

LENTIL SOUP WITH COCONUT FROM INDIA



The softness of legumes have a sweet and spicy touch. In India, lentil soups are called Dahl and there are endless varieties of them, they are flavored with green curry and coconut.

Ingredients for 4 people

- 125 grams of lentils Dhal
- 1 onion
- 1 teaspoon of extra virgin olive oil / or ghee
- 1 potato
- a couple of tomatoes
- half a savoy cabbage
- various spices (cumin, turmeric, chilli, coriander)
- fresh ginger
- a couple of tablespoons of dehydrated coconut
- salt.

PREPARATION:

- 1.) boil the lentils "al dente", then drain them
- 2.) Heat up apart the oil with the chopped onion, the chopped fresh ginger, the potato and the diced tomatoes.
- 3.) Add 2 teaspoons of ground coriander, one of cumin, half of turmeric, hot pepper to taste and a couple of large spoons of dehydrated coconut.
- 4.) After blasting everything for about 8/10 minutes, add the lentils previously boiled, half a liter or a little more of water, the cabbage in chunks and season with salt.
- 5.) The lentil soup will be ready when the lentils start to flake.
- 6.) Season with fresh coriander and decorate with a little bit of coconut milk.

INGREDIENT GUIDE:



2148 ITS
Split lentils Masoor Dal
1 kg



0315 HEERA
Butter Ghee
500 gr



2169 ITS
Whole cumin
100 gr



1549 ITS COLOMBO
Unroasted chili powder
100 gr



0645 ITS
Coriander seeds
100 gr



2266 ITS COLOMBO
Desiccated Coconut
250 gr