 1 Onion, roughly chopped
- 1.5 tablespoons Sugar Or Other Sweetener Equivalent, or jaggery
- 1 teaspoon Kosher Salt
- 1 teaspoon Turmeric
- .5-1 teaspoon Cayenne Pepper
- 1 batch sambar masala

SECOND COOKING CYCLE FOR SAMBAR

- 1 tablespoon Tamarind Concentrate
- 2 cups Water
- Hand-full green beans, potatoes and cauliflower

FOR TADKA

- 2 teaspoon Ghee, or oil for vegan option
- 1 teaspoon Black Mustard Seeds
- 2 whole Dried Red Chilis
- 4-5 curry leaves

INSTRUCTIONS

FIRST COOKING CYCLE

1. Add dal, water, tomatoes, chopped onion, sugar, salt, turmeric, cayenne and sambhar spice blend to the inner liner of your Instant Pot.
2. Cook for 10 minutes at high pressure. Allow the pot to sit undisturbed for 10 minutes, and then release all remaining pressure.
3. Using an immersion blender, blend together the dal and vegetables. You are doing this to create a flavorful mix and to keep the dal from settling to the bottom in what will be a relatively thin broth.

SECOND COOKING CYCLE:

1. To the blended dal mixture, add 2 cups water, the tamarind concentrate, and the frozen vegetables.
2. Cook for 2 minutes at high pressure and then immediately release all remaining pressure.
3. On the stovetop in a small pan (preferably a tadka ladle), heat 1 tablespoon of ghee. When it is hot, add mustard seeds, the whole red chilies, and the curry leaves. Stand back and allow the mustard seeds to splutter about 30 seconds.
4. Pour this hot, flavored ghee onto the sambhar, garnish with chopped cilantro and serve.