



Food For Thought Recipe and Allergen Card

Dhal Sauce

100 Portions

Ingredient	Hannah Product Code	Quantity
Dried Red Lentils		1.5k
Cold water		3.5 ltrs
Dried Cumin		2 tbsp
Garam Masala		2tbsp
Onions – Diced		3 Large
Garlic – Pureed		1 Bulb
Tomato Puree		2 tbsp
Ginger		1 tsp
Salt		1 tbsp
Pepper		1 tbsp
Fresh Coriander Leaf		100g
Olive oil		For frying

RECIPE METHOD – **ALLERGENS**

1. In a sieve, WASH the red lentils until the water runs clear this is VERY important
2. In a suitable heavy bottomed sauce pan add the WASHED lentils and the cold water and mix very well
3. Bring to the boil and reduce to SIMMER stirring regularly as the lentils will stick to the bottom of the pan and burn
4. Cook for 35 minutes or until the lentils are just tender
5. Remove from the heat and allow to stand, mix gently with a whisk to help the lentils to break up slightly
6. In a separate pan, add the onions and fry on a moderate heat until soft
7. Add the garlic, tomato puree and spices and cook for 5 minutes on a low heat adding more oil if necessary
8. Add the cooked lentils to the onions and spices and mix very well
9. Cook for a further 10 minutes to allow the flavours to mix
10. Adjust the consistency with water if necessary and taste, if more spices are required add them and cook for a further 10 mins

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...