

RED LENTIL DHAL (3 to 4 servings)

Recipe by Bruce McKinney

INGREDIENTS:

1 cup red lentils
3 cups water
3 dsp tamarind pulp (concentrate)
½ tsp salt (leave out if dehydrating)
3 tsp raw sugar
2 tsp mixed spices
½ tsp chili powder (see below)

SEASONING (WAGHER):

3 dsp vegetable oil
½ tsp mustard seeds
¼ tsp cummin seeds
½ tsp asafoetida (Hing)
½ tsp tumeric powder
10 curry leaves torn into small pieces

METHOD:

1. Wash and drain the lentils.
2. Cook in 1 ½ cups of water for about 10 minutes – mash well while simmering.
3. Take cooked lentils off heat.
4. Make seasoning (wagher):
Heat oil (low heat) in small saucepan until hot,
– add seasoning ingredients and stir slowly,
- when seeds have stopped popping seasoning is ready.
5. Place lentils back on stove (low heat) and add:
seasoning, tamarind, sugar, mixed spices, chilli powder and salt (leave out later if dehydrating).

Stir gently for a few more minutes until well mixed. Voila!