



SPOTLIGHT RECIPE

LENTIL-COCONUT CURRY

- Thoroughly rinse and clean the lentils.
- In a saucepan, heat the oil and sauté the onion and garlic. Add the salt, black pepper and lentils and stir to coat.
- Add the 2 quarts of water to cover the lentils and bring to a simmer for about 40 minutes. If any foam appears on top of the lentils, skim it off with a spoon.
- In a blender soak the cashews, almonds and cardamom pods for 15 minutes with 1 cup of water, then drain. Add 1/2 of the cilantro, white pepper, ginger, yogurt and coconut milk, and puree to make a korma sauce.
- In a pan, add the curry powder to the korma sauce and cook for 5 minutes.
- Test the lentils to see if they are soft. If not, continue to simmer. When the water has been absorbed, add the korma sauce.
- Finish with the remaining cilantro.

Ingredients

Servings: 12

- 1 quart dry lentils
- 2 tablespoons oil
- 1 red onion, diced
- 2 cloves garlic, crushed
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 2 quarts water
- 1 cup cashews, halves, unsalted
- 1 cup almonds, sliced, toasted
- 3 cardamom pods
- 1 cup water
- 2 cups fresh cilantro, chopped
- 1/4 teaspoon white pepper
- 1/2 teaspoon fresh ginger, chopped
- 1 cup plain yogurt
- 1 cup coconut milk
- 1/4 teaspoon curry powder
- 1 teaspoon sea salt

Side dishes

- Basmati Rice
- Naan Bread