



Mahavira's Dal

Mahavira's Dal Recipe is great for large gatherings and potluck dinners. This generous batch of dal, featuring suggested vegetables or your garden's seasonal picks, is sure to please a crowd. It yields a large pot, making it perfect for batch cooking and freezing for future meals. Enjoy the convenience and flavour of this hearty dish at your gatherings!

Dal is a wholesome and comforting Indian dish made from dried and split legumes, such as lentils, peas, or beans. It's cooked with aromatic spices, resulting in a flavourful, often creamy, stew-like consistency. Dal is a staple in Indian cuisine, enjoyed as a side dish or a main course, and it can pair with rice, bread, or served on its own. With many regional variations, dal offers a diverse range of flavours and is hearty, nutritious, and delicious.

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The founder of Monsoon Coast designed this recipe to make a large batch of dal. It is perfect for a potluck dinner or large family gathering. The suggested vegetables work really well, but by all means, use whatever is fresh from your garden and/or in season. Enjoy! Yields a giant pot. Freezes very well for batch meals.

- 2 tsp olive oil
- 2 whole Onion (Diced)
- 4 cloves Garlic (Crushed)
- 1 tbsp Ginger (Grated)
- 1 tbsp Mahaviras Feast (Heaped)
- 1 tbsp Turmeric
- 2 tbsp Tomato Paste
- 2 cups Red Lentils (Washed well and drained)
- 1/2 cup Basmati Rice (Triple rinsed and drained)

- 8 cup Vegetable Stock
- 1 cup Cauliflower (cut in small pieces)
- 1 whole Sweet Red Pepper (Diced)
- 1 cup Green Peas (Fresh or Frozen)
- 1 can Coconut Milk
- Salt (to taste)

1. In a very large pot sauté onions in oil until translucent (about 10 minutes).
2. Add garlic and ginger. Sauté for 2 minutes.
3. Add spices and stir well. Cook for 2 minutes until fragrant.
4. Add tomato paste. Cook for 2 minutes.
5. Add lentils and rice and stir to combine with onion and spice mixture.
6. Add 7 cups of the vegetable stock. Bring to a boil and then reduce to low, cover and simmer.
7. After 10 minutes add the cauliflower and stir in. Cover and simmer for another 10 minutes.
8. Stir in the rest of the vegetables and more stock as needed to keep the consistency of a thick soup. Once all the vegetables are in, add salt to taste.
9. Cook for 10 minutes until the vegetables are nearly done.
10. Stir in the coconut milk, simmer for about 10 more minutes to combine the flavours. adjust seasoning.

Main Course
 Indian & South Asian
 Daal, Dal, Dhal, Vegetarian

Ingredients:

2 tsp olive oil
 2 onions, diced
 4 cloves garlic, crushed
 1 TBL ginger, grated
 1 heaped TBL Mahavira's Feast

Instructions:

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 2 - Add garlic and ginger. Sauté for 2 minutes.
 3 - Add spices and stir well. Cook for 2 minutes until fragrant.
 4 - Add tomato paste. Cook for 2 minutes.
 5 - Add lentils and rice and stir to combine with onion and spice mixture.

1 TBL turmeric
2 TBL tomato paste
2 cups red lentils, washed well and drained
½ cup Basmati rice, triple rinsed and drained
8 cups vegetable stock
1 cup cauliflower, cut in small pieces
1 sweet red pepper, diced
1 cup fresh or frozen green peas
1 can coconut milk
Salt to taste

6 - Add 7 cups of the vegetable stock. Bring to a boil and then reduce to low, cover and simmer.

7 - After 10 minutes add the cauliflower and stir in. Cover and simmer for another 10 minutes.

8 - Stir in the rest of the vegetables and more stock as needed to keep the consistency of a thick soup. Once all the vegetables are in, add salt to taste.

9 - Cook for 10 minutes until the vegetables are nearly done.

10 - Stir in the coconut milk, simmer for about 10 more minutes to combine the flavours. adjust seasoning.

Spices Used: Mahavira's Feast