

CREAMY YELLOW DHAL

Sunshine in a bowl



INGREDIENTS

1 cup yellow dal

3 cups stock/water

½ tsp turmeric

salt to taste

2 Tbsp ghee (butter)

3 cloves garlic chopped

1 onion chopped

2-6 fresh chillies (or to taste)

10 cardamom pods split (or ½ tsp seeds)

1 cinnamon stick broken

3 cloves

1 tsp cumin seeds

1 tsp ground coriander seeds

2 Tbsp grated ginger

½ tsp ground nutmeg

¼ tsp ground mace

1 bunch green coriander chopped

½ cup cream (or yogurt)

METHOD

Rinse the dal and soak in 2 cups of water for a couple of hours. Don't drain. Add three cups water/stock to dal and salt. (Is this too much liquid?) Bring to the boil and simmer.

While dal is simmering fry in ghee garlic, onions, and chillies until soft.

Add cinnamon stick, cardamom pods, cloves, and cumin seeds. The spices will give off a delicious aroma. Add the onion/spice mixture to the simmering dal. Add ginger, nutmeg, mace, and simmer until dal is soft. Add more liquid if needed and don't let it burn. It will take at ?? time to soften the dal. When dal is cooked add chopped coriander and cream or yogurt.



LENTIL & TAMARIND

Tangy & Tasty



INGREDIENTS

*1 cup brown lentils
3 cups stock/water
salt to taste
2 Tbls butter or ghee
1 onion chopped
3 garlic cloves chopped
2 chillies (or to taste)*

*1 Tbls cumin seed
1 Tbls tamarind paste*
1 tsp ginger powder
3 cloves garlic
1 tsp coriander powder
1 tsp cardamom powder
1 bunch green coriander chopped*

METHOD

Soak dal for at least 2 hours, drain.

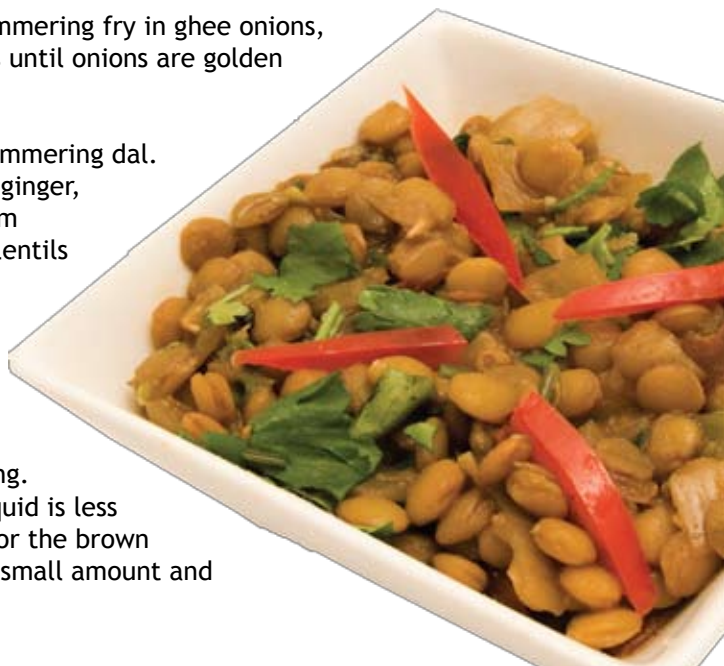
In a pot add lentils to stock/water bring to a boil and simmer

While the lentils are simmering fry in ghee onions, garlic, and cumin seeds until onions are golden brown.

Add onion mixture to simmering dal.

Add tamarind, chillies, ginger, coriander and cardamom powder. Boil until the lentils are soft. Add stock if needed. Add chopped coriander and serve

Tamarind paste varies in strength. The black sticky stuff is very strong. Mid brown and more liquid is less strong. This recipe is for the brown tamarind paste. Add a small amount and then vary to taste.



SUPER, SOUPY SAMBAL

Use just about any vegies

INGREDIENTS

*½ cup red/yellow lentils
3 cups water or veg stock
Oil or ghee for frying*

*4 cloves garlic
1 medium onion
1 hot chilli or to taste
small piece of fresh ginger
curry leaves (opt)
1 Tbls. cumin seeds
1 Tbls. cardamom corn
½ tsp fenugreek seeds
1 small carrot
2 okra (opt)
1 medium tomatoes
1 medium capsicum*

METHOD

Fry chopped onions, garlic, ginger, chillies, curry leaves . Add cumin, cardamom & feugreek seeds.

Cook lentils and other veggies in three cups of water/stock, when lentils and veggies are soft add coconut, tamarind & fried veggie/spice mix.

This dish should be soupy and usually is spooned over rice.

Use whatever veggies or spices you have at hand.



*½ cup grated coconut
1 Tbls Tamarind
1 pinch of cinnamon
1 pinch ground clove
1 tsp. Turmeric powder
salt and pepper to taste*

*Small bunch Coriander chopped
leaves (opt)*

***other vegetables can be used
green beans, peas
1 small eggplant
1 medium sized potato
etc***



MANY MIXED DHAL

Five times the pleasure



INGREDIENTS

*¼ cup chana dal (chick pea)
¼ cup split green peas (moong dal)
¼ cup brown lentil
¼ cup yellow split peas
¼ red lentil*

*6 cups water/stock ?????
2 tomatoes or med can of tomatoes
salt to taste
ghee or butter for frying
2 onions chopped*

*1-4 fresh chillies
4 cloves garlic
10 crushed cardamom pods
1 tsp cumin seeds
1 tsp pepper corns
1 whole cinnamon stick
5 cloves
1 tsp ground coriander seeds
¾ tsp turmeric
2 Tbsp fresh grated ginger*

METHOD

Soak each of the lentils separately for at least two hours, preferably over night. Drain Put chick peas in stock/water and bring to the boil, lower heat and simmer for half an hour, add green peas, simmer 15 min add brown lentils and yellow split peas and simmer half an hour. Add red lentil. Add tomatoes TIMING Not tested

While lentils are cooking fry chopped onions, garlic and chillies until onions are golden brown, add cardamom pods, cumin seeds, pepper corns, cinnamon stick and cloves. Fry a few minutes until the heated spices give off a delicious aroma. Add coriander seeds, turmeric and grated ginger and heat for a minute more on med heat..

Add onion/spice mix with grated ginger to simmering dahl and simmer until dahl is soft. Add more water as necessary

