moong dahl

Equipment:
Knife, chopping board, bowl, scales, measuring cups and spoons, big pot, sieve, mortar & pestle, salad spinner, small frying pan, wooden stirrer

Ingredients:
200 gms moong dahl
soaking water
3 or 4 cups water
30 gms ginger, approximately
3 cloves garlic
1 green chilli
½ tspn salt, maybe more
1 tspn turmeric
100 gms crushed tomatoes; fresh or tinned
10 stalks coriander
20 gms butter * (oil for dairy free)
1 tspn black mustard seeds
roast coriander/cumin mix

Method:
Put the moong dahl into bowl, cover with water and leave to soak for ½ an hour. Tip out into a sieve and run a little water over to rinse.
Put dahl into a pot with 3 cups of water, cover and put on heat to bring to a boil, then turn down to a simmer, so that it gently cooks. Sit the pot on a diffuser, so the dahl doesn't stick.
Finely pound ginger, garlic & chilli and add to the cooked moong dahl along with the salt, turmeric and tomato. Cover, stirring from time to time, and cook for about 30 mins on a gentle simmer. Check the consistency; if it is too thick add some more hot water.
Wash coriander thoroughly, making sure all the dirt is out. Spin dry, chop, and when the dahl is ready, stir through. Heat the butter* (or oil) and mustard seeds in the frying pan over a medium heat for 1 min or until the butter turns golden and the seeds start to pop.

Stir through the dahl and serve, checking for taste (more salt?).
Sprinkle with a little coriander/cumin mix when in the serving bowls.