

DAL CURRY

Prepared by: Laura Lutz, January 2018

Source: A Taste of India

Serves 6

1 cup skinned yellow split peas
1/8 teaspoon ground turmeric
1 tablespoon peeled and very finely chopped shallots
1 teaspoon ground cumin seeds
3-4 whole fresh, hot green chilies, slit down their middles
4 tablespoons vegetable oil or 2 tablespoons coconut oil and 2 tablespoons ghee
½ teaspoon whole black mustard seeds
10-12 fresh or dried curry leaves
1-2 whole, hot, dried red chilies broken up into 2-4 pieces each
2 tablespoons peeled and finely sliced shallots
2 cloves garlic, peeled and finely chopped
1 medium-sized tomato, chopped
¾-1 teaspoon salt
1 ¼ cups unsweetened coconut milk

Pick over the dal and wash it in several changes of water. Drain. Put it in a heavy-based pan and add 3 ¼ cups of water as well as the turmeric. Bring to a boil. Turn the heat to low and cover, leaving the lid slightly ajar. Simmer the dal for about 45 minutes. Now put in the chopped shallots and ground cumin. Stir, cover in the same way as before and cook for another 15 minutes. Add the green chilies and cook for 10-15 minutes or until the dal is tender. If the dal seems to thicken at any point, add up to ½ cup of boiling water. The dal, at this stage, should be light to thick, paste-like soup. Leave on a very low heat as you complete the final step.

Heat the oil in a small frying pan over a medium flame. When hot, put in the mustard seeds. As soon as the mustard seeds begin to pop, (this takes just a few seconds), put in the curry leaves and the red chilies. When the red chilies darken (this happens almost immediately), put in all the sliced shallots and garlic. Stir and fry until the shallots turn a reddish-brown color. Now add the tomato pieces. Stir and fry until they soften.

Pour the entire contents of the small frying pan into the dal. Add the salt and mix. Add the coconut milk and stir it in.

The dal may be cooked several hours ahead of time and then reheated.

Laura's Notes: The dal took longer to cook. I doubled the recipe and let it cook quite a while to get the lentils to soak up the liquid. Watch for splattering when putting in the fresh curry leaves during sautéing. I did not double the peppers. Would have made it really spicy. So season to taste!!!

