

Dal (Indian Style Lentils)

Ingredients: (Some spices & lentils purchased from Indian Shop, Jingili)

4 cups Moong Dal (Split Mung Beans)

(The Mulch Pit used approx: 1&1/2 cups freshly shelled Pigeon Peas, 2/3 cup Mung Split with skin, 2/3 cup Chana Dhal - in the fading light its all guess work!)

For seasoning:

2 tbsp of preferred vegetable oil

Cumin: 1 tsp

Fennel seeds: ½ tsp

Mustard seeds: 1 tsp

Urad Dhal: 1 tbsp

Asafoeda: 1/2 tsp

Turmeric Powder: 1&1/2 tsp

A pinch of sugar

Salt to taste



Pigeon Pea being shelled

To Chop:

Fresh chillies: 1 tsp (due to children we used less)

Curry leaves: 2 sprigs - picked fresh

Grated ginger: 1 tbsp - local fresh

Chopped onion: 2 medium sized ones

Chopped garlic: 1 tbsp

Tomatoes chopped: 2 medium sized ones

Chopped coriander: 3 tbsp (we used perennial variety straight from garden)

Lemon Juice: to taste, we used whole large lemon

Directions:

 *see handy hints for cooking lentils

Wash and drain lentils, add to a cooking pot (preferably pressure cooker), add water to cover along with asafoeda and turmeric powder and cook till soft, cover and keep aside.

Heat oil in a pan, add mustard seeds. When they start to splutter, add urad dhal, cumin and fennel seeds. When the urad dhal starts to brown, add the chopped ginger, garlic, onions, chillies, curry leaves, the sugar, some of the coriander and stir through till onions are soft, add chopped tomatoes, and stir fry for another minute.

Add to the lentils with salt and stir through on low heat. Add chopped coriander and juice of half a lemon if preferred. Serve hot with rice or rotis.

Handy hints for cooking lentils: over page

1. Do not add salt to the lentils while cooking as this will increase the cooking time.
2. Use a pressure cooker to cook lentils faster (much faster & no soaking, ours cooked in 20-25min!).
3. A combination of lentils enhances texture as some will be mushy and others still nutty - experiment...
4. If not using a pressure cooker legumes may be soaked for about 2 hours in cold water to reduce cooking time. Whole chickpeas, and dried peas need to be soaked overnight before cooking.

Chapathis

(We didn't stretch to make these on Friday night!)

Makes about 8

1 & 3/4 cups of Wholemeal flour/atta flour/plain flour,
1/4 tsp Salt,
2/3 cup Warm water,
Oil, for cooking

Place the flour and salt in a bowl; make a well in the centre, add the water gradually and work to a dough.

Add about 1 tsp. of oil and knead for 10 minutes, until smooth and elastic. Cover and set aside for 30 minutes.

Divide the dough into lemon sized balls. Use some flour for dusting, roll into a circle.

Cook the chapattis on a heated pan, turning over till brown specks appear. Serve hot.