

From the kitchen  
of Anne Madray

# Tempered Dahl (Caribbean) also known as Tarka Daal (UK)



Serves 8+

Prep time: 20 minutes

(overnight soaking of lentils, pre-cooking of lentils in microwave 5-10 minutes; veg prep 5-10 minutes)

Ideally, use Anne's own mix of equal parts of three different types of lentils such as daal split mung, yellow split peas and red split lentils.

Using all three\* will break down at different stages, giving your dahl a unique texture and body with an irresistible taste. Of course, you can use your own choice of dahl lentils.

¼ cup of veg oil  
250g dried weight of 3-part lentil mixture\*, washed, covered in water and preferably soaked overnight  
1 large onion (125g) sliced  
4 large garlic cloves crushed or to taste  
4 cherry tomatoes or 1 med tomato (50g) diced  
2 whole green chilli peppers  
1½ - 2 tablespoons Shan Daal Masala mix  
6 cups / 1.260L of boiling water

### For the Tarka :

¼ cup of veg oil  
1 scallion or spring onion, finely sliced (green part)  
1-2 large garlic cloves, sliced  
1-2 teaspoons Panch Puren (mixture of cumin seed, fenugreek, mustard, fennel, and kalonji) - or just cumin seeds

- 1 If lentils have been soaked, rinse and cover with clean cold water and microwave in a large microwave-proof bowl on high until the lentils just begin to boil (around 10 minutes). Allow to cool slightly then rinse the lentils in a strainer under cool water. This helps get rid of any impurities which may be in the pulses and also helps to speed up the cooking process.
- 2 Heat ¼ cup of oil and fry the onions for a few minutes. Add 1½ - 2 tablespoons of the Daal Masala Mix and garlic, fry on low heat for a minute or two.
- 3 Add the lentils, and stir-fry in the masala and onion mix on a medium to high heat, until all the lentils are well coated. Add 6 cups of boiling water, tomatoes and green chilies, boil on low heat until the largest lentils are tender (about 30 minutes).
- 4 Using a swizzle stick or wooden spoon, keep stirring until you have the desired consistency for your daal. I like mine the consistency of pouring cream with some of the lentils remaining soft and whole. Others like it thick; some, very smooth or very thin.
- 5 For the Tarka: Heat ¼ cup of veg oil in a separate pan on a high heat until the oil just begins to smoke, then add 1-2 teaspoons of panch puren (or cumin seeds), allow to fry for a few seconds before adding 1 chopped scallion (spring onion) and 1-2 sliced garlic cloves. Once they have turned golden brown, or to your liking, throw the hot sizzling oil over the lentil mixture.
- 5 Stir the oil through the mixture and cook for a few more minutes or so on a low heat.



**To serve:** Enjoy with rice, roti, naan, or alongside meat, fish and vegetable dishes.

This dish is like sharing a meal with my ancestors: it's the journey of my Grandmother's likkle pot

