



## Dal Bati

Baked Wheat Balls with  
Lentil Soup

### Overview

**Difficulty:** Easy

**Servings:** 4 - 5

**Preparation Time:** 90 mins

**Cooking Time:** 40 mins

## Ingredients

### Bati - Baked Wheat Balls

250ml Ghee (or Clarified Butter)  
5g Baking Powder  
5g Salt  
250g Wheat Flour  
A Pinch Fennel Seeds (or Carom Seeds)  
To Adjust Water

### Garnishing

To Garnish Coriander Leaves  
To Garnish Fried Shallots  
To Garnish Plain Yoghurt

### Dal - Lentil Soup

850ml Water  
1 Green Chilli  
8 Fresh Curry Leaves  
5g Cumin Seeds  
5g Garam Masala  
5g Turmeric Powder  
10g Ginger  
30ml Ghee (or Clarified Butter)  
20g Shallots  
20g Garlic  
220g Yellow Lentils (or Pigeon Peas)  
250g Tomatoes  
A Pinch Chilli Powder  
A Pinch Coriander Powder  
To Taste Salt  
To Taste White Pepper Powder

# 1. Methods for Bati

## Step 1

In a bowl, add wheat flour, salt, baking powder and about 100ml of ghee. Knead well to form dough.



## Step 2

Mix in fennel seeds. Adjust dough consistency with just enough water. Continue kneading until firm to touch.



### Step 3

Let dough rest for 15 minutes. Preheat oven with 4D Hot Air Mode at 180°C.



### Step 4

Divide dough to form 12 to 15 balls. Space well apart on baking tray. Make 'X' markings on top of each ball with knife and brush them with ghee.



### Step 5

Bake for about 15 minutes until brown, checking constantly to ensure that they do not turn too dark.



### Step 6

Once their surfaces turn crispy, remove from oven and soak in remaining ghee.



## 2. Methods for Dal

### Step 7

Cut and deseed tomatoes and green chilli.



### Step 8

Blend ginger, shallots, garlic and cut green chilli into rough paste with your Hand Blender.





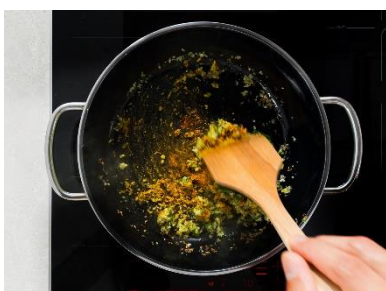
### Step 9

In a medium-sized pan, heat up ghee, and fry cumin seeds until fragrant.



### Step 10

Add blended paste, curry leaves, turmeric, coriander and chilli powders. Continue frying for 3 to 5 minutes.



### Step 11

Add yellow lentils and water. Stir well.



### Step 12

Season with garam masala powder, salt and white pepper. Boil until soft.



### Step 13

Add cut tomatoes. Pulse blend at low speed with your Hand Blender.





### Step 14

Garnish Dal with yoghurt, fried shallots and coriander leaves. Serve with Bati and ghee.

