# Kongu Sambar

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## Ingredients

**1.To Pressure Cook:**

Thuvar Dhal 1 cup

Chilli Powder 1 tablespoon

Tomatoes 100 gms (2 medium)

Tamarind to taste

Turmeric powder a pinch

Asafoetida a pinch

**2. Vegetables Preferred:**

Drumstick, Brinjal and potatoes.

**3. To grind:**

3 table spoon grated coconut

3 cloves garlic

1 tablespoon Jeera

Salt to taste

Curry Leaves a bunch

**4. Seasoning:**

Sesame Oil 1 tablespoon

Mustard seeds 1 teaspoon

Shallots (sambar onions) chopped 3 tablespoon

Curry leaves

## Instructions

1. Pressure cook the items in No 1.

2. Grind the ingredients in No 3 after the dhal is cooked.

3. Stain the water from the boiled items in No 1 into a kadai, add cut and washed vegetables, add salt to taste and boil the vegetables in No 2.

4. Add the ground ingredients in No 3, when the vegetables are half cooked.

5. Add the boiled dhal and switch off the fire in two minutes.

6. Season with oil and mustard seeds.

Fry the Shallots till golden brown and add to the boiling sambar.

7. Add curry leaves with the stem, washed to the sambar.

Turn off the stove and scose it with a tght lid for 5 minutes.