

## Red Lentil Dhal

Serves 4 – 6

*I cook a big batch of this and freeze it in portions to defrost when needed.*



300g red lentils

vegetable oil

1 large onion, chopped

1 teaspoon turmeric powder

20g fresh ginger, peeled and finely grated

3 cloves garlic, peeled and minced

2 – 4 chillies, finely chopped

2 teaspoons cumin seeds

2 teaspoons garam masala

small bunch fresh or frozen coriander

- Wash the lentils.
- Finely chop the onion. Peel and grate the ginger. Peel and crush the garlic.
- Pour one tablespoon vegetable oil into a large saucepan and place on a high heat. Add the onions and fry until soft.
- Stir in the turmeric, grated ginger and lentils.
- Pour on 1 litre water. Bring to the boil then simmer for 30 minutes checking the water doesn't boil dry and stirring occasionally. Top up with more water if necessary.
- After 30 minutes, check if the lentils are almost cooked.
- Heat 1 tablespoon vegetable oil. Add the garlic, cumin seeds and garam masala and stir over the heat for a few seconds. Stir into the lentils.
- Add vegetable stock powder or salt to taste. Continue cooking for 10 minutes.
- Add chopped fresh or frozen coriander just before serving.

Try freezing ginger – peel a large root of ginger and chop into small pieces. Place into a food processor and blitz to a paste. Add a drop of water to help blitz down. Divide into an ice cube mould. Use 1 or 2 cubes for this recipe.