

RECREATING RECIPES



Lentil Curry

Tangy lentil curry cooked with an array of spices, this curry has a slight kick to it but can be adjusted to suit your tastebuds

Instructions



1. Wash the lentils until the water runs clear, then add in a deep pan with 2 cups of water, $\frac{1}{2}$ of the onion, $\frac{1}{2}$ tsp of ginger paste and turmeric powder along with salt to taste, bring to a boil over medium to high heat, and then reduce the heat to low until all the lentils are soft, but the chana dall still holds its shape



2. Leave the lentils aside and in a frying pan, heat the vegetable oil over a medium to high heat, add the chillies, cumin seeds and fenugreek leaves. When the cumin seeds start to heat up, add the garlic and ginger paste and the remaining onions. Add salt to onions and wait for everything to soften



Ingredients

$\frac{1}{4}$ Cup Chana Dall (Soaked)	$\frac{1}{2}$ Cup Red Split Lentils
$\frac{1}{4}$ Cup Toor Dall (Soaked)	$\frac{1}{4}$ Cup Tamarind Liquid
1 $\frac{1}{2}$ tsp Ginger Paste	1 tsp Garlic Paste
1 $\frac{1}{2}$ Medium Onion, Chopped	1 Tomato, Chopped
1 tsp Cumin Seeds	1 tsp Fenugreek Leaves
4 Red Dried Chillies	1 tsp Cumin Powder
1 tsp Coriander powder	$\frac{1}{2}$ tsp Turmeric Powder
$\frac{1}{2}$ - 1 tsp Chilli Powder	$\frac{1}{4}$ tsp Asafoetida Powder
Coriander Leaves (optional)	2 tbsp Vegetable Oil
Salt to Taste	Serves 2-3



3. Once the onions have softened, add the remaining powders, add a touch of water to stop the mixture from drying out. After a few minutes add the tamarind liquid and tomatoes, wait for the tomatoes to become soft and mushy



4. After the tomatoes have softened, add the lentil mixture (add water if you would like it to be a runnier). Wait for the mixture to bubble, check the curry for salt and add accordingly, garnish with the coriander leaves and the lentil curry is ready to be served

