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Spiced Lentil Curry (Masala Dal)

Servings: 4-6

Ingredients

Cooked Lentils (dal)

- 1 ½ cups (375mL) washed red lentils
- ½ tsp (2.5 mL) turmeric
- 2 tsp (10 mL) salt
- 2-3 plum tomatoes, quartered

Spiced Oil (tarka)

- 2 tbsp (30 mL) vegetable oil
- 1 tsp (5 mL) cumin seeds
- 1 tsp (5 mL) black mustard seeds*
- 10 curry leaves*
- 1 medium onion, diced
- 2 cloves garlic
- 1-2 green chiles, seeded + chopped*
- 1 small piece ginger, peeled + chopped
- ½ teaspoon (2 mL) garam masala

Garnish

- Chopped cilantro or crispy fried onions

Directions

In a 4-quart (4 L) pot, combine lentils with 4 ½ cups (1 L) water. Bring to a boil, stirring well.

Add turmeric, salt and tomatoes. Reduce heat to medium low and simmer for at least 15 minutes or until lentils are thoroughly cooked and can be easily mashed.

Mash or puree to desired consistency, adding water if necessary (should have the consistency of a thick soup). Set aside.

In a separate pan, heat oil. Add cumin seeds, mustard seeds and curly leaves. Fry until sizzling (about 10 seconds).

Add onions. Fry until golden brown, stirring to prevent burning.

Add garlic, ginger and chilies. Continue to fry until garlic begins to soften and become fragrant. Season with garam masala. Stir until combined.

Transfer the spiced oil to pot of lentils. Stir until combined.

Sprinkle a handful of cilantro or fried onions on top. Serve with prepared basmati or other rice and a slice of lemon.

*Substitutes: 2-3 bay leaves for curry leaves. Leave seeds in chili for medium to hot spice level. Omit black mustard seeds if hard to purchase. Whole spices sold at Indian grocery stores.

Recipe Submitted by: **Assemblywoman Sadaf Jaffer**



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