

Red Lentils Curry

Ingredients

Serves 4-5

200g red lentils washed
1 tsp of cumin seeds
1 tsp turmeric powder
Pinch of asafoetida powder (optional)
2 green chilies
1 small onion
2 garlic cloves
1" piece of ginger
handful of curry leaves
1 tomato
100ml thick coconut cream
50-100ml water
2 cubes of butter / vegan margarine
Salt to taste

Method

Add washed red lentils, turmeric, cumin seeds, asafoetida into a heavy bottom pan / pressure cooker. Separately add garlic, onion, ginger, curry leaves, green chilies and tomato into a food processor and blend them coarsely. Add this mixture to the pressure cooker. Pour 100ml little water into the pressure cooker, close the lid and cook for one whistle. Please note that water should be just enough to cover lentils.

Turn off heat, leave it to cool down until all the pressure settles. Afterwards open the lid, add coconut cream, butter cubes/ vegan margarine and salt to taste. At this point, if you find lentils are too thick, add 100-200ml water and mix well. Close the lid cook till it comes to boiling point. Turn off heat serve with bread, rice or roti.

You can garnish with stir fried curry leaves.

Notes : If you are using heavy bottom pan, you may need to add more water and little more time to cook the lentils.

Importantly add salt only after lentils are cooked. Because salt slows down cooking lentils.