

Tarka Bhuna hu'ā

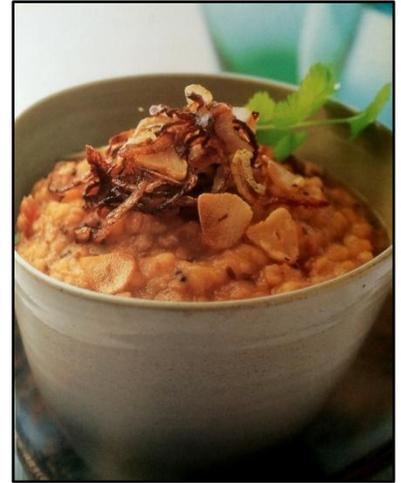
Le-sun Dal

Roasted Garlic Lentils with Whole Spices

Yield: Serves 4-6

Ingredients:

- 1 Cup Split Yellow Lentils (**Moong Dal**) - picked and rinsed
- 4-5 Shallots (**Gradana**) - sliced
- 3 Roma Tomatoes (**Tamatar**) - peeled and diced
- 1 Medium Onion (**Pyaz**) - chopped
- 5 cloves Fresh Garlic (**Le-sun**) - roasted and puréed into a paste
- 2 cloves Fresh Garlic (**Le-sun**) - thin sliced
- 2 Fresh Green Chiles (**Hara Mirch**) - seeded and chopped
- 1 inch piece Fresh Ginger (**Adrak**) – diced
- 8-10 Curry Leaves (**Kaddi Patta**)
- 3-4 Dried Red Chile (**Lal Mirch**) - broken into pieces
- 1 tsp Cumin Seed (**Jeera**)
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- 1 tsp Coriander Seed (**Dhania**) - roasted and ground into a powder
- 1 tsp Black Mustard Seed (**Rai**)
- Juice of ½ Lemon (**Nimbu Ras**)
- 2 Tbs Grape Seed oil (**Draksh-bij Tel**) - can substitute olive oil
- 4 Tbs Ghee - separated
- Kosher Salt (**Namak**) to taste
- Fresh Ground Black Pepper (**Kali Mirch**) to Taste



Preparation:

- 1) Wrap 5 cloves garlic drizzled with a little olive oil in aluminum foil - Place in a 400°F oven and allow to bake for 40-50 minutes until completely soft - Remove and purée into a paste - Set aside
- 2) Heat grape seed oil in a large heavy bottomed pan over medium heat - Add shallots and fry until crisp and brown (apx 8-10 minutes) - Add sliced garlic and continue to fry until slightly colored (apx 2 minutes) - remove shallot/garlic from pan using a slotted spoon and set aside
- 3) Add 3 Tbs of ghee to the pan and add onion, green chile, and ginger - Sauté until onions are golden (apx 10 minutes)
- 4) Add lentils to onion mixture along with 4 cups water and bring to a boil - Reduce heat to a simmer and loosely cover pan - Allow lentils to simmer (stirring occasionally) until the consistency of a stew or very thick soup (apx 1 hour)
- 5) Stir in roasted garlic, ground cumin, ground coriander, and salt and pepper to taste - Allow to cook (uncovered) for 15 minutes stirring frequently
- 6) Stir in tomatoes and lemon juice - Adjust seasoning
- 7) Heat 1 Tbs ghee in a medium skillet over medium-high heat - Add whole cumin and mustard seeds and stir fry until mustard seeds pop - Add dried red chile, curry leaves, and the earlier prepared shallot/garlic - Stir fry for 1 minute - Transfer to the lentils and stir in
- 8) Serve hot garnished with a little chopped fresh coriander if desired