

Red Lentil Dhal

This recipe is a little more involved than the previous recipe (and I have left the spelling the way the recipe authors spelled it) – but it is really worth it. Roasting and grinding the spices only takes a little longer and the aroma and flavor is unbelievable! I got the recipe from this web location:

<http://www.theppk.com/recipes/dbrecipes/index.php?RecipeID=127>

3 tablespoons peanut oil
1 medium yellow onion
1 tablespoon fresh ginger, grated
4 garlic cloves, minced
1 teaspoon salt
1 cup dried red lentils
2 tablespoons tomato paste
4-5 cups water or veg broth
5 plum tomatoes, chopped
juice of 1 lime
1 cup lightly packed chopped fresh cilantro

Spice blend

2 teaspoon mustard seeds
1 teaspoon fenugreek seeds
1 teaspoon coriander seeds
1 teaspoon cumin seeds
6 whole cloves
4 cardamom pods

2 dried red chilis (seeds removed)
1/4 teaspoon ground cinnamon

In a saute pan over medium heat, toast the seeds (but not the dried red chili) for about 5 minutes, stirring frequently. Remove from pan and let cool. Transfer to coffee grinder, along with the dried red chili and cinnamon, and grind to a fine powder.

Over medium-high heat oil a soup pot, add onions and saute for 5 minutes. Add garlic and ginger and saute 5 more minutes. Add spices and salt, saute 5 minutes more.

Add 4 cups of water and stir to deglaze the pot. Add tomato paste and lentils. Bring to a boil then lower the heat a bit and simmer for 20 minutes.

Add the tomatoes, lime juice and cilantro and more water if it looks to thick. Simmer 10 more minutes, or until lentils are completely tender.