

Lauki Daal – Yellow Lentils with Long Green Squash



Prep Time: 1 ½ – 1 ¾ hours. Serves: 20 people

Ingredients for Daal:

- Chana Daal (lentils) – 4.5 cups (other similar yellow/orange lentils can be substituted)
- Tomatoes (chopped) – 3
- Ground cayenne pepper – 1.5 teaspoons
- Salt – 2 teaspoons
- Turmeric powder – ¾ teaspoon
- Ginger paste – 3 teaspoons
- Garlic paste – 3 teaspoons

Ingredients for Lauki:

- 1.5 Kilograms of “lauki” (long green squash) – peel first and then cut into half inch cubes
- Onions (cut in half and sliced thin) – 3
- Ground cayenne pepper – 1.5 teaspoons
- Turmeric – ¾ teaspoons
- Salt – 1.5 teaspoons
- Oil – 2.5 cooking spoons

Other ingredients:

- Garam masala powder – 1 teaspoon (for garnish at the end)
- Cumin powder – 1 teaspoons (for garnish at the end)
- Fresh cilantro (chopped) – ¼ cup
- Fresh green chopped cayenne peppers - 4

Procedure for Daal:

- 1) Wash the chana daal (lentils) thoroughly in water and cooking in lots of water (at least 3 inches above the lentil line). Keep taking off the froth from the top as the lentils cook. Add the daal ingredients listed above at this point. **DO NOT STIR THE DAAL AT ALL WHILE IT IS COOKING!** If the daal is stirred at all, it will take forever to cook. It will probably take around one hour to ninety minutes to cook the chana daal.

Procedure for Lauki:

- 1) Fry onions in oil until light golden brown.
- 2) Add ginger and garlic paste and fry some more.
- 3) Add the rest of the ingredients after a few minutes and half a cup of water. Simmer for 10 minutes.
- 4) Add "lauki" to the mixture as well as 1.5 cups of water and cook on low heat.
- 5) Once lauki is cooked, make sure the water is almost all dried up by turning up the heat to medium. Make sure that the lauki retains its shape and doesn't turn into mush.

Putting it all together!

- 1) Add the cooked lauki into the chana daal.
- 2) Sprinkle the garam masala and cumin powder into the chana daal
- 3) Garnish with chopped green chilies and chopped fresh cilantro
- 4) Serve with naan or a rice dish

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