



Celebrating Food, Art & Culture

Chef Spotlight
Celebrating Foods of the World



RED-LENTIL DAHL

Servings: 6

Ingredients

- 1 cup red lentils
- 3 cups water
- 2 tablespoons canola oil
- 1 teaspoon mustard seeds
- 1 cup onions, chopped
- 1 tablespoon ginger, minced
- 1 tablespoon jalapeno, minced
- 1 tablespoon garlic, minced
- 1 teaspoon ground coriander seed
- 1 teaspoon ground cumin
- 1 cup tomatoes, chopped
- 2 teaspoons salt
- 2 tablespoons cilantro, chopped

Directions

Place the lentils and water in a pot. Cook over medium heat until the lentils soften, 45 to 50 minutes. Set aside.

Heat a skillet over medium heat, and then add the canola oil and mustard seeds. Toast the mustard seeds in the oil for 3 to 4 minutes. Add the onions, ginger, jalapeno and garlic. Sauté until the onions and garlic are golden brown. Add the coriander and the cumin. Add the chopped tomatoes and salt, reduce the heat to low and cook until the tomatoes soften.

Add the lentils and the liquid the lentils were cooked in to the skillet. Increase the heat to medium, bring to a simmer and add the cilantro. Remove from the heat and keep hot until ready to serve.

Side dishes

Basmati Rice
Steamed Spinach