

Sagpaita (Spinach Daal):

Main Ingredients: Split Black Urad daal, Spinach (Palak) saag -250 gm, Soya saag – 50 mg), Green coriander leaves (Hari Dhaniya), Tomato – 1 no. medium, Onion – 1 no., Green chilly – 3 nos., Ginger – 1”, Garlic (large) – 4 nos., Deshi ghee – 3 Tbl Spoon

Whole Masala:

Jeera - ½ tea spoon
Methi - ¼ tea spoon
Dry red chilly -2

Pisa Masala:

Haldi (turmeric) powder - 1 tea spoon
Red Chilly powder – ¾ tea spoon
Heeng – 1 chutki
Jeera Powder - 1 tea spoon

Utensils: Large Iron Kadhai, Pressure Cooker

Preparations:

1. Soak Split Black Urad daal in water for ½ hour
2. Cut Spinach (Palak) saag and Soya saag into small pieces
3. Cut 1 large onion in long slices, Cut 2 Garlic
4. Cut (2 green chilly, ½” Ginger, 2 Garlic)
5. Cut (1 green chilly, ½” Ginger)
6. Cut Tomato in small pieces
7. Cut Green coriander leaves (Hari Dhaniya)

Cooking:

Add 4 cup water in a Pressure Cooker

Add Cut Saag, Mix properly.

Add already Cut (2 green chilly, ½” Ginger, 2 Garlic).

Add Pisi Haldi (turmeric) - 1 tea spoon, Red Chilly powder – ¾ tea spoon.

Add 1 Table spoon Deshi Ghee

Add salt. Mix everything.

Heat the cooker. After 1 whistle medium flame, then continue on medium flame for 5 min.

Close the flame. Let the Pressure cooker cool down for 10 min. Open the lid of cooker.

Cook on low flame for 10 min., keep stirring continuously.

Tadka:

Heat 2 Table spoon Deshi ghee in Iron Kadhai on medium flame.

Add ½ tea spoon Jeera + ¼ tea spoon Methi. Then add 1 chutki Heeng.

After 15 seconds add 2 dry red chilly, keep stirring

Add already cut 1 onion slices and 2 garlic. Keep stirring till onion turns pink. Now low flame.

Add already Cut (1 green chilly, ½” Ginger), keep stirring

After 15 seconds, Add cut tomato. Add Jeera Powder - 1 tea spoon.

Continue stirring. Cook approx. for 2 min. till tomato becomes pulpy.

Slowly pour Daal +Saag from Cooker into Kadhai. Cook for 10 min. on low flame, keep stirring

Add cut green coriander leaves (Hari Dhaniya) and close the flame.

Now Sagpaita is ready. Transfer it out of Iron Kadhai into a large bowl.

Ready to serve. To be eaten with Roti and rice.

By - Arun