

YELLOW DHAL CURRY

INGREDIENTS

4tbsp butter
1tsp black mustard seed
4 tsp cumin seed
4 dried red chilli
10-15 curry leaf
2 bay leaf
2 cinnamon sticks
2 tsp crushed garlic
2 medium onions chopped
2 medium tomatoes chopped
1 tsp turmeric
2 tsp curry powder
2 tbsps chopped coriander
800gms cooked dhal

METHOD

Step 1

Heat the butter in the pan, now add the chopped onion and cook until softened

Step 2

Now add the mustard seed, cumin seeds, chili, garlic, curry leaf, cinnamon and bay leaf and cook until fragrant

Step 3

Now add the turmeric powder and masala - cook for 1 minute

Step 4

Now add the finely chopped tomato and a splash of boiling water - cook for 2-minutes

Step 5

Stir in the dhal and add salt to taste

Step 6

Bring to boil and simmer for 5-minutes on a low heat

Step 7

Once ready add chopped coriander to garnish

THE COOKERY

by The Secret Jozi Chef