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RECIPE USING BULK INGREDIENTS

GINGERED RED LENTILS

Recipe from *660 Curries* by Raghavan Iyer | Makes 4 Cups

With both fresh and dried chiles, this does have some zing. Luckily, it is perfectly tasty with or without the heat so you can reduce or omit the chiles for a milder curry.

- 1 C red lentils
- 1 small red onion, coarsely chopped
- 4 large garlic cloves, coarsely chopped
- 4 lengthwise slices fresh ginger (each 2" long, 1" wide, and 1/8" thick), coarsely chopped
- 2 fresh green Thai, cayenne, or serrano chiles, stems removed
- 2 T ghee or neutral oil such as canola, safflower, grapeseed, etc.
- 1 t cumin seeds
- 2 dried red Thai or cayenne chiles, stems removed
- 1 medium size tomato, cored and finely chopped (or half a small can of diced tomatoes)
- 1 t coarse kosher or sea salt
- 1/4 t ground turmeric
- 1/4 C finely chopped fresh cilantro leaves and stems

Place the lentils in a medium size saucepan. Fill the pan halfway with water and rinse the lentils, even rubbing with your fingers. The water will become cloudy. Drain this water. Repeat three or four times until the water is relatively clear, drain.

Add 3 cups of water to the lentils and bring to a boil, uncovered, over medium heat. Skim off and discard any foam that forms on the surface. Reduce heat to medium low, cover the pan, and simmer, stirring occasionally, until the lentils are tender, 18-20 minutes.

While the lentils are cooking, combine the onion, garlic, ginger, and fresh chiles in a food processor. Mince the ingredients, using the pulsing action. Letting the blades run constantly will produce a watery blend.

Heat the ghee or oil in a small skillet over medium-high heat. Add the cumin seeds and dried chiles and cook until the chiles blacken and the seeds turn reddish-brown and smell nutty, 5-10 seconds. Immediately add the onion blend, reduce the heat to medium and stir-fry until the mixture is light brown around the edges, 3-5 minutes.

Stir in the tomato, salt, and turmeric. Simmer, uncovered, stirring occasionally, until the tomato softens and ghee starts to separate around the edges of the sauce, about 3-6 minutes. Stir in the cilantro.

Stir the sauce into the cooked lentils. Ladle some of the lentil mixture into the skillet and stir it around to wash it out; add this to the lentils.

Cover the pan and simmer over medium high heat, stirring occasionally, until the flavors mingle, about 5 minutes, then serve.

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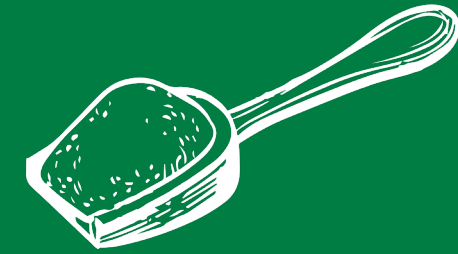
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