

CURRIED LENTILS WITH SEARED SALMON



Ingredients

Servings: 10

- 4 tablespoons canola oil
- 2 cups diced onions
- 1 1/2 tablespoons minced garlic
- 1 1/2 tablespoons minced ginger root
- 1/4 ounce arbol pods
- 1/2 ounce dried figs
- 1 tablespoon mustard seeds
- 1 pound urad beans (black lentils), dry
- 7 cups water
- 1 teaspoon kosher salt
- 1 tablespoon lime juice
- 1/2 teaspoon kosher salt
- 1 tablespoon paprika
- 2 teaspoons cumin
- 1 teaspoon oil
- 10 salmon fillets

- Heat 4 tablespoons of oil in a large, heavy-bottomed saucepot over medium-high heat. Add the onions and cook, stirring frequently, for 5 to 6 minutes, or until caramelized a rich golden brown
- Reduce the heat to medium. Add the garlic and cook for a minute. Then add the ginger, arbol chile, dried figs and mustard seeds.
- Cook a few minutes until all the aromas of the spices are released, but do not let the garlic turn brown and bitter.
- Add the beans and stir to toast with the spices for 1 minute before adding the water. Stir again. Simmer, uncovered, for 35 to 45 minutes until the dal is completely soft and cooked through and has taken on the flavor of the spices. Stir occasionally so the dal does not settle to the bottom of the pot and burn. Add the salt and cook another 10 minutes and season with lime juice.
- Hold hot while you cook the fish.
- Combine the 1/2 teaspoon salt, paprika and cumin. Season the salmon with the mix.
- Heat 1 teaspoon of oil in a heavy pan. Sear the salmon on both sides. Cook until the internal temperature reaches 145 F.

Side dishes

- Arugula and Tomato Salad
- Lentils



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