

# Red lentil dhal

Cuisine: Indian  
Food category: Vegetables



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## Program steps

Preheating: 105 °C

1

 Steaming

 Termination by time

 00:30

hh:mm

 100 °C

 100 %



## Ingredients - number of portions - 8

| Name                                   | Value | Unit |
|----------------------------------------|-------|------|
| red lentils                            | 400   | g    |
| water                                  | 1.5   | l    |
| ginger root, peeled and finely chopped | 30    | g    |
| bay leaf                               | 2     | pcs  |
| cinnamon stick                         | 2     | pcs  |
| clarified butter                       | 50    | g    |
| onion                                  | 2     | pcs  |
| garlic cloves, finely chopped          | 4     | pcs  |
| turmeric                               | 10    | g    |
| caraway seeds                          | 10    | g    |
| garam masala                           | 3     | g    |
| chili powder                           | 3     | g    |
| salt                                   | 1     | g    |
| Coriander leaves, finely chopped       | 10    | g    |
| lime juice                             | 1     | pcs  |

## Directions

1. Soak the lentils for 8 hours and rinse well.
2. Set the oven on full steam at 100°C.
3. In a skillet, sauté the onions, garlic, chili and cumin in ghee. Once the onions have softened, transfer into a GN container and combine the lentils, rice, ginger, bay leaves, cinnamon (cut lengthwise), turmeric, Garam Masala and add salt and water. Make sure that the ingredients are completely submerged in water.
4. Cook for 30 minutes or until the lentils have softened.
5. Stir in the lime juice, correct the seasoning and finish with coriander leaves before serving. Naan bread makes a perfect accompaniment.

## Nutrition and allergens

Allergens:  
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Pektin, Se, Zn  
Vitamins: A, B, C, E, K, Kyselina listová

| Nutritional value of one portion | Value    |
|----------------------------------|----------|
| Energy                           | 254.1 kJ |
| Carbohydrate                     | 35.3 g   |
| Fat                              | 7 g      |
| Protein                          | 12 g     |
| Water                            | 0 g      |

## Recommended accessories



Enameled GN container