

# Snapped Up: Northern India Dal (or Dahl)



Lunch, Dinner, or as a spread like Hummus.

**Dal (or Dahl)** is a name for split, dried “pulses” (lentils) or split peas and beans. Protein-packed lentils have been keeping families nourished for thousands of years.

Lentil seeds are red, green, brown, and almost black color. The red variety is what is most used in Dal (the dish) because they don't need soaking and will quickly cook into a satisfying mush instead of staying seed-like. Served with rice, it becomes something you crave on a cold day.



The Dal recipe on the right is an easy, one pot version which tends to be on the mild side, allowing you to add more spices based on what you like and what type of spices are in your cupboard. There is no right or wrong. Don't have Turmeric? Add more curry. Consider this red lentil Dal as a base and then add spices to taste.

Once you have the spices locked in then add your choice of veggies to turn the dish into something more hearty like a stew--cubed potatoes, peas, chick peas, cauliflower... all add to the meal without hurting the taste.



PREP 10, COOK 30-40 TOTAL TIME 50 minutes

## INGREDIENTS

- 2 cups **red lentils** (they turn yellow when cooked)
- 6 cups **water**
- 1 **red or yellow bell pepper**, chopped
- 1 **red onion**, chopped
- 1 teaspoon fresh minced **ginger** (or 1 tsp ginger powder)
- 3 minced **garlic cloves**, (or 1 tsp garlic powder)
- 1 tsp **turmeric**
- 3 tsp **curry\*** powder
- 1 tsp **cumin**
- 2 tsp **garam masala\***
- 1/8 teaspoon **cayenne pepper** (add more if you like it spicy)
- 1 tsp **salt**

## TOOLS USED:

One big pot.

## DIRECTIONS:

1. **Pre-measure all spices into one bowl.** (It's easy to forget which spice you've already added, so pre-measure into a side dish and keep track.)
2. **Pre-chop onion and peppers.**
3. **Add water, red lentils, spices, onion, and pepper** to one pot and start to boil. Turn down to a simmer for 30-40 minutes until lentils are soft.
4. **TASTE IT.** Too bland? Add more salt. Too boring? Add more heat (a tiny bit of cayenne goes a long way) or another teaspoon of Garam Masala.
5. Too simple? Add small pieces of cauliflower, potatoes, green peas...

**Serve hot topped with fresh squeezed lemon over the Dal on rice, or let it cool to a mashed potato consistency and load into a wrap with arugula.**

\*Both **Curry and Garam Marsala** are not one “thing”, but a combinations of 5-10 spices. Depending on which Curry or Garam Marsala you get from the bulk bin, the flavor of your Dal will vary.

**Curry** is a blend of red chilies, coriander seeds, cumin, fenugreek seeds, mustard seeds, peppercorns, turmeric, and ginger.

**Garam Masala** (warm spices) is a blend of cardamom, coriander, cumin, cloves, cinnamon, peppercorns, bay leaves, and mace. There is also Kashmiri Masala, Chat Masala, and Green Masalas.

# 1 cup of Northern India Dahl provides:

General			
Energy	477.1	kcal	65%
Alcohol	0.0	g	No Target
Caffeine	0.0	mg	No Target
Water	304.3	g	11%

Carbohydrates			
Carbs	73.5	g	90%
Fiber	14.5	g	69%
Starch	51.6	g	No Target
Sugars	5.6	g	No Target
Sugar Alcohol	0.1	g	No Target
Net Carbs	58.8	g	96%

Lipids			
Fat	12.3	g	45%
Monounsaturated	1.0	g	No Target
Polyunsaturated	0.8	g	No Target
Omega-3	0.1	g	4%
Omega-6	0.8	g	7%
Saturated	9.7	g	n/a
Trans-Fats	0.0	g	n/a
Cholesterol	0.0	mg	No Target
Phytosterol	0.0	mg	No Target

Protein			
Protein	22.0	g	36%
Cystine	0.3	g	43%
Histidine	0.6	g	61%
Isoleucine	0.9	g	69%
Leucine	1.6	g	54%
Lysine	1.4	g	53%
Methionine	0.2	g	34%
Phenylalanine	1.1	g	92%
Threonine	0.8	g	55%
Tryptophan	0.2	g	60%
Tyrosine	0.6	g	52%
Valine	1.1	g	65%

Vitamins			
B1 (Thiamine)	0.6	mg	50%
B2 (Riboflavin)	0.2	mg	21%
B3 (Niacin)	5.1	mg	37%
B5 (Pantothenic Acid)	1.8	mg	36%
B6 (Pyridoxine)	0.6	mg	38%
B12 (Cobalamin)	0.0	µg	0%
Biotin	0.0	µg	0%
Folate	387.0	µg	97%
Vitamin A	238.7	IU	10%
Vitamin C	16.2	mg	22%
Vitamin D	0.0	IU	0%
Vitamin E	0.5	mg	3%
Beta Tocopherol	0.0	mg	No Target
Delta Tocopherol	0.0	mg	No Target
Gamma Tocopherol	2.0	mg	No Target
Vitamin K	4.2	µg	5%

Minerals			
Calcium	54.3	mg	7%
Copper	0.7	mg	82%
Fluoride	0.0	µg	0%
Iodine	0.0	µg	0%
Iron	7.7	mg	96%
Magnesium	132.5	mg	41%
Manganese	2.4	mg	136%
Molybdenum	0.0	µg	0%
Phosphorus	506.0	mg	72%
Potassium	1020.0	mg	22%
Selenium	13.5	µg	25%
Sodium	16.3	mg	1%
Zinc	3.6	mg	45%

Chart taken from [Cronometer](#).

Since you can't check the label on the side of a plant, Cronometer makes it easy to see what comes packed inside any whole food and in any quantity.

Percentages are based on what a 150 pound person needs daily.



**By Hannah Howlett**

[Printer Friendly PDF For This Recipe](#)

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*Description* : This simple Dal is not only quick to make but also filling, and virtually fat free. If you've been craving indian food but want something lighter than the traditional dishes this recipe is for you.

*Prep Time* : 5 Minutes

*Cook Time* : 30-40 Minutes

*Total Time* : 35-45 Minutes

#### *Ingredients*

- 2 cups red lentils
  - 6 cups water
  - 1 red or yellow bell pepper, chopped
  - 1 red onion, chopped
  - 1 teaspoon ginger
  - 3 garlic cloves, minced or 1 tsp garlic
  - 1 tsp turmeric
  - 3 tsp curry powder
  - 1 tsp cumin
  - 2 tsp graham marsela
  - 1/8 teaspoon cayenne pepper (add more if you like it spicy)
  - 1 tsp salt.
- juice whole lemon

#### *Instructions*

- 1.Place all your ingredients in a large pot and bring to a boil on the stove.
- 2.Once boiling cover and reduce heat to low.
- 3.Simmer for 30 minutes or until the dal has thickened.
- 4.Serve with brown rice and a sprinkle of cilantro on top.

#### *Instant Pot Instructions*

- 1.Place all your ingredients in the instant pot, turn the vent to sealed and cook on manual for 18 minutes.
- 2.Once it is finished cooking, let it naturally release for 10-15 minutes.
- 3.Move the steam release handle to venting to release the remaining steam.
- 4.Serve with brown rice and a sprinkle of cilantro on top.

Bon Appetit!!