

RED LENTIL DAL

An almost addictive dish that complements many foods or served simply with rice, Dal is an ancient recipe that is based on 3 ingredients: onion, curry powder & lentils.

Substitute other lentils for variety but the cook time will vary depending on which you choose. Yellow, orange & red lentils cook fastest (between 5 - 15 minutes), followed by green and then black (up to 50 minutes). This is a good article in the Washington Post: <https://www.washingtonpost.com/lifestyle/food/lentils-common-varieties-and-how-to-cook>

INGREDIENTS

3 Tablespoons Ghee or
Grapeseed oil

1 medium yellow Onion,
about 2 Cups chopped or
6 ounces

2 cloves Garlic, minced

2 Tablespoons Curry
Powder (use Turmeric
based)

2 dried chilies, whole with
stem removed

1 Cup Red Lentils, rinsed
and checked for foreign
matter

3 Cups Water

1 - 2 teaspoons Salt

2 Tablespoons Butter

DIRECTIONS

Add ghee to a saucepan over medium heat and pour in diced onion. Cook gently for 6 - 8 minutes stirring occasionally (look for translucent pieces rather than any browned onion).

Add garlic, curry powder, dried chili & lentils, coating the lentils with the flavored oil and frying them slightly.

Stir until fragrant, about 1 minute. Add water and bring to a simmer.

Reduce heat and cook for 20 minutes - as you stir the lentils will begin to break down and create more of a mashed consistency.

Continue to cook until thick, checking to see that the mixture is not sticking to the bottom of saucepan.

Season with salt and stir in butter until combined. Remove chilies and serve with Basmati rice, roti, chapati or naan and fresh vegetables & braised meats & chutney.