

Masoor Daal with Timatar

Red Lentils with Tomatoes

1 cup masoor daal (orange color)

2 cups water

1 teaspoon ginger-garlic paste

$\frac{3}{4}$ teaspoon turmeric powder

$\frac{1}{2}$ teaspoon red chili powder

$\frac{1}{2}$ teaspoon paprika

1 teaspoon salt

1 cup chopped fresh tomatoes or
canned tomatoes with juice

2 tablespoons cilantro, chopped

1 to 2 green chili peppers

BAGHAAR:

2 cloves garlic, chopped

1 teaspoon cumin seeds

1 to 2 whole dry red chili peppers

2 to 3 curry leaves

Wash the daal thoroughly and soak in a medium-sized pan with 2 cups of water for 10 minutes. Over high heat, bring the daal to a boil. Lower heat to a simmer. Skim the froth from the surface and add the ginger-garlic paste, turmeric, red chili powder, paprika and salt. Cover partially and cook until the daal is very tender. This will take about 20 to 30 minutes. Keep checking to make sure that there is enough water for the daal to cook or it will start to stick to

the bottom. (Add a little water if you feel that the daal is not done and the water is drying up.)

Add the chopped tomatoes, stir to mix, cover and cook further for another 8 to 10 minutes or until the tomatoes are soft. With a wooden spoon, mix and mash the daal and tomatoes or use a handheld blender to purée the mixture.

Add the cilantro leaves and green chili peppers. Add a little hot water to the daal if the daal seems too thick. (The daal's consistency should be similar to that of split pea soup.)

Simmer for a couple of minutes, then taste and adjust seasonings. Remove from the stove; keep warm.

Prepare the baghaar. Heat two tablespoons of light vegetable oil in a frying pan over medium-high heat. When it is hot, add the garlic. Let cook for a few seconds, until the garlic starts to turn light golden. Add the cumin seeds and the whole dry red chili peppers. Add the curry leaves, making sure to have a lid handy just in case the oil splatters. Cook for a few seconds and pour over the hot lentils. Cover at once and let sit for a few minutes. Stir gently and serve.

Prep time: 45 minutes

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