



Dhal Sauce

Ingredient	10 Portions	50 Portions	100 Portions
Dried Red Lentils	150g	750g	1.5kg
Cold water	350ml	1.75 ltrs	3.5 ltrs
Dried Cumin	Pinch	1 tbsp	2 tbsp
Garam Masala	Pinch	1 tbsp	2tbsp
Onions – Diced	1 small onion	1.5 large	3 Large
Garlic – Pureed	1 clove	0.5 bulb	1 Bulb
Tomato Puree	Pinch	1 tbsp	2 tbsp
Ginger	Pinch	0.5tsp	1 tsp
Salt	Pinch	1 tsp	1 tbsp
Pepper	Pinch	1 tsp	1 tbsp
Fresh Coriander Leaf	10g	50g	100g
Olive oil	For frying	For frying	For frying

Key Points

Try not to over cook this recipe as it can turn to mush.

Method

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

Allergens None