

LENTIL DAHL



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200 grams lentils
2 onions
4 garlic cloves
2.5 cm fresh root ginger
3 tomatoes
1 teaspoon chili powder
1 teaspoon ground coriander
1/2 teaspoon turmeric
1.5 liters water
3 tablespoons cooking oil
1.5 teaspoons mustard seeds
10-15 curry leaves
2 red chilies
salt
3 tbsp butter

Wash and boil the lentils for 5 minutes. Rinse and drain.
Put the lentils into a medium sized saucepan.
Peel and chop the onion, garlic and ginger.
Chop the tomatoes and add them to the pan along with the chili powder, coriander and turmeric.
Pour the water into the pan and stir the lentils.
Bring the water to the boil, lower the heat.
Boil uncovered until the lentils are tender.
Add salt to taste only when lentils is soft.
Add 3 tbsp butter to make your Dahl creamy.

Heat oil in frying pan, add the mustard seeds, curry leaves and chili and sauté them briefly until the seeds pop.

Pour the mixture over the Dahl, stir and serve in a bowl.

Add fresh coriander as a garnish.

You can add lime or lemon juice to the Dahl to compliment the nutty flavor of the lentils.

Recipe and photo: Elize de Kock