

Dahl

4 cups dried yellow split peas, soak for 6-8 hours or as long as you can	1 teaspoon ground coriander
water to cook the split peas in	1/4 teaspoon cardamom
3/4 cup olive oil	1/4 teaspoon cinnamon
2 Tablespoons black mustard seeds	2 Tablespoons salt, or to taste
2 teaspoons cumin seeds	2 teaspoons turmeric
2 large red or yellow onions, diced (but do not use sweet onions)	2 jalapeño peppers, minced finely with seeds
9 cloves garlic, minced (1 head)	1/2 cup fresh cilantro (optional)
2 teaspoons minced ginger	

1. Rinse split peas. Cover them with water, about a ½” above the level of the split peas —stir so they don’t get stuck to the bottom. Bring water to boil in a large heavy pot, then lower heat, and simmer ~ 2 hours until tender and dissolved in the water. If it gets dry, add more water. They can foam up, just stir it back in frequently. After 30 minutes you can probably cover the pot, but not before.

2. Prepare all your spices and onions before beginning this step. In a separate heavy skillet, on med-high heat, add the olive oil and mustard seeds. Cover and allow most of the seeds to pop. If you wait for them all to pop, they will start to burn, stop before then. Working quickly, turn the heat to medium, add the cumin seeds and stir ~15 seconds. Add the coriander, cardamom and cinnamon and stir for 15 seconds. Add the onions. Sauté for ~10 minutes. Add garlic and ginger. Sauté ~10-20 more minutes until soft. Turn off heat, add salt, turmeric, and jalapeños. Don’t sauté jalapeños, they get into your throat.

3. When the split peas are finished cooking and basically dissolved, add the above mixture to the split peas, and cook 30 minutes until the consistency is right. Too thin? Cook a little longer, uncovered to allow water to evaporate. Too thick? Nobody likes Dahl that’s too thick... Add water until it’s just right. Water is important, so please focus on consistency.

4. Turn off heat. Add cilantro (optional). Serve with rice.

Great side dishes to go with this are Bindy Pyaza (Okra) or Cabbage with Mustard Seeds, or Baigan Barta (Eggplant)

Serves 6; Prep time: 30 minutes; Cooking time: 2 hours

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