

Lentil Dal

This is a warm, savoury dish that I have learned to make in a condensed amount of time...
...therefore enjoying it more frequently because prep time is not a hindrance!
Ginger makes it warming, the seeds add wonderful depth of flavour.

1 cup lentils
4 cups water

2 Tbsp peeled and grated ginger
¼ tsp ground turmeric
Crushed seeds from 4 cardamom pods
1 tsp Celtic sea salt
¼ tsp cayenne pepper

2 ½ Tbsp butter or coconut oil
½ tsp crushed dried red pepper
½ tsp ground cumin seeds
½ tsp ground coriander seeds (personal addition)

2 Tbsp chopped fresh cilantro
Lemon juice (optional, I prefer it without)

Rinse the lentils and combine them with water in saucepan. Bring to boil and then lower heat and simmer ~30minutes. *While lentils are cooking, prepare the seasonings; the first batch in one small bowl, the second batch in another.*

Add ginger, turmeric, cardamom seeds, salt & cayenne.

Continue to let it simmer until desired consistency is reached (Eg. soup? or stew?)

Melt the butter/oil in a small skillet and sauté the crushed red pepper, cumin & coriander for a few minutes.

Stir the butter/oil & spices in to the lentils along with cilantro and a little lemon juice.

*if you desire less 'heat' in your final dish, skip the peppers (cayenne & crushed) or add them both near the end of cooking.

Enjoy it on its own or serve it over a whole grain like brown rice, wild rice or quinoa.

Source: [The Vegetarian Epicure, book two](#), Anna Thomas (1978)