



Dal Makhani

Buttery Spiced Lentils

Yield: Serves 4-6

Ingredients:

- 1 Cup Dry Whole Black Lentils (**Urad Dal**) - picked and rinsed
- ¼ Cup Dry Red Kidney Beans (**Rajma**) - picked and rinsed
- 6 cloves Fresh Garlic (**Leh-sun**) - minced / divided
- ½ inch piece Fresh Ginger (**Adrak**) - minced
- 2 Fresh Green Chiles (**Hari Mirch**) - seeded and minced
- 8 Tbs Salted Butter (**Makhan**) = 1 Stick
- 4 Tbs Ghee
- 2 Tbs Tomato Paste
- ¼ Cup Heavy Cream (**Malai**)
- 1 tsp Cumin Seeds (**Jeera**)
- ½ tsp Fenugreek Seeds (**Methi Dana**)
- ½ tsp Red Chile Powder (**Lal Mirchi**)
- ½ tsp **Garam Masala**
- ⅛ tsp Asafoetida (**Hing**)
- Kosher Salt (**Namak**) to taste

Preparation:

- 1) Place picked/rinsed lentils and beans in a large bowl and add water until submerged by at least 1 inch of water - Allow to soak at room temperature 6-8 hours (over night for better results)
- 2) Place a medium/large, heavy bottomed pan, wok, or kadahi over medium-high heat - Add 4 cups of water and bring to a boil*
- 3) Drain and rinse lentils and beans - Add to boiling water along with 4 cloves of the minced garlic, ginger, green chiles, and salt to taste - Stir to combine
- 4) Leave lentils and beans to cook for 20-30 minutes (stirring occasionally) or until slightly soft
- 5) Heat ghee in a separate large heavy bottomed pan over medium heat
- 6) Once ghee is hot, add cumin and fenugreek seeds and fry until they crackle (apx 40 seconds)
- 7) Add remaining 2 cloves of minced garlic and sauté for 1-2 minutes or until garlic just begins to color - Add asafoetida and tomato paste - Continue to sauté for an additional minute
- 8) Transfer the cooked lentils/ beans to pan and bring back to a boil - Reduce to a simmer
- 9) Stir in red chile powder, butter, and cream
- 10) Allow to simmer for 15 minutes - Stir in garam masala and continue to simmer for 5 minutes
- 11) Adjust seasoning and serve hot with a dollop of additional butter and a pinch of garam masala sprinkled over the top along with basmati rice or naan or as part of any Indian meal

* Can use a 4-6 quart pressure cooker as alternative – follow step 3 (minus pre-boiling water) - cook for 12-15 minutes once pressure is reached and continue preparation steps from step 5