
Freezing Dhal

Posted by Buffet Queen - 2009/06/12 07:58

Hi All,

For those of you who have a heavy hand and cook too much, please note that if ever you cook dhal, this is one dish that freezes very well. I have had dhal in my freezer for months and it tastes just as good as the day i made it. But be sure to keep it in a seal tight container!!

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Re:Freezing Dhal

Posted by hendlycruse - 2010/10/27 03:24

Posted in Indian, Protein, South India, Vegan, dal, snack | 15 Comments »

When I went to India for two weeks during Winter break, I was thrilled to be invited into the home of a family in Bangalore twice for elaborate and delicious home cooked meals. Every dish was delicious, but my and my husband's absolute favorite dish was dal vada, or a dal pakora made out of ground channa dal. It was a naturally gluten free dish that fulfilled every fried-food fantasy I'd had since I arrived in India, where most fried foods were off limits. DH and I gobbled up way more than our fair share of this delightful appetizer, and I absolutely had to ask for the recipe. When we got back home, I immediately bought channa dal at my favorite local Indian grocer. And then- life intruded. There was absolutely no time to make elaborate dal fried dishes, so I had to leave the recipe in my recipe file. Luckily a few weeks ago the CeliacSF Bay Area support group held a potluck at a member's home with an Indian food theme. PERFECT! I thought- time to pull out all my favorite authentic Indian recipes, including this one for dal pakora. To my intense joy, the recipe came off without a hitch- and everyone at our potluck seemed to enjoy this authentic Indian recipe. And, the nicest compliment of all- one new member had brought her mother, visiting from India, who said that while she had her own similar recipe, she really liked mine too. I was thrilled with that generous stamp of approval, and slightly startled when I came back for seconds and found only three lonely little pakora left out of a huge batch. Apparently I'm not the only GF folk to enjoy the occasional GF fried treat!

<http://www.bookofyum.com/wordpress/wp-content/uploads/2008/06/dalpakora2.jpg>

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