INDIAN · LUNCH · DINNER

Bhatt ki Churkani (Kumaoni Black Soybean Dal)

भट्ट की चुड़कानी

40 min · Serves 5 · 306 kcal a serve · Video 8:40 in Hindi · Chef Bhupi's kitchen

Vegan · No nuts listed

Black soybeans roasted and simmered in a garlicky gravy: a vegan dal with about 18 g protein, 8 g fibre and 13 g net carbs a serve, and nearly a third of a day's iron.

Diet notes: Low saturated fat (2.4 g, 7% of the energy); DASH-friendly (390 mg sodium a serve).

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Ingredients 15 · SERVES 5

- [ ] 1 cup **dried black soybeans** (bhatt), washed and dried on a cloth
- [ ] 1 tbsp whole **coriander seeds**
- [ ] 8–10 **garlic** cloves
- [ ] 2 medium **green chillies**
- [ ] ½ tsp **ground turmeric**
- [ ] 1 tsp **red chilli powder**
- [ ] 1½ tsp **ground coriander**
- [ ] 4 tbsp **mustard oil**
- [ ] 4 tbsp **wheat flour** (atta)
- [ ] 1 tsp **cumin seeds**
- [ ] ½ tsp **asafoetida** (hing)
- [ ] 2 medium **onions**, chopped
- [ ] 4¼–5¼ cups **hot water**
- [ ] **salt** to taste
- [ ] 2–3 tbsp chopped **coriander leaves**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Soy, Mustard. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Wash the black soybeans and dry them well on a cloth. Crush the coriander seeds, garlic and green chillies to a coarse paste in a mortar. 0:40
2. Put the paste in a bowl with the turmeric, chilli powder and ground coriander and mix with a little water. 1:32
3. Heat 2 tbsp mustard oil in a heavy iron kadai until it smokes, let it cool a little, add the dry black soybeans and roast on the lowest heat, stirring all the time, until they crackle and split. 2:44
4. Add the wheat flour and keep roasting on low for 1–2 minutes until it changes colour, then tip everything out. 4:15
5. Heat the remaining 2 tbsp oil in the same pan, let it cool a little, crackle the cumin and hing, then fry the onions on high heat until light brown. 5:00
6. Add the spice paste and cook on low heat until it darkens and the oil glistens. 5:36
7. Return the roasted soybeans and flour, then pour in the hot water a little at a time, stirring constantly so no lumps form. Add salt and simmer 15 minutes until the beans are soft and the gravy thickens. Finish with coriander. 5:58

> **Tip** Serves 5, as the cook says. Traditionally eaten with rice or roti in Uttarakhand; it is lower in carbs on its own or with cauliflower rice. Black soybeans (kala bhatt) are sold in Indian grocers.

The method is a summary in our words, in English — the video (in Hindi) shows every step.

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
306 kcal	18 g	21 g	8 g	19 g	390 mg
1,280 kJ	36% of a day	13 g net · 5.3 g sugars	29% of a day	2.4 g saturated	17% of a day
		8% of a day		25% of a day	

Energy from net carbs 18% · protein 24% · fat 58% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Omega-3 73% · Iron 31% · Magnesium 24% · Vitamin B6 22% · Selenium 21% · Vitamin K 20%

Source of (10–19%) Folate 16% · Potassium 13% · Zinc 13% · Vitamin C 12% · Calcium 10%

Recipe and video: Chef Bhupi's kitchen (@chefbhupikitchen) on YouTube — youtube.com/watch?v=9DZQaA8y_W0, published 23 September 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/bhatt-ki-churkani-black-soybean-dal