

## Daal (lentils)

1 cup mong daal

1 tablespoon oil

1 teaspoon cumin

1 small onion - chopped finely

1 inch knot ginger - grated

½ teaspoon turmeric

¼ teaspoon hot chilli powder

1 teaspoon salt

½ teaspoon garam masala

3 cups water

### Method

1. Wash daal in warm water & drain water
2. Chop onion finely
3. In a saucepan, heat oil
4. Add in cumin seeds
5. When they turn golden brown add onion & grated ginger - sauté for a minute
6. Add turmeric, chilli powder & salt - stir to cook the turmeric till golden colour
7. Add the washed daal - stir to coat with the spices
8. Add the water & bring to the boil
9. If using a pressure cooker – lock the lid & place the weight. Bring to steam & on 1 whistle turn the off. DONT open the lid till the steam pressure drops.
10. If using saucepan, half cover with the lid & simmer for 10 minutes.
11. Keep an eye on the water being absorbed - keep topping up water for the lentil seeds to cook to soft texture
12. Check if the daal is cooked - the daal should be suspended in the gravy & not sink to the bottom of the pan

13. Garnish with sprinkling of garam masala -
14. Serve hot