

# DHAL MAKHANI

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## INGREDIENTS

1 cup lentils  
1/4 cup dry kidney beans (optional)  
water to cover  
5 cups water  
2 tablespoons salt  
2 tablespoons vegetable oil  
1 tablespoon cumin seeds  
4 cardamom pods  
1 cinnamon stick, broken  
4 bay leaves  
6 whole cloves  
1 1/2 tablespoons ginger paste  
1 1/2 tablespoons garlic paste  
1/2 teaspoon ground turmeric  
1 pinch cayenne pepper, or more to taste  
1 cup canned tomato puree, or more to taste  
1 tablespoon chili powder  
2 tablespoons ground coriander  
1/4 cup butter  
2 tablespoons dried fenugreek leaves (optional)  
1/2 cup cream (optional)

## METHOD

### Step 1

Place lentils and kidney beans in a large bowl; cover with plenty of water. Soak for at least 2 hours or overnight. Drain.

Cook lentils, kidney beans, 5 cups water, and salt in a pot over medium heat until tender, stirring occasionally, about 1 hour. Remove from heat and set aside. Keep the lentils, kidney beans, and any excess cooking water in the pot.

### Step 2

Heat vegetable oil in a saucepan over medium-high heat. Cook cumin seeds in the hot oil until they begin to pop, 1 to 2 minutes. Add cardamom pods, cinnamon stick, bay leaves, and cloves; cook until bay leaves turn brown, about 1 minute.

### Step 3

Reduce heat to medium-low; add ginger paste, garlic paste, turmeric, and cayenne pepper. Stir to coat.

### Step 4

Stir tomato puree into spice mixture; cook over medium heat until slightly reduced, about 5 minutes. Add chili powder, coriander, and butter; cook and stir until butter is melted.

### Step 5

Stir lentils, kidney beans and any leftover cooking water into tomato mixture; bring to a boil, reduce heat to low. Stir fenugreek into lentil mixture.

### Step 6

Cover saucepan and simmer until heated through, stirring occasionally, about 45 minutes. Add cream and cook until heated through, 2 to 4 minutes.

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# THE COOKERY

by The Secret Jozi Chef