

## Daal – Flavorful Lentil Dish



Prep Time: 1 ¼ – 1 ½ hours. Serves: 16 people

### Ingredients:

- Yellow Masoor Daal – 1.5 cups
- Yellow Toor Daal – 1.5 cups
- Chana Daal – 1.5 cups
- Garlic Paste / Chopped Garlic – 1.5 teaspoons
- Ginger Paste / Chopped Ginger – 1.5 teaspoons
- Tomatoes (large), chopped – 3
- Coriander Powder – 1.5 teaspoons
- Cumin Powder – 1.5 teaspoons
- Salt – 1.5 teaspoons (add additional salt to taste)
- Cayenne Pepper (ground) – 1.5 teaspoons
- Onions (large), diced – 2
- Cooking Oil – 3 Tablespoons for the tomato mixture and 3 Tablespoons for the onions, curry leaf and cumin seeds
- Curry leaf – 2
- Cumin Seeds – 1.5 teaspoons
- Onion (large), sliced – 1 (this one is to be fried with curry leaf, cumin seeds in oil)

### Procedure:

- 1) Rinse all the daals in a bowl at least 3-4 times in water to make sure they are clean
- 2) Put them in a pressure cooker and add water to about 4 inches above the level of the daals
- 3) Seal the pressure cooker and cook on medium-high heat until it is under pressure so that it releases pressure every few minutes. Reduce the heat to low-medium and cook for an additional 15 minutes.

- 4) While the daal is cooking, fry up the diced onions in cooking oil until they start to turn golden. Add the tomatoes, garlic, ginger, coriander powder, cumin powder and salt
- 5) Carefully take the pressure cooker off the heat and place under cold water in the sink to release the pressure. Open the lid and add the tomato, onion and spice mixture to the cooked daal. Cook it some more and make sure the daals are completely mixed by stirring the pot vigorously for a few minutes. You may need to use a hand blender to blend it a little bit. Be careful to not make into a paste! Some of the daals should retain their original shapes.
- 6) Fry the remaining (sliced) onions in a frying pan until they are deep golden brown, add the curry leaves and cumin seeds and fry for a few more minutes.
- 7) Spoon out the daal in a medium sized serving bowl.
- 8) Pour the onion, curry leaves & cumin seeds mixture on top of the daal just before serving.
- 9) Enjoy the daal with any of the breads or rice.

*A Casa de Montaña Bed & Breakfast recipe*