

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.

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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.