

Garlic and Cumin Lentils Recipe

Ingredients: Serves 4

1 cup (220g) masoor dhal (dried red lentils)
150ml chicken stock or water
½ teaspoon peeled and finely chopped fresh ginger
½ teaspoon ground coriander
1 tablespoon ghee or vegetable oil
2 teaspoons toasted cumin seeds
1 medium onion (150g), sliced
2 cloves garlic, crushed
1 fresh long green chili, seeded and thinly sliced, (optional)
1 tablespoon finely chopped fresh mint

Method:

Place lentils in a sieve and wash under cold running water. Pick over and remove any foreign matter. Soak in water for a minimum of an hour. Drain well and place in a dish that will fit in a bamboo steamer or steamer basket. Add stock, ginger and coriander and stir well. Place bowl in steamer. Partially fill a wok or pot with water (steamer should not touch water) and bring to a rapid simmer. Place steamer over water, cover and steam until lentils are soft, about 30 minutes. In a medium pan, heat ghee and cook cumin seeds, onion, garlic and chili until onion browns, 8-10 minutes, stirring occasionally. Stir mint and half of onion mixture into lentils. Spread remaining onion mixture on top for garnish. Serve as a dip or side dish with crispy fried pappadams. Lentils can be cooked for less time to retain shape (if not being mashed) and used in salads or as a vegetable.

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