

Basic daal

3 portions

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| 1 | 1 cup dry rice
1 cup water
rice cooker | Prepare one cup of rice as normal. Turn on the rice cooker a bit before you start the rest of the process; the rice will take longer than the daal to cook. |
| 2 | 1 cup red lentils
strainer | Rinse and strain one cup of lentils. |
| 3 | 3 cups water
1 tsp turmeric
1 tsp salt
1 pinch chilli powder (optional)
four-quart pot | Put the lentils, water, salt and turmeric into a pot; mix well and bring to a boil. |
| 4 | | When the water boils, turn down the heat to medium and let boil for 7 minutes. |
| 5 | | After 7 minutes, remove the pot from the heat, place a lid on, and let it sit for another 5 minutes. In the meantime— |
| 6 | 1 tsp ghee
small pan | Put a small amount of ghee in a small pan and melt it on the stove. |
| 7 | 1 tbsp cumin seeds | When the pan is well hot, pour in the cumin seeds, stir quickly, and once the seeds start to pop (nearly immediately) remove the pan from the heat. |
| 8 | | When the 5 minutes for the lentils are up, pour in the cumin seeds and ghee. |
| 9 | 1 lime | Cut the lime into quarters, and squeeze the juice into the daal mix. Mix well. |
| 10 | | Serve on or alongside the rice. |

Basic sourdough bread

10 portions

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| 1 | 65 g flour
65 g water | Take your starter out of the fridge, remove about 125g and store in a jar for other things, and feed the starter with about 65g of flour and 65g of water. |
| 2 | | Leave the starter on the counter to warm up and activate for 4–6 hours. |
| 3 | 125 g starter
330 g flour
220 g water
10 g salt
mixing bowl | In a bowl, put together 125g of starter, 330g of flour, 220g of water, and 10g of salt. |
| 4 | | Mix gently, switching to kneading at the end as necessary to mix. Don't knead any more than you have to. |
| 5 | cloth or wax wrap | Cover the bowl and let it sit on the counter for an hour. |
| 6 | 65 g flour
65 g water | Re-feed your starter and put it back in the fridge. |
| 7 | | After an hour, remove the cover, gently fold the dough over on itself a few times, turning a bit as you go. Put the cover back on and let it sit another hour. |

- 8 Fold the dough again, then let it rest one more hour.
- 9 Fold the dough one last time, then put the dough in the refrigerator for 12–48 hours.
- 10 dutch oven
silicone liner or parchment paper When you have about four hours to rise and bake, take the dough out of the fridge, punch it down, pick it up and shape it in your hands into a ball, and set it down in a lined dutch oven. Let it rest and warm up on the counter with the lid on for three hours.
- 11 After three hours, preheat your oven to 500 degrees F.
- 12 When the oven is hot enough, score the top of your dough in an X with a knife, then put the lid back on and put it in the oven. Immediately reduce the oven temperature to 450 degrees, and set a timer for 45 minutes.
- 13 After 45 minutes, open the oven, remove the lid on the dutch oven, and close the oven back up again. Let it bake another 15 minutes.
- 14 After 15 minutes, the bread is done! Take it out of the oven and the dutch oven, and put it on a cooling rack to cool completely before serving or storing it.