

David's Chanadal Vadas

1 Cup of dry Chanadal (dried bean from India in the lentil family)
1 Tbsp Lime juice (or lemon)
1 Tsp salt (or to taste)
1 Tbsp of whole cumin seeds
1 Tbsp ground cumin
1/4 Tsp of red pepper
1/4 Cup of grated carrots
1/4 Cup of well diced peppers (choose by desired hotness)
1/4 Cup of finely chopped fresh cilantro
1/4 Cup of finely chopped green onion (or other onion)
1/4 Cup of coconut oil (or other oil)
1/2 Cup of rice flour (or other flour)
2 well beaten eggs

Soak Chanadal (Cd) with a T of lime juice mixed into the water for 3 to 6 hours and drain
Run the Cd through a grinder set for a coarse grind
If smoother texture is desired, mix in the rice flour and re-grind using a fine grind
If only one grind is used, add the rice flour and mix in to the ground Cd
To the ground Cd add the salt, red pepper, cumin and cumin seeds and mix well
Add the oil and mix in to the ground Cd.
Add carrots, peppers, cilantro and onion and mix well.
Add the beaten eggs and mix thoroughly.

Alternative: Cook the Cd according to the instructions on this site but omit seasonings (some salt can be added to the cooking water). Cook the Cd until soft, drain, cool and mash. Reduce rice flour to 1/4 to 1/3 cup and use one egg. Mix ingredients. If the "dough" is too wet to hold together add more rice flour. If it is too dry add a little water. I prefer this method myself.

Form the "dough" into patties of the desired size. This should make around 18 small patties.
Fry the patties in a skillet with plenty of coconut oil (or other frying oil) until golden brown on both sides.

Alternately, form into small balls and deep fat fry.

If you prefer not to fry, place the patties on a greased baking sheet. Preheat the oven to 350 degrees and bake the vadas for 30-40 minutes. If small 30 minutes. If large 40 minutes.
Serve plain, with a chutney dipping sauce or spicy ketchup.