| Day 5 | |
| --- | --- |
| **Lunch Menu** | **Preparations** |
| -Urid dhal  -Jasmine/basmati rice  -Coleslaw | -Peel and chop vegetables (d6)  -Rinse sprouts (d7, d8)  -Cook butter beans (d6)  -Soak 1 kg mung beans for sprouts (d9)  -Soak dried fruits overnight for breakfast |

**Jasmine / basmati Rice**

**Note:** White rice is prepared differently than brown rice. Follow the instructions carefully. You may want to measure the dry rice beforehand to help calculate water quantity.

| **Ingredients** | **10 p** | **90 p** | **100 p** | **110 p** |
| --- | --- | --- | --- | --- |
| Rice  Water | 1 kg  See | 6 kg  instructions | 8 kg | 10kg |

**Cooking:**

**Rinse the rice thoroughly:** Pour the selected amount of dry rice in a large pot and cover with water; mix thoroughly. Discard the water by using a strainer. Repeat the operation once or twice.

**Prepare to cook:** In a large enough pot, add about 1,5 times the quantity of rice in water. Bring to a boil over med-high to high heat. Reduce the heat and let simmer until the rice is done or all the water is absorbed. Cover and set aside for 5 min.

You may also speed the process by covering tightly (add weight on the lid) from the beginning. If you do so, add a bit less water. Once you see steam coming out of the lid, let boil like so for 1 minute and reduce heat to minimum and let simmer until done.

**Mix well and serve**

**Urid Dhal**

| **Ingredients** | **10 p** | **90 p** | **100 p** | **110 p** |
| --- | --- | --- | --- | --- |
| Onions  Ginger  Lentils  Water  Tomato pulp  Oil  Mustard seeds  Cinamon  Cardamom  Turmeric  Cumin  Coriander  Bay leaf  Chili  Salt  Lemon juice | 160 g  80 g  1 L  2,5 L  400 g  1,4 dl  0,5 Tbsp  1 Tbsp  1,5 Tbsp  1,5 Tbsp  3 pcs  0,25 tsp  1,5 tsp  16 ml | 1,4 kg  720 g  9,4 L  22 L  3,6 kg  12,25 dl  5 Tbsp  7 Tbsp  12,5 Tbsp  12,5 Tbsp  28 pcs  2 tsp  12,5 tsp  1,5 dl | 1,6 kg  800 g  10,4 L  24 L  4 kg  13,6 dl  5,6 Tbsp  8 Tbsp  14 Tbsp  14 Tbsp  32 pcs  2,4 tsp  14 tsp  1,6 dl | 1,76 kg  880 g  11,5 L  26 L  4,4 kg  15 dl  6 Tbsp  9 Tbsp  15,5 Tbsp  15,5 Tbsp  35 pcs  2,6 tsp  15 tsp  1,75 dl |

**Preparations (d4) :**

1. Rinse the dry lentils thoroughly by making sure to discard any impurities such as sand, little stones or husk.
2. Let them soak overnight in a large amount of freshwater.

**Cooking :**

1. Discard the soaking water of lentils and let them drain in a strainer.
2. Heat up the oil in a large pot over medium heat. Stir in the mustard seeds. When they pop, add the onions and spices and fry for a few minutes or until the onions are “sweaty”.
3. Add the lentils and mix well, then add the water. Bring to boil on med-high heat, then reduce, cover and let simmer for 20-30 min. Stir occasionally, adding water if necessary. When the lentils are tender and the dhal smooth, it’s ready.

**Coleslaw**

| **Ingredients** | **10 p** | **90 p** | **100 p** | **110 p** |
| --- | --- | --- | --- | --- |
| Cabbage  Lemon juice  Salt  Black pepper  Apple cider vinegar | 2 heads  40 ml  0,25 tsp  0,5 tsp  0,5 Tbsp | 19 heads  360 ml  2 tsp  5,5 tsp  5,5 Tbsp | 21 heads  400 ml  2,4 tsp  6 tsp  6 Tbsp | 23 heads  440 ml  2,6 tsp  6,6 tsp  6,6 Tbsp |

**Preparation (d4):**

1. Slice the cabbage finely
2. Mix all ingredients and refrigerate in a sealed container overnight