



PARVEEN'S INDIAN KITCHEN

TARKA DAAL



INGREDIENTS

- 250g red split lentils, washed and drained 2 or 3 times
- 850ml water
- 1 tsp turmeric powder
- 2 tbsp ghee (optional)
- 2 tbsp vegetable oil
- 2 medium onions, thinly sliced
- 2 tsp cumin seeds (optional)
- 4 cloves garlic, sliced
- 2-3cm fresh ginger, peeled and crushed
- 1 long green chilli, roughly chopped
- 2 tbsp fresh coriander, chopped
- 1 tsp salt

METHOD

1. Place the lentils into a large saucepan, add the water, salt and turmeric then bring to the boil. Cover and simmer for 20 minutes, stirring occasionally.
2. The lentils should look like a thick soup now, add a little hot water if it's too thick or if it's too runny turn the heat up and cook for a few more minutes. Remove from the pan then set aside.
3. In a separate frying pan, on a high heat, add the ghee and oil, when hot add the onions then fry until golden brown.
4. Add the cumin, garlic, ginger and chilli then keep stirring for 2-3 minutes or until the garlic and ginger has browned a little (this is called the 'Tarka')
5. Add half of the tarka mixture and the coriander into the cooked lentils then stir. Serve into bowls then spoon over the remaining tarka - serve with a stack of warm chapati and enjoy!

Parveen
x