

Dahl for the Masses



A good dish to feed adults, kids, toddlers and even babies is this dahl recipe on rice. Leave out the garlic and ginger for babies if you like but I was amazed at how quickly AJ downed this stuff when she was less than a year old, even with a little garlic included. Actually, now that I remember back -- leave out the turmeric for babies as it is almost impossible to wash the yellow stains out of clothes.

serves 4-6

depending on appetites and accompaniments (rice, bread, pappadams etc).

Ingredients:

Olive oil for frying
1 clove of garlic finely chopped or crushed
a thumb-sized Knob of ginger grated
1 onion finely chopped
1 cup of red lentils, washed well and drained
3 cups of hot water
1 400g tin of diced tomatoes
1 sweet potato (yam) cut into small cubes
1/2 teaspoon of turmeric
1/2 teaspoon of garam masala
1/2 teaspoon of cinnamon
salt and pepper to taste

Heat the oil and then fry the onion, garlic and ginger until the onion is a golden brown. Add the turmeric and fry for a minute. Add lentils and fry for another couple of minutes. Add three cups of hot water, tinned tomatoes, sweet potato and cinnamon. Bring to boil and then reduce heat, cover and simmer for 20 minutes. Add garam masala, salt and pepper after about 10-15 minutes. Cook until soft and mushy. If the dahl seems too wet, let it cook for a while without the lid on.

Serve on rice with pappadoms (which seem to be the big seller in our house), natural yogurt and for the adults lashings of lime pickle.