

## **Dahl**

Recipe provided by Mrs Surekha Parekh, Advocate of the Asian Women's group.

### **Method**

Wash and soak 1 cup of dahl. Cook in slow cooker for 30 minutes. Once it is cooked add a few fresh tomatoes chopped up and leave it in the slow cooker for a further 5 minutes.

Whisk it in a blender into a smooth sauce – like a soup.

### **In a saucepan**

Add a tablespoon of olive oil or rapeseed oil. Gently heat this and add mustard seeds and chopped tomatoes

- Add the Dahl from the slow cooker and boil
- Add fresh ginger root, fresh chillies, 1 teaspoon of salt, 1 fresh lemon and 1 teaspoons of sugar (not a necessity) and turmeric
- Boil for 10 mins. Add chopped coriander to garnish

The more herbs and spices you use for flavour, the less salt and sugar is required.