

Paul's Dahl

Paul Gioia

Ingredients

	Serve		
	6	60	80
garam masala	1 tsp	3 tbs	4½ tbs
red lentils	2 cups	3¼ kg	4 kg
large onion, finely chopped	1	2 kg	2½ kg
canola oil	2 tbs	1⅓ cups	1½ cups
whole cumin seeds	1 tsp	3⅓ tbs	4½ tbs
fresh curry leaves (optional)	10 (= 1 stalk)	10 stalks	12 stalks
ginger, finely chopped	1½ tbs	1 cup	1⅓ cups
turmeric	1 tsp	3 tbs	4½ tbs
salt	1 tsp	3 tbs	4½ tbs
whole peppercorns (optional)	½ tsp	1½ tbs	2 tbs
chicken stock cube	1	10	13
roasted almonds	2 tbs	1⅓ cups	1½ cups
fresh coriander, coarsely chopped	2 tbs	1⅓ cups	1½ cups
water	900 ml	9 L	12 L
carrots, diced	150 gm	1.5 kg	2 kg
green beans, halved	250 gm	2.5 kg	3 kg
cauliflower	150 gm	1.5 kg	2 kg
cabbage	100 gm	1 kg	1.5 kg

Wash lentils in warm water and drain repeatedly until water runs clear. Pick out any munted ones. Heat oil on high in a heavy-bottomed saucepan. Add cumin seeds and stir for a few seconds until they start to pop.

Turn heat to low, add onion and ginger and sauté until onion starts to brown. Add drained lentils, turn heat back to high and sauté for a few minutes until lentils start popping, stirring constantly to avoid burning.

Turn heat to low, and stir through turmeric, bay leaves, crumbled stock cubes and salt. Add water and bring to boil, then simmer, covered, on low heat for around 50 minutes. Essential to stir frequently to avoid sticking. Add more water if necessary.

While lentils are cooking, steam vegetables until almost tender (add carrots first, then others) and stir into dahl with garam masala, around 5 minutes before dahl is ready, until flavours have mixed. Garnish with roasted almonds and fresh coriander.