

# Salma's Mom's Simple but so delicious Daal

-- (makes 15-18 servings)

3 cups red lentils (masoor daal), rinsed under cold water; soak for 30 minutes (optional/helps it cook faster)

9-12 cups water

1 1/2 to 2 1/4 tsp ground turmeric

1 1/4 tsp to 1 1/2 tsp red pepper

2 1/4 tsp salt (add more to taste)

(3-4 tomatoes, optional)

— Bring everything to a first boil, then turn heat to medium.

— Cook about 40-45 minutes; adding water if needed

(add 3-4 chopped tomatoes after 30 minutes of cooking, optional)

*Bagaar (tempering)*

3 tbsp ghee or oil

7-9 garlic cloves, sliced thin

2 or 3 medium onion, sliced thin

2 1/4 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)



Prep to do in advance of our Zoom: have all of your ingredients out and ready; clean and begin to chop your veggies