

tbsp = tablespoon, tsp = teaspoon

Masoor Daal / Red Lentils Soup

Cook Time 40 min
Waiting Time: 30 min
Serves: 4 people
VEGAN

Ingredients

- 250 gm red Lentils
- 500 ml water
- 5 tbsp sunflower oil, divided
- 1 tsp Cumin Seeds, divided
- 1 large onion, finely chopped
- 1.5 tsp Salt
- 1 tsp Turmeric Powder
- 2 tbsp ginger garlic paste
- 1 large tomato, finely diced
- 2 green chilli, chopped with seeds
- 1 tsp Red Chilli Powder
- 1 tsp Cumin Powder
- 1 tsp Coriander powder
- 1 tsp Garam Masala
- 1/8 tsp Asafoetida
- 2 Dry red chilli
- 1/4 tsp red chilli powder
- 7-8 Curry Leaves
- 1 tsp sugar
- 5 g Coriander Leaves, chopped



Method

1. Wash the lentils under running water for a couple of times and let it soak with water for 30 mins to ensure faster cooking and better digestion.
2. In a pan add 3 tbsp. oil and warm it up. Add ½ tsp cumin seeds and let it sizzle for a few seconds, follow this with onion. Cook it for 5 mins.
3. Add 1 tsp of salt and turmeric powder and mix well. Add the ginger garlic paste and green chilli to the pan and cook it for 3 more minutes.
4. Now add the red chilli powder, coriander powder and cumin powder and stir well. Keep cooking it on a medium flame for 2 more minutes and then add the chopped tomato. Cook for 5 more mins.
5. Add the soaked lentils to the pan without the water used for soaking. Mix everything well. Add 240 ml water to the pan and increase the flame. Bring it to a boil and let it boil for a minute. Lower the heat, cover the pan and let it cook on a medium to low heat for 20 mins. Stir it occasionally.
6. After 20 mins, the lentils would have cooked really well and thickened. Add garam masala and mix well. Add 240 ml water to give a thinner consistency. Let it simmer without the lid.
7. Meanwhile grab another tiny pan for the tempering. In the pan add remaining oil, and once warm enough add the cumin seeds, asafoetida and curry leaves. Follow it up within a min with dried red chilli. This step should take 2 mins and add this to the dal. Add salt. Give it a good mix.
8. Add 1 tsp sugar and coriander leaves. Serve this with steamed rice



Recipe by

Spice Trip with Paulami



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