

DHAL

(Ricardo and Trois fois par jour)

INGREDIENTS

- 1 onion, finely diced
- 30 ml (2 tablespoons) butter
- 2 garlic cloves, finely chopped
- 1 one-inch piece fresh ginger, peeled and chopped in half
- 10 ml ground turmeric
- 10 ml ground cumin
- 10 ml ground coriander
- 2 cups vegetables, diced
- 3 cups water
- 1 can diced tomatoes
- 1 can coconut milk
- 375 ml (1 ½ cup) red lentils
- Salt and pepper

Garnish (optional)

- Plain yogurt
- Fresh cilantro or parsley, chopped
- Lime or lemon quarters

PREPARATION

1. In a large pot, sauté the onion in the butter, until golden. Salt and pepper. Add the garlic, ginger, spices and cook for about one minute, stirring. Add the vegetables and cook a few minutes. Add water, coconut milk, lentils, and bring to a boil.
2. Let simmer on low heat, uncovered, stirring frequently, for about 20 minutes, until the lentils are very soft. Remove the pieces of ginger. Adjust seasoning. Garnish with yogurt, herbs or lime.

* Careful not to let the lentils stick to the bottom of the pot.