

# Simple Dal

Total Yield: 3 cup

## Components

Peas - Dry Yellow Split		8 oz
Water		1 qt
Oil - Salad		2 floz
Ginger - Fresh - Root	Peeled, Chopped	1 oz
Mustard Seed - Black		2 tsp
Cumin Seed - Whole		2 tsp
Curry Leaf - Fresh		2 each
Pepper - Serrano	Sliced	1 each

## Instructions

1. Place the split peas and water in a sauce pan large enough to allow at least 2" of space between the water and edge of the pan
2. Bring to a boil, skim off the excess foam that will be produced
3. Reduce to a simmer and cook for 45 minutes or until tender. If preferred, some of the split peas can be slightly mashed to give a different texture
4. Adjust the seasonings with salt as desired
5. When served, place the hot dal in a serving bowl
6. Place a small non stick pan on the stove over high heat. Add the oil, and heat for 1 minute just to the smoking point. Quickly add the spices, ginger, chili and curry leaves and quickly fry for 1 minutes or until the seeds sizzle and the ginger begins to color.
7. Immediately pour over the dal and serve.

## Notes

For a more traditional flavor, mustard oil can be substituted for the salad oil. If you can't find fresh curry leaves, try using fresh bay leaves.