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Dal Tadka

Preparation time: 15 min

Cooking time: 1 h

Total time: 1 h 15 min

Difficulty: easy

Portions: 4 People

For the dal

200 g yellow lentils, rinsed and drained

1 ts kala namak

2 ts turmeric, ground

2 tb spreadable fat

1 pc cardamom pod

1 pc cinnamon stick

2 pc cloves

600 ml water

1 pc onion, peeled and sliced into rings

3 ts cayenne pepper

1 pc red chili pepper

2 tb Garam-Masala powder

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1. Rinse the yellow lentils, and leave them to soak in fresh water for an hour. Drain the water and place the lentils in a saucepan.

2. Season with Kala Namak and turmeric, add around 600ml of water, and bring to the boil.

3. Boil the lentils for around 30 minutes over a medium heat until soft. Drain, return to the saucepan and set aside.

4. Heat 1 tbsp spreadable fat in a large pan. Add the cardamom pod, cinnamon stick and cloves, and fry them for around 5 minutes. Pour in the masala powder and simmer for 10-15 minutes.

5. Stir in the cooked lentils. If necessary, add a little more water and salt. Simmer the lentils for a few more minutes, until they have the desired consistency.

6. In the meantime, melt 1 tbsp spreadable fat in another (small) pan. Add the onion rings, chili and cayenne pepper, and braise for 7-8 minutes until the onions are brown.

7. Serve the dal tadka in a bowl, drizzle with the oil the onions and chilis were frying in, and garnish with fresh coriander.