



Dhal Makhni

TRADITIONAL PUNJABI BLACK LENTILS WITH TOMATO

INGREDIENTS

- 150g (soaked) whole black lentils
- 50g (soaked) kidney beans
- 100g (soaked) channa dhal
- 1 tbsp garlic-ginger paste
- 2 tbsp hung yoghurt (see p6), beaten
- 10 tbsp pulped tomato
- 1 small onion, finely chopped
- 1 tsp salt
- 1 tsp red chilli powder
- ½ tsp garam masala
- 500ml water
- handful coriander leaves, finely chopped

METHOD

- Clean the pulses well.
- Add water, salt, chilli powder, onion, tomato pulp and garlic-ginger paste. Cook in pressure cooker for about 40 minutes or till the pulses are cooked. If you do not have a pressure cooker, simmer the mixture for 1½ hours, adding water occasionally.
- Mash the pulses and leave on low heat.
- Add the beaten yoghurt and cook for 3-4 minutes.
- Garnish with coriander leaves and garam masala.

If the dhal thickens too much, just add water and bring back to the boil.