

South Indian Lentil Curry

Paruppu (lentils/dal) is a popular South Indian dish that is made from boiling lentils. It can be had with (Lebanese) bread, naan, rice or even by itself. This recipe is simple and uses ingredients that you can get in most stores, including Coles and Woolworths.

Ingredients

1 cup masoor dal (red lentils)
1/4 tsp turmeric powder
1/2 tsp chili powder (may be less, if you can't tolerate this)
2-3 cloves of garlic
1/4 inch of ginger
1 green chilli (optional)
Salt to taste (or chicken stock cube for a better flavour)

For seasoning

Mustard and cumin seeds
Curry leaves (few, and if available)
1 small chopped onion
2 to 3 black pepper corns (optional)

The Method

Start by boiling in water 1 cup of masoor dal (red lentils) along with 2 to 3 cloves of garlic, quarter inch of chopped ginger and one green chili that has been sliced into four parts, quarter teaspoon of turmeric powder and half a teaspoon of chili powder. Boil this till the lentils are soft. It's still moist but does not have too much water. Add salt/stock cube to taste.

In a separate pan, on low heat, fry in oil, a pinch of mustard and cumin seeds. Once the mustard seeds start to pop add curry leaves and chopped onions. Wait till it gets a bit of golden colour on low flame then turn off the flame. Pour all the contents into the boiled lentils and mix it well. You can also omit the curry leaves if you can't get any alternatively, contact me; I have plenty. Hope you like it. Enjoy!

Disclaimer: if you add too much chilli and have issues the following morning the chef is not responsible.

