

Spice is Nice II

Tarka dhal

Ingredients

1/2 a cup of red split lentils
pinch of turmeric
2-3 pips garlic
1/2 inch fresh root ginger
1-2 dried red chillies
1-2 red tomatoes
1 carrot
2-3 baby aubergines
1-2 potatoes
1/2 inch -3/4 inch of coconut cream block
or half a can of coconut milk
1 tbsp of cumin seeds
1 big red onion
1-2 fresh red chillies or more
salt
ghee/unsalted butter

Method

Boil 2 cups of water
Peel the garlic
Skin, crush the ginger roughly
Cut the dried chillies into 1/2 inch pieces
Cut the carrots to required thickness
Cut tomatoes into halves
Slit baby aubergines from bottom up
Cut the potatoes into quarters
Soak the cumin seeds for 5-10 minutes, then pound
Thinly slice the onion
Slit the fresh chillies bottom up

When the water boils, add in lentils, turmeric, garlic, crushed ginger and dried chillies
Let this boil over a medium flame until lentil is almost dissolved
Now add the carrots, tomatoes, potatoes and fresh chillies
When these are half cooked, add in the coconut and baby aubergines
Let it continue to cook over a low flame

In another pan, melt ghee/butter
When hot, put in the sliced onions and fry until almost brown
Now add the pounded cumin seeds
When this is fragrant, remove from stove
Add the fried onion and cumin into the cooking lentil
Add salt to taste and serve with rice or bread or chappati