



Yield: Serves 2-4

Saabut Pyaz ki Dal

Red Lentils with Whole Onions

Ingredients:

- 1 Cup whole, skin on Red Lentils (**Saabut Masoor Dal**) – picked and rinsed
- 5 cups Water
- 16 Baby/Pearl Onions (**Pyaz**) - can substitute small, peeled Shallots (**Gradana**)
- 8-12 Curry Leaves (**Kaddi Patta**)
- 4 Dried Red Chiles (**Lal Mirch**) - stalks removed and deseeded
- 1 clove Fresh Garlic (**Leh-sun**) - grated into a paste
- ¼ inch piece Fresh Ginger (**Adrak**) - grated into a paste
- 2 Tbs Jaggery (**Gur**) - grated
- 1 tsp Black Mustard Seed (**Rai**)
- 1 tsp Turmeric Powder (**Haldi**)
- 1 tsp Tamarind Pulp (**Imli**)
- ⅛ tsp Asafoetida Powder (**Hing**)
- Kosher Salt (**Namak**) to taste
- 3 Tbs Oil

Preparation:

- 1) Place cleaned and picked lentils in a large bowl and add enough water to submerge by at least 1 inch - Allow to soak at room temperature for 2-3 hours
- 2) Place a medium heavy bottomed pan over medium-high heat – Add water and lentils - bring to a simmer and cook until soft (apx 45 min)* - Add water as needed
- 3) Place tamarind pulp in a small bowl and add 2 Tbs of hot water - Set aside
- 4) Place a medium, heavy bottomed pan, kadahi, wok, or skillet over medium heat - Heat oil until shimmering
- 5) Once oil is hot, add mustard seeds and cook until they pop (apx 30 seconds) - Add asafoetida, red chiles, and curry leaves - Fry for 1 minute
- 6) Add the whole shallots/onions, garlic, and ginger - Stir-fry for 1-2 minutes
- 7) Add 2 Tbs water, jaggery, tamarind and its water, turmeric, and salt to taste - Continue to cook until the shallots/onions turn 'transparent' (apx 7-10 minutes)
- 8) Add cooked lentils and their water to the pan - Bring to a simmer
- 9) Allow to simmer for 2-3 minutes or until thickened to desired consistency
- 10) Adjust seasoning - Serve hot along with basmati rice, naan, or chapatti

**Can skip soaking (step 1) and use a 2-6 quart pressure cooker as an alternative - Cook lentils in 4 cups water for 12-15 minutes once pressure is achieved - Continue preparation from step 3*