

Mom's Simple Daal Recipe (makes 10-12)

Ingredients:

2 cups red lentils (masoor daal), rinsed under cold water; soak for 30 minutes (optional/helps it cook faster)
6-8 cups water
1 to 1 1/2 tsp ground turmeric
3/4 to 1 tsp red pepper
1 1/2 tsp salt (add more to taste)



- Bring everything to a first boil, then turn heat to medium.
- Cook about 40-45 minutes; adding water if needed (add 1 or 2 chopped onions after 30 minutes of cooking, optional)

Bagaar (tempering)

2 tbsp ghee or oil
5-6 garlic cloves, sliced thin
1 medium onion, sliced thin
1 1/2 tsp cumin seeds

- Heat ghee/oil over medium heat.
- Fry onions till light brown
- then add garlic
- then add cumin seeds (and one whole dry red pepper, if using)
- Pour the tempering oil with onion, garlic, spices over the warm dal
- add chopped coriander (optional)