

MASOOR DHAL

(spicy split red lentils)

Ingredients

125g split red lentils (masoor dhal)
2 cups/~500mls water
One large onion (finely chopped)
Three large ripe tomatoes (roughly chopped) or half tin of plum tomatoes
2.5 cm cube of fresh ginger
Three cloves of garlic
One teaspoon black mustard seeds
Two green chillies, (finely chopped) according to taste
One teaspoon salt
One and half teaspoons gharam masala
Quarter teaspoon tumeric powder
One teaspoon tomato puree
Fresh coriander to garnish
One tablespoon of olive oil.

Method

Put the washed lentils in a heavy-based saucepan with the water. Add the tumeric and salt and bring to the boil. Turn down to a low heat and simmer, stirring occasionally, until the lentils have a smooth texture (masoor lentils do not hold their shape when cooked properly). This will take about 15- 20mins. If all the water has evaporated before the lentils are cooked, add another half cup boiling water.

For the seasoning (tarka), in a separate pan/frying pan, heat the oil over low heat. Add the mustard seeds and heat until the seeds begin to pop. At this point, add the chopped onion, garlic, and ginger and fry on low heat until they are a golden brown colour. Add the chopped tomatoes and gharam masala and cook for a further 5mins, stirring well. Add this mixture to the cooked lentils, and simmer together for 5 minutes to let the lentils take up the tarka flavours. Turn off the heat and garnish with finely chopped coriander leaves. Delicious served with fragrant basmati rice, pitta,

naan/chapati, or just ordinary bread like a lentil soup.