

RED LENTIL & FAT HEN DHAL

Angel Munro

Serves: 36



Interesting Terms/ Technique

What does 'stirring regularly to prevent catching' mean?

What does 'simmer' mean?

EQUIPMENT/ UTENSILS	INGREDIENTS
sieve large saucepan Chopping Board x2 Santoku Knife x 2 Wooden spoon Measuring spoons 6 bowls 6 desserts spoon for serving	500g dried red lentil 1/2 Tbsp cumin seeds 1/2 Tbsp ground turmeric 1 tsp mustard seeds 1 tsp of fennel seeds 1 tsp of ground cardamom 2 Tbsp olive oil 2 small onions 2 garlic cloves 2 tbsp. of curry leaves 3 cups of fat hen (alternatively, use spinach or kale) 400g of chopped canned tomatoes 400 g of coconut milk 2 ½ cups of water 2 tsp of salt

METHOD: WHAT TO DO

1. Rinse **lentils** under cold water.
2. Peel **onion** and chop finely.
3. Wash and pat dry fat hen.
4. Press down on **garlic cloves** with the flat blade of the knife, this will help remove the skin more easily. Finely chop garlic.
5. Add the **oil, onions, spices and curry leaves into a saucepan**, stirring, for 2-3 minutes until the onions soften slightly, add tomatoes and garlic and cook for another minute.
6. Add the **coconut milk, fat hen, drained lentils and 2 cups of water, then simmer for 20 minutes until the lentils are tender**. Keep stirring regularly to prevent catching and **adding more water** if the dhal becomes too thick. Add salt, taste to check seasoning.
7. Serve in **6 bowls, with dessertspoons**.