

# Dahl with red lentils

Cuisine: **Indian**

Food category: **Vegetarian dishes**



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## 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