

# sambhar

preparation time: 10 minutes  
cooking time: 1 hour  
chilli rating: mild

difficulty level: easy  
makes: accompaniment  
for 10-12 dosai



## ingredients

1½ cups split yellow lentils,  
rinsed and drained

1 tsp ground turmeric

3-4 tomatoes, unpeeled,  
chopped

2 onions, chopped

3 tbs Sambhar masala (see  
Ajoy's tips)

2 tsp tamarind concentrate

18 fresh curry leaves

salt, to taste

⅔ cup fresh coriander,  
chopped

## method

**To make sambhar:** In a large saucepan, combine lentils, 8 cups water and turmeric and bring to a boil. Reduce heat to low and cook, partially covered, until lentils are soft and mushy. Add tomatoes and onions and cook, partially covered, stirring occasionally, until soft. Add sambhar masala, tamarind, curry leaves and salt and bring to a boil. Adjust seasoning. Stir in coriander. Partially cover and keep warm over low heat until serving.

Sambhar is an essential accompaniment for masala dosai. See nilgiri's masala dosai for the recipe in the vegetarian section and potato pallya for the potato filling. Fresh coconut chutney is also as an essential accompaniment. Recipe in accompaniments section.

You can make the sambhar 3 days ahead and store in the refrigerator until ready to use.

## Ajoy's tips

Click [sambhar masala recipe](#) for nilgiri's sambhar masala recipe.

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