



Taste & Trails

Dal Chawal and Aloo Chokha



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Rediscovering Bihar's Soul Food: Dal Chawal and Aloo Chokha with Prishika

Welcome to another exciting episode of **Taste & Trails**, hosted by the ever-enthusiastic Prishika! Today, we embark on a journey to experience one of Bihar's most beloved dishes: **Dal Chawal with Aloo Chokha**. This rustic yet soul-warming meal is a staple in every Bihari household and carries with it stories of tradition, love, and nostalgia. Prishika is visiting Simran, her friend, who will recreate the magic of her grandmother's recipe right in front of us. Join us as we dive into this flavourful experience!

A Warm Welcome: Simran and the Bihar Connection

Prishika arrives at Simran's house with an air of excitement. She is not just going to watch Simran cook but also taste the food that has been passed down through generations. As soon as Simran opens the door, there's a buzz of warmth and chatter. Prishika greets Simran, and after some friendly catching up, she eagerly asks, "Simran, what are you cooking today?"

With a big smile, Simran replies, "Today, I am making **Dal Chawal and Aloo Chokha**, a dish my grandmother used to make for me when I lived in my village. It's the quintessential comfort food of Bihar."

A Dish with a Legacy: The Story Behind Dal Chawal and Aloo Chokha

For Simran, this dish is more than just a meal; it's a connection to her roots. "I never actually cooked it before," she admits. "But I'm trying to recreate the magic today, just like my grandmother did." As they move to the kitchen, the anticipation builds, and so does the aroma of this traditional Bihari meal.

Simran begins by assembling the ingredients, and Prishika is all set to watch the magic unfold.

Ingredients You'll Need for Dal Chawal and Aloo Chokha

To make Dal Chawal (lentils and rice) and Aloo Chokha (mashed spiced potatoes), you'll need the following ingredients:

- **For the Dal:**

- 1 cup Tuvar (arhar) dal
- 1 cup Masoor dal
- 2 tomatoes, chopped
- ½ teaspoon turmeric (haldi)
- Salt to taste
- 500g boiled potatoes (for the chokha)
- 2 ½ cups of water
- A pinch of asafoetida (hing)
- 2 tablespoons Ganesh Mustard Oil (for the tempering)
- 2 dry red chilies
- 1 teaspoon cumin seeds (jeera)
- A pinch of asafetida (hing)

- **For Aloo Chokha:**

- 500g boiled potatoes
- 2 tablespoons Ganesh Mustard Oil
- 2 dry red chilies
- 1 finely chopped onion
- Salt to taste

- **Additional Accompaniments:**

- Papad
- Onion slices
- Pickle

Now, let's dive into the preparation!

Step-by-Step: Preparing Dal Chawal

Step 1: Cooking the Dal

Simran starts by washing one cup each of Tuvar dal and Masoor dal thoroughly. Once cleaned, she transfers the dal to a pressure cooker. She adds about 2 ½ cups of water, followed by the chopped tomatoes, a pinch of turmeric, and salt to taste. As Simran places the lid on the pressure cooker, she informs Prishika that the dal will cook for about 6-7 whistles.

"This is such a simple yet flavorful dish," Prishika remarks, "and I can already imagine how comforting it will be."

Step 2: Preparing the Tadka (Tempering)

While the dal cooks, Simran moves on to preparing the tadka (tempering), which will bring out the true essence of the dish. She heats 2 tablespoons of Ganesh Mustard Oil in a small pan. Once the oil is hot, she adds 2 dry red chilies and 1 teaspoon cumin seeds. The sizzling sound fills the kitchen, and the aroma of mustard oil wafts through the air.

The tadka is ready when the cumin seeds turn a deep brown. Simran turns off the heat and sets it aside to cool slightly, waiting for the dal to be ready.

Step 3: Finishing the Dal

Once the pressure cooker lets out its final whistle, Simran carefully releases the pressure and opens the lid. The dal is perfectly cooked, soft, and aromatic. She pours the cooked dal into a bowl and mixes it well to incorporate the tomatoes and spices.

Now, it's time to add the prepared tadka. Simran pours the hot tadka over the dal, letting the sizzling oil and spices blend into the lentils. She quickly covers the bowl with a lid to let the flavors meld together.

"I love the aroma of mustard oil in the tadka. It adds such a rustic flavor to the dish," Prishika comments, watching the dal transform into a delicious bowl of goodness.

Step-by-Step: Preparing Aloo Chokha

Next up is the **Aloo Chokha**, a mashed potato dish seasoned with simple spices but bursting with flavor.

Step 1: Mashing the Potatoes

Simran has already boiled the potatoes along with the dal in the pressure cooker. She peels and mashes them thoroughly in a mixing bowl, ensuring there are no lumps.

Step 2: Preparing the Tadka for Aloo Chokha

Just like the dal, the Aloo Chokha gets its rich flavor from a simple but effective tadka. Simran heats 2 tablespoons of Ganesh Mustard Oil in a small pan. Into the cold oil, she adds 2 dry red chilies and a bit of salt. This time, she doesn't wait for the oil to heat fully before adding the ingredients, allowing the flavors to gently infuse as the oil warms.

Once the chilies start to turn brown, she pours the oil directly over the mashed potatoes. The aroma of the mustard oil and spices instantly elevates the humble mashed potatoes into something special.

Step 3: Finishing the Aloo Chokha

Simran now adds finely chopped onions to the mashed potatoes and uses her hands to mix everything together thoroughly. She explains that the Aloo Chokha should have a slightly coarse texture, so she mashes it just enough for the onions, oil, and potatoes to combine beautifully.

The Final Plating: Dal Chawal and Aloo Chokha

With the dal and chokha ready, Simran moves on to the final step—assembling the dish. She places a generous serving of steamed rice on the plate, ladles some dal over it, and serves a hearty portion of Aloo Chokha on the side. To complete the meal, she adds a crispy papad, some onion slices, and a tangy pickle.

As the plate is presented to Prishika, her eyes light up. “This looks incredible! I can’t wait to taste it,” she exclaims, excited to dive in.

The Taste Test: Prishika’s Verdict

Prishika takes her first bite, mixing the dal with the chawal and savoring the earthy flavors. “The mustard oil adds such depth to the dal, and the spices are so well-balanced,” she says, clearly impressed.

Next, she tries the Aloo Chokha, which is smooth yet has a slight crunch from the onions. “This is such a comforting dish. The mustard oil, the chilies, the onions—they all come together beautifully,” Prishika remarks, thoroughly enjoying the meal.

Why Ganesh Marka Mustard Oil?

Midway through the meal, Prishika asks Simran why she prefers **Ganesh Marka Mustard Oil** in all her cooking. Simran explains, “I’ve been using Ganesh Mustard Oil for years. It’s a tradition passed down from my grandmother to my mother and now to me. It’s not just about the flavor; it’s about the purity. Ganesh oil has no chemicals, it’s cold-pressed, and it retains the natural taste of mustard, which is key to getting that authentic Bihari flavor.”

A Lasting Memory: Bidding Goodbye

As they finish the meal, Prishika thanks Simran for sharing not just her food but her memories. “I now understand why this dish is so special to you and to everyone in Bihar,” Prishika says with a warm smile.

With full stomachs and happy hearts, Prishika bids goodbye to Simran, promising to meet again for another culinary adventure soon. Before leaving, she turns to the camera and says,

"This was a heartwarming experience. Until next time, keep exploring new tastes and trails with me!"

And with that, another delightful episode of *Taste & Trails* comes to an end, leaving us all craving a plate of **Dal Chawal and Aloo Chokha**.



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