

From the kitchen of Champa Boodan

Guyanese Dhal (instant pot version)

Not Just Rice & Peas

Celebrating Windrush in Devon

Serves 4-6

1 cup dried yellow split peas, rinsed
2 tablespoons oil
½ medium yellow onion, sliced
3 cloves of garlic, minced
2-3 wiri wiri peppers
½ teaspoon garam masala
½ teaspoon geera (roasted cumin)

½ teaspoon curry powder
½ teaspoon turmeric
¼ cup of tomato, diced
A handful of frozen or fresh spinach
(optional)
1½ teaspoon salt
4¼ cups water

For the chunky:

1 large garlic clove, sliced (or two small ones)
½ heaped teaspoon geera (cumin seeds)
2 tablespoons oil

- 1 Preparation: rinse and drain the split peas, set aside. Slice the onion, mince the garlic and chop the tomatoes. Set aside.
- 2 Press SAUTE and wait 30 seconds for the instant pot to heat up. Add 2 tablespoons of oil. Add the onion, garlic, pepper, and spices. Fry until the onions become tender.
- 3 Add the yellow split peas. Fry for a few minutes then add tomato, spinach and water.
- 4 Press CANCEL to get out of SAUTE mode.
- 5 Secure the lid, turn the pressure valve to "sealing".
- 6 Press PRESSURE COOK and set time to 12 minutes.
- 7 When the time is up and the instant pot beeps, let the pressure naturally release until the screen reads LO:15.
- 8 Now turn the valve to "venting." When all pressure is released, open the lid.
- 9 Use a whisk or dhal ghutni to mash the dahl and make it smooth.

For the Chunky

- 1 In a small sauce pot or ladle, add 2 tablespoons of oil. Heat on low. Add the geera and fry for a few minutes. Add the garlic. When the garlic is dark brown, remove from heat. Quickly pour over dhal and cover with lid to avoid splatter. Stir to layer flavors.
- 2 If the dhal is too thick for your liking, boil ½ cup of water and add a little at a time until desired the consistency is reached. Press "SAUTE" and let everything simmer for 2-3 minutes to emulsify. The dhal will thicken slightly when cool.

Notes

If you'd like to soak your peas before cooking follow these directions:
Soak peas in water overnight or for 30 minutes minimum, then cook.
Follow instructions to make dhal. Pressure cook for 5 minutes (instead of 12) then slow release for 10 minutes. After screen reads LO:10, turn valve from sealing to venting until all pressure releases.

