

Pam's Lentil Dahl - Pressure Cooker Recipe

makes approx. 8 cups

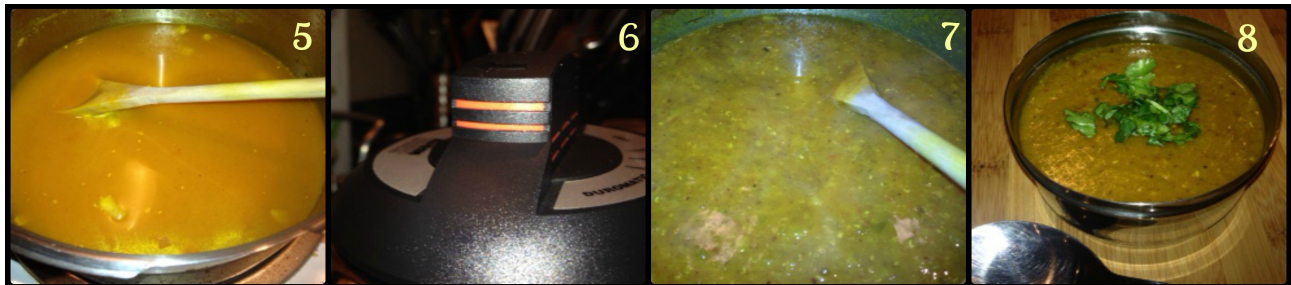


1 medium onion, chopped
2T olive oil
2 large cloves garlic, minced
1T grated ginger
2 green chillies, minced
2T tomato paste

1t coarse salt
2t paprika
2t turmeric
1 1/4c dry red lentils
3c water
2t garam masala
chopped cilantro to garnish



1. Over medium heat, heat up olive oil. Add onions and cook until translucent.
2. Add garlic, ginger and chillies, cook for 2 minutes, stirring regularly to ensure it does not stick.
3. Add salt, paprika and turmeric, stir well.
4. Add tomato paste, stir in well. (if ingredient seem dry add a couple of TBL of warm water). Cook for 2 minutes, allowing flavours to integrate.



5. Add water, stir until paste is fully mixed with water. Add lentils and stir. Place pressure lid on pressure cooker. Increase heat slightly.
6. Once pressure cooker valve has reached the second line (15lbs pressure), cook for 8 minutes. If steam starts to escape from valve, lower heat. After 8 minutes, release pressure by pressing valve and releasing steam OR removing from heat and placing pressure cooker to one side until the pressure valve naturally releases OR (my preferred method), place pressure cooker under running cold water, the water will cool down the lid and the valve will drop back into place. The pressure cooker lid will 'sigh' and at this point it is safe to remove the lid.
7. Return dahl to stove top over medium heat and add garam masala. Cook on low for 2-3 minutes.
8. Serve in bowls with a garnish of chopped cilantro (optional)