

Dhal 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

Directions

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

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