

Urid Dhal Powder - how to make

Written by W.J.Pais

"This is the method which I am going to show you. Its not your typical method, but in this age and place, where in God's name am I going to search for a food mill? Or time to sit and dry it in the sun (which by the way is playing hide and seek where I live)? But I love to cook so this method works well enough for me and which is what I have showed the steps for."

Take the lentils – make sure it is stone/debris free and dry roast in a skillet



In about 5-10 minutes, it becomes aromatic and reddish. Its OK if, you, like me, in your over enthusiastic multitasking, over- roast few here and there. Make sure they are indeed v v few and do not end up looking like they have not been skinned at all. That, my deal ppl, does NOT taste good when ground into flour!



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Cool them considerably. And grind it to nice fine powder in your food processor.



Make sure to rest your processor in intervals to avoid it getting over heated.



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Once fine, transfer the flour into a air tight container.



It keeps well and use it to make festive dishes

which will soon follow at Chef In You.



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