

Dahl with red lentils

Cuisine: **Indian**

Food category: **Vegetarian dishes**



Author: **Retigo Team Deutschland**

Company: **RETIGO Deutschland GmbH**



Program steps

Preheating: 100 °C

1 Steaming Termination by time 00:30 hh:mm 100 °C 50 %

Ingredients - number of portions - 8

| Name | Value | Unit |
|--|-------|------|
| red lentils | 400 | g |
| water | 1.5 | l |
| ginger root, peeled and finely chopped | 30 | g |
| 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 |

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 |

Directions

1. Soak red lentils for eight hours and rinse well.
2. Set the combi steamer to steam mode at 100°C.
3. Place onions, garlic, chili, and cumin in a pan and sauté in ghee. Once the onion is soft, transfer to a GN container and mix with the lentils, rice, ginger, bay leaves, cinnamon, turmeric, garam masala. Add salt and water. Ensure that the ingredients are fully covered with water.
4. Place the GN container in the combi steamer and cook for about 30 minutes until the lentils are soft.
5. Stir in lime juice, season, and garnish with coriander leaves before serving. A perfect side dish would be naan bread.

Recommended accessories



Enameled GN
container