Main dishes / India

Dal tadka



A lentil stew finished by pouring sizzling spiced fat over it. That step is the dish.

Time 45 min **Servings** 4

What you'll need.

- ☐ 200 g Toor dal — rinsed
- ☐ 3 tbsp Ghee
- ☐ 0.5 tsp Mustard seeds
- ☐ 1 piece Onion
- ☐ 2 piece Dried red chillies
- ☐ Salt — to taste
- ☐ 0.5 tsp Turmeric
- ☐ 1 tsp Cumin seeds
- ☐ 4 clove Garlic — thinly sliced
- ☐ 2 piece Tomato
- ☐ 1 pinch Asafoetida

Let's make it.

01 Cover the lentils with three cups of water, add the turmeric and simmer covered for thirty minutes, until the grains collapse into a soft mass.

02 Mash some of the lentils against the side of the pot and season. The consistency should be that of a thick soup.

03 Separately fry the onion until golden, add the tomatoes and cook until they break down into a sauce. Stir that into the lentils.

04 Heat the ghee in a small pan until it is just short of smoking. Add the mustard seeds; they should crackle within seconds.

05 Add the cumin at once, the garlic and chillies ten seconds later, the asafoetida twenty seconds after that. The whole thing takes under a minute and cannot be left alone.

06 Pour the sizzling tadka straight into the lentils — it should hiss. Stir once and serve with rice or flatbread.

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