

A Delicious Dal (lentils) Recipe

This is a recipe for dal that the children would eat in the morning and evening.

The only difference is that there would be no tinned tomatoes in the children's recipe, so if you want to be completely accurate, leave those out and add a bit more water instead!



Ingredients for a very big batch! (10 servings)

- 500g red lentils rinsed until the water runs clear (keep stirring the lentils in the sieve)
- 2 litres water
- 6 tbsp vegetable oil (or more if you need it – we're not short of oil in Nepal!)
- 2 small onions, chopped
- 2 dried red chillies (or 2tsp dried chilli flakes)
- 1.5 tsp ginger (or couple of cm of fresh ginger)
- 6 garlic cloves, chopped
- 2 tins chopped tomatoes (to thicken the dal)
- 3 tsp cumin seeds
- 1.5 tsp ground turmeric
- 1.5 tsp garam masala
- 1.5 tsp ground coriander
- salt and freshly ground black pepper

Method

1. Chop the ginger, garlic, and chilli and lay out the spices ready for when you need them
2. Heat 6 tbsp oil in a large deep dish or saucepan.
3. Add the onion, chillies and ginger and fry for 4-5 minutes, or until golden-brown
4. Add the garlic and cook for another couple of minutes
5. Add the cumin seeds, ground turmeric, garam masala and coriander, and stir well for 1-2mins until you can smell the spices. Be careful not to let the seeds and spices burn!
6. Add the lentils and stir for 1-2mins until coated in the spices
7. Add 1.8 litres of the water, stir well and bring to the boil. Skim off white froth that forms on the surface of the water with a spoon.
8. Add the tinned tomatoes, stirring well
9. Cover the pan with a lid and reduce the heat to a simmer
10. Simmer, stirring regularly, for about half an hour until the lentils are tender
11. When the lentils have cooked through, use a whisk to break them down
12. Add the other 200ml of water to the pan and stir well
13. Season with salt and simmer over a medium heat for a further 15-20 minutes

Relax and enjoy.