

## NEPAL DAL

*Recipe adapted from "Annapurna's Prasad: Ayurvedic Cooking for Health & Longevity" by Nibodhi*

*Serves 6 to 8*

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### **Ingredients:**

½ cup green split mung dal

½ cup yellow split mung dal

(Note: if you do not have green split mung dal, you can use 1 full cup of yellow split mung dal)

1 cup red lentils

½ cup channa dal

5 cups of water

3 tablespoons ghee

½ tsp. mustard seed

½ tsp. cumin powder

1/8 tsp. hing (asafoetida)

½ tsp. turmeric powder

1 medium onion, chopped

1 medium tomato, finely chopped (or use an organic whole canned tomato like Muir Glen brand if tomatoes are out of season).

1 tsp. finely chopped Serrano or Jalapeno pepper

1 tsp. grated fresh ginger

1/8 to ¼ tsp. cayenne pepper (lesser amount for pitta constitution)

¼ tsp. fresh ground black pepper

1 tsp. coriander powder

½ tsp. cardamom powder

1/8 tsp. ground cloves

1 tsp. sea or mineral salt

3 teaspoons fresh lemon juice

½ cup chopped cilantro

**Directions:**

Rinse the channa dal well and soak for one hour. Then rinse & add the green & yellow split mung and the red lentils, add more water if needed, and soak all beans together for another hour. Drain, rinse thoroughly and discard soaking water.

Cook the beans in 5 cups of fresh boiling water over medium-low heat until soft (about 40 to 50 minutes). Remove from heat. Add 1 cup of cold water, then either mix the beans in a blender or use an immersion blender in the pot. Set aside.

Heat the ghee in a sauté pan. Add mustard seeds. When seeds pop, add cumin, turmeric & hing. Saute for 30 seconds or so, then add onion and sauté until light brown in color.

Next add chopped pepper, ginger and garlic. After 2 or 3 minutes, add chopped tomato. If using canned tomato, add a little juice as well.

Now add this cooked mixture to the blended dal, and then add the rest of the dried spices and the salt.

Bring the dal back to a boil and let it simmer another 10 to 15 minutes, adding more water if necessary.

When completely cooked, remove from the heat, mix in lemon juice, cilantro and extra seasonings to taste.

Serve over basmati rice or quinoa. Cilantro chutney is a delicious condiment for this dish.