

Dal Makhani



The tastes and aromas
of Indian food by
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Dal Makhani is one of North India's most characteristic dishes. It is a lentil dish high in protein - an important attribute in primarily vegetarian cultures. Lentils contain dietary fibre, folate (vitamin B) and iron which is good for us all but especially important for adolescents and pregnant women whose requirements for iron are increased. Lentils, mixed with grains such as rice, are a complete protein dish. Enjoy with pulao rice, naan bread or toasted Turkish bread.



Ingredients

- 1 cup lentils and 1/2 cup red kidney beans (canned, or pre-soaked overnight) 1/2 cup each natural yogurt and fresh cream
- 2 tbsp vegetable oil
- 1 tsp coriander seeds
- 1 tsp cumin seeds (jeera)
- 5-6 curry leaves (patta)
- 1 tsp garlic paste or 3-4 fresh cloves
- 1 large onion finely chopped
- 1" piece ginger
- 2-3 green chillies finely chopped
- 1 tomato finely chopped
- 1/2 tsp turmeric powder
- 1 tsp red chilli powder, to taste
- 1 tsp ground coriander powder
- Salt to taste
- 1 tsp garam masala
- chopped coriander leaves
- A little garam masala, sprinkled
- 1 tbsp butter and a little cream (optional)



Let's Create

1. For both canned and pre-soaked: drain and rinse thoroughly before simmering with a little salt. Cook until soft.
2. Now mash and add yoghurt and cream and set aside.
3. In a wok heat oil, splutter cumin and coriander seeds, curry leaves. Add garlic paste, fry for few seconds, then add onions and fry till golden brown. Finally, add the ginger and fry till browned.
4. Add green chillies and tomato and fry till soft (this is done when the oil separates from the onion and tomato mix).
5. Now add the turmeric, chilli and coriander powders, garam masala and salt. Fry again for a moment.
6. Add dhal and stir on low flame until simmering. Remove from heat.
7. Sprinkle with garam masala powder and garnish with fresh coriander leaves

**For a truly regal dish, add a nob of butter and a little drizzled cream before serving.*