

DAL - The Majestic Indian food

I would like to introduce this food from my country, India. Dal is a traditional food in India and is eaten in almost all parts of this multicultural country. This is the Indian spelling of Dal - दाल. The origin of dal comes from the indian city Moradabad. Moradabad is the state from where Dal was first introduced to the world.

Dal is like a stew that is made out of lentils, tomatoes (टमाटर), coriander(धनिया) and many other spices like red chilli powder, coriander powder and turmeric which bring the real taste to the dish. You can add different spices to the dish depending on your taste. Dal is usually eaten in lunch with roti (a wheat flatbread).

Dal is from India, which is my mother country and it is a daily food for the Indians but when Australians eat this, they love the shower of spices in their mouth. The first indian restaurant in Australia was opened in Melbourne, 1983. The name of this restaurant was bengal tiger.

Hindi is the language that is spoken in India and if you were to ask a restaurant for Dal in India, you would say - ek dal dena, which means "Can I have one portion of Dal." As you would have probably guessed, I eat Dal a lot even though I am in a completely different country and culture.

This is Dal 



This is Roti 

