



HoaiPhai's

Red Lentils (Monsoor Dahl)

"Eat Sheet"

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Ingredients

● Because this is cooked in four stages, I've grouped the ingredients according to the stage you'll be needing them. I recommend that you prepare the second and fourth stage ingredients while the first stage ingredients are cooking — you'll save a bit of time that way.

Stage I

- 1 cup dry red lentils, washed.
- 4 cups water.
- 1½ onions, quartered and thinly sliced.
- 1 tablespoon turmeric.
- 4 or 5 bay leaves.
- 1 tomato, diced.
- 2 Indian chilies, thinly sliced

Stage II

- ½ onion, quartered and thinly sliced.
- ½ garlic bud, minced.
- 1 teaspoon of cumin, whole seed is best but ground cumin will work just fine if that's all you've got.
- Oil for frying.

Stage IV

- ½ bunch fresh coriander (a.k.a. cilantro) leaves and stalks, chopped.
- salt to taste.

Procedure

- **Stage I:** Place all Stage I ingredients into a large pot, stir, and then simmer until the lentils are tender, about 45 minutes.
- **Stage II:** Fry the onion slices and cumin in a large frying pan with a couple of tablespoons of oil. When the onion is tender, add the garlic and fry until golden brown.
- **Stage III:** Transfer as much of the Stage I ingredients into the frying pan as the pan can hold without boiling over. Be warned that when the lentil mixture hits the frying pan it will splash all over the place so prepare yourself for your new yellow polka dot wall motif!
- Simmer in the frying pan for about 5 minutes.
- **Stage IV:** Transfer everything back into the large pot and salt to taste.
- Add the coriander leaves and simmer for 10 minutes.
- Serve over Basmati rice.