

Kitchen Garden at Collingwood College Term 3-week 10

Name of Recipe: Red Lentil Dhal with greens.

Volunteer Notes: Dahl will take 20 mins to cook.

From our garden- silver-beet, spinach, rainbow chard, parsley, coriander, mint

What to collect	What to do
3 cups of red lentils (or green or brown) 6-8 cups of water 2 tsp turmeric 2 tsp sea salt	Place in heavy base saucepan. Cover. Bring to boil, and then simmer for 20-30 mins until tender.
3-4 tblsp vegie oil or ghee 1 large onion finely chopped 2 inch of ginger finely chopped Silver-beet Rainbow chard Spinach Mint/parsley/coriander Salad spinner	While lentils are cooking, heat oil in another pan. Add onion & ginger and stir-fry on low for 5-10 mins so onions are soft and transparent. Remove from heat – add to lentils when they are tender, then simmer the mix for a further 5 mins. <ul style="list-style-type: none">• Check the greens for snails, spider nests-wash well and dry. Trim the stalks off-roll the leaves up and finely slice them. Add the greens to the dhal for the last 8 minutes of cooking.• Pick and wash the herbs, finely slice. Add herbs at last 5 minutes.
3-4 tsp garam masala	Add spices / herbs to lentils, mix well & serve. Divide into 3-4 bowls.

Garam Masala Mix: You will be using this mix for your dhal, put any leftover in a glass jar with lid. Label with ingredients/date.

4-x tsp Coriander Seeds

1 x tsp Black Pepper Seeds

2 x tsp Cumin Seeds

1 x tsp Cloves

1 x tsp cinnamon

1 tsp Cardamom pods.

If whole spices are used grind each one separately, then measure their amounts and combine.
