

Turmeric Rice

peelay chaaval

105
bread and rice

This yellow, lightly seasoned rice may be served with almost any Indian meal.

Ingredients

- 3 ~~2~~ cups basmati rice
- 4-5 ~~3~~ tablespoons ^{olive} vegetable oil
- 5 ~~3~~ whole cloves,
- 1 1/2 1 bay leaf
- 6 4 cardamom pods
- 1 1/2 2-inch stick cinnamon ~~2~~ ^{1/2} tsp ground cinnamon?
- 3 2 cloves garlic, peeled and finely chopped
- 1/2 1/4 teaspoon ground turmeric
- 1 1/2 1 teaspoon salt
- 3 2 tablespoons finely sliced chives or the green part of green onions
- 4 1/2 3 cups of water

Serves 4 to 6

Instructions

- Put the rice in a bowl and wash well in several changes of water. Drain and leave in a strainer set over a bowl.
- Put the oil in a heavy saucepan and set over medium-high heat. When the oil is hot, put in the cloves, bay leaf, cardamom pods, and cinnamon. Stir once or twice and put in the garlic. As soon as the garlic turns medium brown, put in the rice, turmeric, and salt. Stir gently for a minute. Now put in 2 3/4 cups water and bring to a boil. Cover tightly, turn the heat down very, very low, and cook for 25 minutes. Sprinkle with chives before serving.

Red Lentils Tarka

masoor dal

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legumes and vegetables

Indians tend to eat protein-rich legumes with many everyday meals. Often these are prepared with just a flavoring, or *tarka*, of whole cumin seeds, *asafetida*, and whole chiles popped in hot oil or *ghee*. Mustard seeds and a choice of garlic, curry leaves, onions, or even tomatoes may be added to this *tarka*. I have used red lentils here, partly because they are sold by all health food shops and make the shopping very easy, but mainly because they cook faster than most other traditional *dals* (split peas). Serve this dish with plain rice and a simple meat or vegetable. Yogurt relishes and pickles make good accompaniments.

Ingredients

- 1½ cups **red lentils** (*masoor dal*)
- ½ teaspoon ground **turmeric**
- 1¼–1½ teaspoons **salt**
- 3 tablespoons **vegetable oil** or *ghee* (see page 144)
- Generous pinch of ground *asafetida* (see page 140)
- 1 teaspoon **cumin seeds**
- 3–5 dried, **hot red chiles**

Serves 6 to 8

Instructions

- Pick over the lentils and wash in several changes of water. Drain. Put in a heavy saucepan. Add 5 cups water and the turmeric. Stir and bring to a simmer. (Do not let it boil over.) Cover in such a way as to leave the lid just very slightly ajar, turn the heat to low, and simmer gently for 35 to 40 minutes or until tender. Stir a few times during the cooking. Add the salt and mix. Leave covered, on very low heat, as you do the next step.
- Put the oil in a small frying pan and set over medium-high heat. When the oil is hot, put in the *asafetida*; then, a second later, add the cumin seeds. Let the cumin seeds sizzle for a few seconds. Put in the red chiles. As soon as they turn dark red (this takes just a few seconds), lift up the lid of the lentil pan and pour in the contents of the frying pan, oil as well as spices. Cover the saucepan immediately to trap the aromas.

combination of bag & book recipes

1/2 tsp. ground cumin

1/4 tsp. red pepper flakes

1/2 tsp. Kosher salt

3T olive oil

4C chicken broth

~~1 1/2 C~~ red lentils

One 16 oz bag

(1/2 C white wine, if available)

Red Split Lentils Simple
or Dressed Up

- * 1 cup red split lentils
- 2 1/4 cups low sodium broth (vegetable, chicken or beef)
- 1/4 cup white vermouth or red wine
- 1 tsp. red pepper flakes, or to taste
- 1 tsp. black pepper
- Everyday Seasoning Salt to taste
- 1 tbsp. olive oil

Heat oil in pan; add lentils, toss to coat; about 1 minute. Add broth, wine and seasoning. Cover with a lid and simmer over low heat until tender and the liquids almost absorbed, about 12 minutes. Serve simple or add toppings of your choice.

DRESSY TOPPINGS:

Mixed & sautéed garlic, caramelized leeks, crisp grilled Italian sausages, grilled tomatoes, diced and apricots, grilled vegetables, Parmesan cheese or your favorite topping.

chopped bacon,
soaked dried

SERVES 4

* Sort and rinse before cooking

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