



CHANA DHAL

This nutritious, aromatic and versatile dish and can be served with rice, poppadums or Indian breads. It also freezes well.

Ingredients (Serves 4)

- 150g Chana dhal, yellow split peas
- 900ml Water
- 1 tsp Salt
- 60ml Cooking oil
- 1 large Spanish onion, 250g finely chopped
- 70g piece of ginger, peeled & grated
- 2 cloves of garlic, peeled & grated
- 170g Fresh tomatoes, finely chopped
- 1 tsp Turmeric powder
- 1 tsp Garam masala
- 1 or 2 green chillies, finely chopped
(depending on how hot you like it)
- 2 tsp Lemon juice
- Small handful of coriander, chopped





CHANA DHAL cont...

Method

Soak the dhal in plenty of cold water for 30 mins.
Drain, place in a medium sized saucepan and cover with 900ml of cold water.
Bring to the boil and skim off any of the impurities that float to the surface.

Cook on a steady simmer for 40/45 mins - cooking time will depend on the age of the dhal, so simmer until soft and tender. When it is soft, take off the heat.
Take a potato masher and mash up the dhal to get a chunky consistency.

While the Dhal is cooking:

Heat the cooking oil on a high heat in a small frying pan. Add the onions, turn the heat down to medium and cook slowly until the onions are golden brown. This will take approx. 15 minutes. After 15 minutes add the grated garlic and ginger and cook for another 5 minutes. Add the chopped tomatoes, turmeric powder, garam masala and chilli. Cook this spice mixture for another 5 mins.

Add the spice mixture to the cooked soft dhal, stir well, return to the heat and cook together for about 5 mins, stirring every 2 to 3 minutes until the dhal is hot.

Season with salt. Add a squeeze of lemon juice at the last minute, then taste and check for seasoning, adjusting as required.

Transfer the dhal to a serving dish and garnish with the coriander. Serve hot.

Dialling up the Dhal

Using the chana dhal as a base you can create new dishes with the simple addition of some extra ingredients.

Spinach Dhal

Wash and pick the stalks of 100g of fresh spinach. Stir into the cooked dhal and continue to cook until it wilts and serve hot.

Carrot Dhal

Wash, peel and grate 2 carrots. Stir this into the cooked dhal and cook for 5 more minutes.

Mushroom Dhal

Take 10 button mushrooms, wipe with a damp cloth to remove any dirt, then peel and finely slice. Stir into the cooked dhal and cook for 5 more minutes.

Aubergine Dhal

Cut one aubergine into 2cm dice cubes. Drizzle the cubes with sunflower oil, sprinkle with ½ a teaspoon of garam masala and season with salt. Then roast in a 180°C pre-heated oven for 20 to 25 min until the aubergine is caramelised and sticky. Stir into the cooked dhal and serve hot.

