



Spicy Laxmi Dal

This basic legume soup is eaten in one form or another with almost every Indian meal. Serve with rice, chapatis and your favorite Indian dishes.

Ingredients:

1 cup dal (use moong dal, toor dal, or yellow split peas)

4-5 cups water (varies with dal type and desired thickness)

2 tsp turmeric

4 TBL light oil or ghee, divided

1 medium onion, chopped

1 TBL Monsoon Balti

1 TBL ginger, minced

2 medium tomatoes, diced

Salt to taste

1-2 TBL Kerala Chaunk (depending on desired heat)

Garnish:

Small bunch cilantro or parsley, chopped

Yoghurt

Instructions:

1 - Wash your dal in several changes of water and drain.

2 - Combine the dal and water in a heavy saucepan, cover and carefully bring to a boil.

3 - Lower heat, add turmeric and simmer gently for about 1.5 hours, stirring occasionally until the dal is soft. Add more water if it gets too thick during that time.

4 - Whisk the mixture to a smooth consistency

5 - In a separate frying pan over medium heat, add 2 TBL ghee or oil.

6 - Add onions. Sauté 3 minutes.

7 - Add Monsoon Balti. Sauté 1 minute

Spices Used: Kerala Chaunk Monsoon Balti

6 Servings