

## **Red Lentil Dal with Spice-Infused Ghee**

*There are many varieties of dal and a number of lentils to chose from: green, black, red, yellow and cracked lentils, known as urad dal. I love the color of these red lentils and often use them as the base of a lentil soup.*

**2 tablespoons ghee**

**1 teaspoon yellow mustard seeds**

**1 teaspoon turmeric**

**1 teaspoon cumin**

**1/2 onion, finely chopped**

**1 teaspoon sea salt**

**2 cups red lentils, rinsed**

**5 cups water**

### **Spice-Infused Ghee**

**2 tablespoons ghee**

**2 teaspoons cumin seeds**

**3 cloves garlic, minced**

**1 tablespoon minced ginger**

**2 teaspoons garam masala**

**1 1/2 cups chopped plum tomatoes**

**1/4 cup chopped cilantro**

Heat the ghee in a medium saucepan over medium heat and add the mustard seeds, turmeric and cumin. Cook for about 30 seconds. Add the onion and salt and sauté until translucent, about 4 minutes. Add the lentils and 5 cups of water and bring to a boil. Cover the pan, lower the heat and cook until the lentils are tender, or about 30 minutes. If the lentils are getting too thick, add more water. Taste for seasoning and set aside.

Heat a small skillet over medium heat and add the ghee. Saute the cumin seeds, garlic, ginger and garam masala until fragrant, about 2 minutes, then add the tomatoes. Cook another 2 minutes and turn off the heat.

Transfer the dal to a serving dish and pour the spice-infused ghee on top. Garnish with the

cilantro and serve.

**Yield: Serves 6**

Recipe by chef Amanda Cushman