

slow cooking dahl



Dahl (the Indian word for lentils) is a staple dish in India. The Hindu festival of lights, Diwali, celebrations include loads of festive food – dahl would be served as a side dish, but just add some rice and you have a cheap, healthy and satisfying meal.

prep time	cook time	serves	category
15 min	2+ hours	4	V; Vg

things you need

300g (10 1/2 oz) (dry) yellow split peas/lentils 1 onion, chopped 1 inch of fresh ginger root, finely grated 2 tsp cumin seeds, 1 tsp crushed finely, 1 tsp whole seeds 2 tbsp vegetable/olive oil salt & pepper to taste lemon wedges, to serve	200g or 8-oz fresh or tinned tomatoes, chopped 2 garlic cloves, one crushed, one thinly sliced 10 freeze-dried curry leaves 700ml vegetable stock 1 hot green finger chili (use the amount type you want to reduce or increase heat of the dish) 2 tsp ground turmeric
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here's how

- 1 Place the split peas, onion, tomatoes, ginger, ground cumin, turmeric, crushed garlic, curry leaves and stock into a slow cooker or heavy cooking pot
- 2 Add most of the chili and stir to combine. Salt & pepper to taste
- 3 Slow cooker version: Cook on high-heat for four hours, until the split peas/lentils are tender
- 4 Stove top version: Bring mixture to boil, then reduce heat to simmer for 2-3 hours or until the split peas/lentils are tender
- 5 Just before serving, heat the oil in a saucepan. When the oil is very hot, add the whole cumin seeds and the sliced garlic. Fry until the garlic is golden-brown and the cumin smells toasty and almost smoky.
- 6 Spoon the hot spiced oil over the dahl, scatter with the remaining green chili, then serve with lemon wedges for squeezing

helpful notes

- You can freeze in portion-sized containers – it will keep for up to 2 months.
- Removing the chili seeds and inner membrane will decrease the heat of the chili when cooked; do NOT rub your eyes when preparing chilies as the juice will irritate and burn – wash your hands after preparing.