

# Red Lentil Dal

**No. of people: 100**

Red Lentils	10 quarts
Water	5 gallons
Turmeric	3 Tbsp
Canola Oil	1 cup
Hing	2 Tbsp
Ground Cumin	1 cup
Ground Coriander	1 cup
Paprika	¼ cup
Lemon Juice	½ cup
Salt	4 Tbsp

## **Cook: begin cooking at breakfast time**

1. Measure the lentils. Be sure they are clean of any dirt or debris. Rinse & wash them very well 3 or 4 times in a large pot, draining water each time into a sieve so as not to loose any floating lentils.
2. Into two large pots with a double bottom heat the oil on a medium flame and add spices (**except the salt**) to the oil. Keep the flame low to ensure spices don't burn!
3. Now divide the lentils between the 2 pots, add the water and bring to a boil over medium-high flame. ***Stir often and skim off foam. Be sure to scrape the bottom of the pot when stirring so beans won't stick and burn!*** Lower heat and continue cooking and stirring.

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Once boiling, reduce heat to low and continue to simmer until dal is soft. Stir often.

Cook until lentils are done. They should look pureed. Add lemon juice and salt when cooking is finished.

Garnish with chopped fresh cilantro if available.