

Everyday Dal Recipe

By Unknown

The warming, soothing and downright healing effects of dal are well known throughout South Asia and its diaspora. This is an everyday dish for a good reason: It's simple to make but tastes complex, and the flavor only deepens over time. There are countless ways to make dal; this version requires just 10 minutes and five ingredients (not including salt), all serving important purposes: The lentils cook quickly, the turmeric lends an earthy wholesomeness and the rich chhonk, or tempering, made by sizzling spices with ghee, brings instant depth. To gussy it up, try adding a packet of frozen spinach, or stirring minced garlic into the chhonk. If you're tempted to use ground cumin instead of cumin seeds, resist! The seeds have a distinctly smokier flavor and add a pleasant texture to the dal.

Source: <https://cooking.nytimes.com/recipes/1025220-everyday-dal>