BANGLADESHI · SIDE

Buter Dal (Bangladeshi Hotel-Style Chana Dal)

বুটের ডাল

65 min · plus 2 hours soaking | Serves 8 | 269 kcal a serve | Video 5:29 in Bengali · The Rosui

Vegan | No nuts listed

Split chickpeas simmered with whole spices and little oil: a vegan dal with about 12 g protein, 10 g fibre and 26 g net carbs a bowl, plus over half a day's folate.

Diet notes: Low saturated fat (0.8 g, 3% of the energy); Gluten-free with a swap: Most hing is cut with wheat flour; use a gluten-free asafoetida to keep it gluten-free.

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Ingredients 22 · SERVES 8

- [ ] 2 cups **chana dal** (split Bengal gram), soaked 2 hours or overnight
- [ ] 3½ tbsp **vegetable oil**
- [ ] 4–5 **dried red chillies**
- [ ] 2 small pieces **cinnamon**
- [ ] 3 **cardamom pods**
- [ ] 3 **cloves**
- [ ] 10–12 **black peppercorns**
- [ ] 1 tsp **panch phoron** (Bengali five-spice seeds)
- [ ] 1 **bay leaf**
- [ ] ½ cup thinly sliced **onion**
- [ ] 1 tsp **ajwain** (carom seeds)
- [ ] a pinch of **asafoetida** (hing)
- [ ] ½ tbsp **ginger paste**
- [ ] ½ tbsp **garlic paste**
- [ ] ½ tbsp **red chilli powder**
- [ ] 1 tsp **ground cumin**
- [ ] 1 tsp **ground coriander**
- [ ] ½ tbsp **ground turmeric**
- [ ] ½ tbsp **salt**
- [ ] ½ cup **water**, then 6 cups hot water
- [ ] 4–5 **green chillies**
- [ ] a handful of 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, 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. Soak the chana dal in water for at least 2 hours (overnight is best), then drain. 0:30
2. Heat the oil in a pot and lightly fry the dried chillies, cinnamon, cardamom, cloves, peppercorns, panch phoron and bay leaf. 0:55
3. Add the sliced onion and fry 3–4 minutes until soft. Add the ajwain, hing and the ginger and garlic pastes and fry until the raw smell goes. 1:28
4. Add the chilli powder, cumin, coriander and turmeric with ½ cup water and the salt. Cover and cook on medium for 4–5 minutes until the oil separates. 2:15
5. Add the drained dal and stir-fry it in the masala for 5–6 minutes. 3:01
6. Pour in 6 cups of hot water (3 cups for each cup of dal), cover and simmer on medium-low for about 40 minutes, until the dal is soft but still holds its shape. 3:39
7. Add the green chillies and coriander leaves, cover and leave on the lowest heat for 5 minutes. It thickens as it cools. 4:27

> **Tip** Serves 8 as a side (our estimate: about 4¼ lb of dal, a 8 oz bowl each). In Bangladesh it is a hotel breakfast with paratha or ruti; with eggs or a salad instead of bread it has fewer carbs.

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

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
269 kcal	12 g	37 g
1,130 kJ	23% of a day	26 g net · 6.6 g sugars
		13% of a day

FIBRE	FAT	SODIUM
11 g	9.3 g	450 mg
38% of a day	0.8 g saturated	19% of a day
	12% of a day	

Energy from net carbs 44% · protein 20% · fat 36%

High in (20%+ of a day) Folate 55% · Omega-3 36% · Iron 25%

Source of (10–19%) Zinc 18% · Magnesium 16% · Vitamin B6 14% · Vitamin E 12% · Vitamin K 12%

Recipe and video: The Rosui (@TheRosui) on YouTube — youtube.com/watch?v=UhuWHT8s5qU, published 10 September 2024. 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/buter-dal-bangladeshi-chana-dal