

DON's DAHL

Here's Don's recommended recipe for Dhal.

Ingredients

Dal/Dhal 100g

Green Chilli - 2

Onion - 50g

Curry Leaves - a couple

Cumin Seeds - $\frac{1}{4}$ teaspoon

Black Pepper - $\frac{1}{4}$ teaspoon

Turmeric powder - $\frac{1}{4}$ teaspoon

Garlic - 3 or 4 cloves

Salt - As you need

Water - 350ml

Thick coconut milk - 100 ml.

Method.

Slice the onion and green chillies.

Grind the garlic, black pepper and cumin seeds together.

Rinse the dhal 2 or 3 times. Put the dhal and water into a saucepan and cook uncovered on a high flame for 4 to 6 minutes.

Add onions, green chillies, curry leaves, turmeric and salt. Give it a good mix.

Cook uncovered on a high flame until all the water evaporates - about 4 minutes.

Add the ground paste and coconut milk. Mix well and cook uncovered for 1 or 2 minutes on a low flame.

Add salt to taste

Enjoy this delicious Sri Lankan dhal with Naan bread