

Red lentil dhal

Cuisine: Indian

Food category: Vegetables



Author: Jaroslav Mikoška

Company: Retigo



Program steps

Preheating: 105 °C

1 Steaming Termination by time 00:30 hh:mm 100 °C + 100 %

Ingredients - number of portions - 8

Name	Value	Unit
red lentils	400	g
water	1.5	l
ginger root, peeled and finely chopped	30	g
bay leaf	2	pcs
cinnamon stick	2	pcs
clarified butter	50	g
onion	2	pcs
garlic cloves, finely chopped	4	pcs
turmeric	10	g
caraway seeds	10	g
garam masala	3	g
chili powder	3	g
salt	1	g
Coriander leaves, finely chopped	10	g
lime juice	1	pcs

Directions

1. Soak the lentils for 8 hours and rinse well.
2. Set the oven on full steam at 100°C.
3. In a skillet, sauté the onions, garlic, chili and cumin in ghee. Once the onions have softened, transfer into a GN container and combine the lentils, rice, ginger, bay leaves, cinnamon (cut lengthwise), turmeric, Garam Masala and add salt and water. Make sure that the ingredients are completely submerged in water.
4. Cook for 30 minutes or until the lentils have softened.
5. Stir in the lime juice, correct the seasoning and finish with coriander leaves before serving. Naan bread makes a perfect accompaniment.

Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Pektin, Se, Zn

Vitamins: A, B, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	254.1 kJ
Carbohydrate	35.3 g
Fat	7 g
Protein	12 g
Water	0 g

Recommended accessories



Enameled GN container