



Khatti Dal

Tangy 'Sour' Lentils

Yield: Serves 2-4

Ingredients:

- 1 Cup Large Split Yellow Lentils (**Chana Dal**) - picked and rinsed
- 4 Cups Water for boiling lentils
- ½ Cup Boiling Water for Tamarind
- 2 Tsp Tamarind Concentrate (**Imli**)
- 1 Large Onion (**Pyaz**) - small diced
- 2 tsp Turmeric Powder (**Haldi**) - divided
- 1 tsp Coriander Seed (**Dhania Saabut**) - ground into a fine powder
- 1 tsp Black Mustard Seed (**Rai**)
- 1 tsp Fenugreek Seed (**Methi Dana**)
- 1 tsp Aniseed (**Valaiti Saunf**)
- 1 tsp Carom Seed (**Ajwain**)
- ½ tsp Coriander Seed (**Dhania Saabut**)
- 12 Curry Leaves (**Kaddi Patta**)
- 4 Whole Dried Red Chiles (**Lal Mirch**)
- Kosher Salt (**Namak**) to taste
- 1 ½ Tbs Canola Oil

Preparation:

- 1) Bring the 4 cups of water to a boil over medium-high heat in a medium, heavy bottomed pan*
- 2) Add picked and rinsed lentils along with 1 tsp turmeric and ground coriander - Stir to combine
- 3) Reduce heat to a vigorous simmer and allow to cook (stirring occasionally) for 15-30 minutes or until lentils are soft
- 4) While lentils are cooking, mix the 2 tsp of tamarind concentrate with the ½ cup of boiling water until fully combined and set aside until needed
- 5) (While still cooking the lentils) Heat oil in a medium/large skillet over medium heat until shimmering
- 6) Once oil is hot, add mustard seeds and fry until they pop (apx 15 seconds)
- 7) Add fenugreek seed, aniseed, carom seed, coriander seed, curry leaves, and dried red chiles - Sauté for 1 minute
- 8) Add onions to pan and continue to sauté until golden in color (apx 5-7 minutes)
- 9) Transfer the spice and onion mixture to the lentils along with the tamarind concentrate, the remaining 1 tsp turmeric and salt to taste - Return to a simmer and allow to cook for 8-10 minutes or until reduced to desired consistency (should be thick NOT soupy)
- 10) Adjust seasoning and serve hot along with basmati rice or naan or as part of any Indian meal

* Can use a 4-6 quart pressure cooker as an alternative - Cook lentils as directed for 8-10 minutes once pressure is achieved and continue preparation from step 4 as written