

Miele

Dahl tadka

By Miele

10 minutes

Preparation time

55 minutes

Cooking time

4

Serves



INGREDIENTS

Dahl

200 g (1 cup) toor dahl (dried split pigeon peas)

2 tsp ghee

1 tsp ground turmeric

½ tsp dried chilli powder, preferably

Kashmiri chilli powder

500 ml (2 cups) water

2 tsp salt flakes

Tadka

20 g ghee

3 small, dried chillies, preferably Mundu chillies

1 tsp black mustard seeds

1 tsp cumin seeds

1 tsp red chilli powder, preferably

Kashmiri chili powder

6 fresh or dried curry leaves

METHOD

Dahl

1. Wash and rinse the dahl.
2. Melt the ghee in a large saucepan on medium-high heat, induction setting 7, add the turmeric, chilli and washed dahl and cook, stirring, for 30 seconds.
3. Add the water and cook on medium heat induction setting 5, covered, for 45 minutes or until the lentils break apart. Season with salt.
4. Whisk the lentils to achieve your desired texture, add more water if needed.

Tadka

1. Melt the ghee in a small frying pan on medium heat, induction setting 6. Add the chillies, mustard and cumin seeds. Cook 10 seconds. Carefully add the curry leaves until the leaves sizzle and the seeds pop. Then add chilli powder. Remove from the heat.
2. Pour the tadka onto the dahl, do not mix.

Additional appliance method

- The lentils can also be cooked in the steam oven.

Hints and tips

- Mandu chillies are small round chillies. They are not very hot but add a unique fruity flavour to the dahl.
- Mandu chillies, Kashmiri chilli powder and curry leaves can be found at Indian grocery stores.