

The original Black Grams recipe as given by Yogi Bhajan.

This recipe was given to me by Yogi Bhajan in early 1984 for serving larger groups.

- **Soak 4 cups black grams in plenty of water**, for several hours; use 12 cups of water to 4 cups of dried black grams. (add a little of baking soda to soften the skin of the grams, otherwise no matter how long they cook the grams don't get really soft)
- **drain the water off and rinse the grams thoroughly** so no baking soda is left (this is especially important if you use a pressure cooker as, if not rinse well enough, the pressure cooker can blow up)
- **bring the grams to a boil in fresh water and simmer for couple of hours**, till they are soft
- **drain the water of the grams**
- **in a frying pan put $\frac{3}{4}$ cup of oil; half of this oil is to be safflower oil and half of this is mustard oil**; bring it to heat
- **add 2 Tablespoons of ground black pepper and 1 Tablespoon of black salt**, and stir for 5 minutes over medium heat flame
- **add 2 Tablespoons of cinnamon powder, 1 Tablespoon of cumin powder, 1 Tablespoon of coriander powder and $\frac{3}{4}$ Tablespoon of curry powder**, and stir for 5 minutes over medium heat flame
- **add 10 cups of the cooked grams**, stir for a few minutes so the masala is mixed thoroughly with the beans

Serve with plain yoghurt and yogi tea

Humbly yours,

Guru Simran Kaur, custodian