

MASALA LENTILS (SABUT MASOOR)



FROM VEGAN RICHA'S INDIAN KITCHEN
BY RICHA HINGLE

Masala Lentils (Sabut Masoor)

If you want to impress someone with a dal, make it this one. Don't be afraid of the number of spices—it is quite simple to make. The spices and garlic are blended to a paste and fried in the oil. A hot sauce (chiles, garlic, and vinegar) in the tadka is another secret to getting the right flavor profile. Serve this as a part of a meal, or with rice or naan or other flatbread.

Prep: 20 minutes | Active: 25 minutes | Inactive: 20 minutes | Serves 4

Ingredients

*3/4 cup brown lentils, washed and drained
2 cups water
2 to 3 teaspoons safflower or other neutral oil
1/2 cup finely chopped red or white onion
6 cloves garlic, chopped
1/2 teaspoon ground cumin
2 teaspoons ground coriander
1/2 teaspoon ground cardamom
1/2 teaspoon ground cinnamon
1/2 teaspoon fenugreek leaves or 1/8 teaspoon fenugreek seeds
1 teaspoon sweet or hot paprika
1/8 teaspoon nutmeg
1/4 teaspoon black pepper
1 1/2 tablespoons sriracha or other hot sauce, to taste
2 tablespoons water
1 1/2 cups chopped tomato
3/4 teaspoon salt
2 tablespoons chopped cilantro, for garnish
1 tablespoon vegan butter (optional)*

Directions

1. Combine the lentils with 2 cups of water in a saucepan. Partially cover and cook over medium heat until the lentils are tender, 25 to 30 minutes.
2. While the lentils are cooking, make the tempering. Heat the oil in a skillet over medium heat. Add the onion and cook until golden brown, 5 to 6 minutes.
3. In a blender, combine the garlic, cumin, coriander, cardamom, cinnamon, fenugreek, paprika, nutmeg, black pepper, sriracha, and 2 tablespoons of water. Blend to combine well. Add this paste to the onions in the skillet. Cook until fragrant, about 2 minutes. Stir in the tomatoes and salt, and cook until the tomatoes are tender, about 8 minutes. Mash the larger tomato pieces.
4. Add the tempering to the lentils. Bring to a boil over medium heat. Reduce heat and simmer for another 5 minutes. Taste and adjust salt and spice. Garnish with cilantro and vegan butter, if using, and serve hot.

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