

DHAL MAKHANI

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.

THE COOKERY

by The Secret Jozi Chef