

BOLLYWOOD-STYLE COOKING

Indian cuisine is rich of flavors and spices and has its regional variations. One common staple is *dahl*, i.e. a legume-based vegetarian stew/soup. Depending on the region, *dahl* can be made from lentils, garbanzo beans, yellow split peas or red lentils. Typically the legumes are boiled in water, while the seasoning (*tadka*) is cooked separately, and stirred in only at the very end.



Masoor dahl is made from red lentils. These lentils are generally sold without the husk, and look more orange than red. Contrary to other legumes, this type of lentils does not require soaking (McGee H. *On Food and Cooking*, 2004) and cooks fairly quickly (around 20-30 minutes).



Lentils are a great ingredient to cooking healthy on a budget. 1/4 cup dry lentils yields approximately 1 cup when boiled.



Lentil facts: lentils are a popular source of vegetarian protein, although they lack two essential aminoacids (methionine and cysteine). Interestingly, in most cuisines lentil dishes are accompanied with grain products, containing those missing aminoacids, to improve their nutritional value.

Lentil nutrition: lentils are a great source of fiber and protein. 1/4 cup of dried red lentils (uncooked) provides 7 grams of fiber, 13 grams of protein, 28 grams of carbohydrates and 15% of the daily value of iron.



Preparation tips:

- ★ This dish can be prepared in advanced and warmed up before serving. Also suitable for freezing.
- ★ You can make this dish spicy or mild by varying the amounts of chilies used.
- ★ If the dish turns out to be too spicy, stir in a little plain, non-fat yogurt to make.
- ★ It can be served with brown rice or pitta bread.

MASOOR DAHL (RED LENTIL STEW)

Ingredients for 4 servings:

- 1 cup of red lentils, uncooked
- 2 tablespoons olive or canola oil
- 1/2 tsp cumin seeds
- 1 tsp pureed garlic
- 1 small yellow onion, chopped
- 1/2 tsp finely grated ginger
- 1 tsp turmeric powder
- chopped chilies to taste
- 1 large, diced tomato
- chopped cilantro, to taste

Directions: Bring 4 cups of water to boil. Add the red lentils and turn down to heat to simmer. Cook stirring occasionally for 10-15 minutes.

In the meantime, prepare the *tadka* (seasoning). Warm up the oil in a pan. Add the cumin seeds and cook for a few seconds. Add garlic, onion, ginger and turmeric. Lastly stir in the chilies. Cook until the onions are browned. Incorporate the seasoning into the lentils. Simmer for 10-15 minutes, stirring occasionally. Lastly add tomatoes and cilantro. Turn off the cooker and wait 5-10 minutes before serving.

1 serv. = 30 gr. carbohydrates