

DHAL

- 4 cups of orange lentils
- 2 tbs of ghee or oil
- 2 fresh or dry chilies
- 1/2 inch fresh ginger
- 1 tsp. Mustard seeds
- 2 tsp. Cumin seeds
- 1/2 tsp. Coriander seeds
- 1/2 tsp. fenugreek
- 3 Cardamoms
- 3 Cloves
- 1/2 Cinamon stick
- 0 Hing
- 1 tsp Turmeric - *urliwua*
- 1 tsp Salt
- 2 Potatos
- 2 Tomatos
- 1 clove of garlic
- 2 hard boiled Eggs.
- 1 spring of fresh coriander leaf
- ← 6 curry leaf

Heat the ghee and put in the mustard seeds, add fenugreek, cumin, coriander seeds, cinamon, hing, cloves, cardamon, turmeric* and stir fry, add the ginger and garlic. Then add the washed and drained lentils and stir. Add water until the lentils are generously covered. Add the potatos and bring to a boil, lower the heat and add the salt. Cook until potatos are done. Add the fresh tomato quarters and the hard boiled eggs. Sprinkle fresh coriander leaf and a squirt of lemon juice over and serve with chapatis or Rice.

* Curry leaf.
Some more water can be added. 4-6 Servings