



Step 2 – Dalcha Pre-Preparation



- ☐ Add 250g of brinjal as small cubes.



- ☐ Add 1 chopped tomato.



- ☐ Add 2 medium-sized onions as grinded paste.



- ☐ Add 3 green chilly with slit.



- ☐ Add 4 pandan leaves.



- ☐ Add 10-15 curry leaves.



- ☐ Add 2 tbsp of finely chopped coriander leaves.



- ☐ Add salt as per your preference.



- ☐ Add 1 tbsp of ginger garlic paste.



- ☐ Add 2 tbsp of curd/yogurt.



- ☐ Add 1/4 tsp of turmeric powder.



- ☐ Add 1 tsp of coriander powder.



- ☐ Add 1 tsp of red chilly powder.



- ☐ Add 1 tsp of curry masala powder.



- ☐ Add 2 cups of water



- ☐ Now the Dalcha mixture is ready for next process.

Ingredients for Dal Pre-Preparation

- Toor Dal ☐ 1/2 cup
- Thick Coconut Milk ☐ 1 cup
- Curry Leaves ☐ 20-25
- Water ☐ 1 cup

Ingredients for Dalcha

- Brinjal ☐ 250g [cut into cubes]
- Tomato ☐ One chopped
- Onion ☐ 2 medium-sized as paste
- Green Chilly ☐ 3 [with slit]
- Pandan Leaves ☐ 4
- Curry Leaves ☐ 10-15
- Coriander Leaves ☐ 2 tbsp finely chopped
- Salt ☐ As required
- Ginger Garlic Paste ☐ 1 tbsp
- Curd/Yogurt ☐ 2 tbsp
- Turmeric Powder ☐ 1/4 tsp
- Coriander Powder ☐ 1 tsp
- Red Chilly Powder ☐ 1 tsp
- Curry Masala Powder ☐ 1 tsp
- Water ☐ 2 cups
- Raw Mangoes ☐ 4 pieces
- Tamarind Juice ☐ 1/2 cup

Step 1 – Dal Pre-Preparation



- ☐ Add 1/2 cup of Toor Dal in a pressure cooker.



- ☐ Wash and soak it for 10 minutes with 1 cup of water.



- ☐ keep the flame at medium heat and wait for three whistles.



- ☐ Mash it well.



- ☐ Add 1 cup of thick coconut milk.



- ☐ Add 20-25 curry leaves.



- ☐ Mix it well and keep it aside.

Step 3 – Making Dalcha



- ☐ Turn on the flame with medium heat, close the lid but not completely, and cook for 10 minutes.



- ☐ Mash it well.



- ☐ Add 4 raw mangoes.



- ☐ Add 1/2 cup of tamarind juice extract.



- ☐ Cover the lid like before and cook for 5 minutes.



- ☐ Add the dissolved coconut milk mixture into it.



- ☐ Add salt as needed and cook for 5 minutes again with lid open.



- ☐ Turn off the flame and Dalcha is ready to serve!



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