



Where Will Your Next Meal Take You?

What a Wonderful World!

**GLUTEN
FREE**

Delectably Delicious Dahl

This authentic North Indian Lentil Stew was discovered on the way to New Delhi in a well hidden spot known only to the local cabbies. Savored for generations, this dahl delight is simple to prepare yet overflowing with richness and flavor. Indulge your senses with Indian music, dress your table with brightly colored silks, dim the lights and relish the true spirit of Crossing Cultures in your own home.

Heat butter or oil in large wok or soup pot. Sauté garlic, onion and cumin seeds until slightly brown. Add tomato, cook until soft, add a little water if necessary.

Add dry spices; turmeric, garam masala, coriander and ginger, heat for 2 minutes. Add lentils, water, salt and pepper to taste, mix well.

Cook 25–35 minutes in pressure cooker OR 2 hours on a stove OR 10 hours on low in a crockpot, (7 hours on high).

Add cayenne pepper to taste (optional).
Garnish with fresh coriander (optional).
Serve over rice or with Indian Naan.

Serves: 4-6

Prep time: 15 minutes

Cooking time: see recipe

¼ cup butter or olive oil
1–3 garlic cloves, crushed
1 onion, diced
½ teaspoon cumin seeds
1 tomato, cubed
½ teaspoon turmeric
½ teaspoon garam masala
1 teaspoon ground coriander
1 teaspoon ground ginger
1 cup urad dahl (wash well and check for stones)
½ cup channa dahl (wash well and check for stones)
5 cups water (more if needed)
salt and pepper to taste
cayenne pepper to taste (optional)
½ cup fresh coriander, chopped (optional)

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