



RED LENTIL DAHL

Vata pacifying Masoor (Red Lentil) Dal -- Serves 2-3

Ingredients:

½ cup masoor dal, washed can cooked in 2 ½ cups of water until soft

For seasoning:

2 tsp oil – olive oil or ghee

½ tsp mustard seeds

One pinch of hing (asafetida)

½ tsp black pepper

½ tsp cumin seeds

¼ tsp turmeric

1 stick cinnamon

1 tsp grated ginger

1 tsp salt

Heat the oil. Add mustard seeds. Then add the hing, black pepper, cumin, turmeric, cinnamon and ginger. Stir for about 30 seconds. Then add the cooked dal and salt and bring to a boil. Simmer for about 5 minutes and serve with rice and a teaspoonful of ghee.

Kapha Pacifying Masoor Dal – Serves 2-3

Ingredients:

½ cup masoor dal, washed can cooked in 2 ½ cups of water until soft

For seasoning:

2 tsp oil – olive oil or ghee

½ tsp mustard seeds

Once pinch of hing

¼ tsp turmeric

¼ tsp cayenne pepper

2 cloves

1 cinnamon stick

1 tsp grated ginger

1 tsp fenugreek seeds

1 tsp salt

2 tsp chopped coriander

Heat the oil and add mustard seeds. Then add the hing, turmeric, cayenne pepper, cloves, cinnamon, ginger and fenugreek seeds. Allow it to fry for about 30-45 seconds. Then add the cooked dal, salt and chopped coriander and bring to a boil. Simmer for about 5 minutes and serve with rice.

Pitta Pacifying Masoor Dal – Serves 2-3

Ingredients:

½ cup masoor dal, washed can cooked in 2 ½ cups of water until soft

For seasoning:

2 tsp oil – olive oil or ghee

1 tsp cumin seeds

¼ tsp turmeric

1 tsp ground fennel seeds

2 tsp coriander powder

½ tsp grated ginger

½ tsp salt

2 tbsp chopped coriander

Heat the oil. Add cumin seeds and hing. Then add the turmeric, ground fennel, coriander and ginger. Fry for about 30 seconds. Now add the dal, salt and coriander and bring to a boil. Simmer for about 5 minutes and serve with rice and a spoonful of ghee.