



Sambhar Powder

Instructions

1. Sauté Coriander seeds on low flame in a pan until it becomes aromatic.
2. Add to blender
3. Next, sauté Chana, Urad and Toor daals together until sides look brown.
4. Add cumin and fenugreek seeds until they become aromatic.
5. Add to blender.
6. Then, sauté mustard seeds, curry leaves, peppercorns and whole red chili together until they become aromatic.
7. Add turmeric powder and asafoetida and stir for a minute.
8. Add to blender.
9. Blend, pulsing and making sure it does not get stuck to the bottom.

Note: No oil needed

Ingredients

- ½ cup coriander/cilantro seeds
- 2 Tbsp Chana daal
- 2 Tbsp Urad daal
- 2 Tbsp Toor daal
- 1 Tbsp cumin seeds
- ¼ tsp methi/fenugreek seeds
- ½ tsp mustard seeds
- 10 curry leaves
- 10 peppercorns
- 8-10 whole red chilis, to taste
- ¼ tsp turmeric powder
- ¼ tsp Asafoetida