



## ANDY'S DAHL

Andy is a legend in the world of Canteen and so is his Dahl.

### Ingredients

#### Items 1

- 1 bulb of garlic finely sliced
- 100 ml of veg oil
- 3 medium red onions finely sliced
- 2 green chilli sliced thin

#### Items 2

- 1 teaspoon of cloves
- 2 teaspoons of turmeric powder
- 2 teaspoons of cumin seeds
- 2 teaspoons of black peppercorns
- 2 teaspoons of coriander seed
- 2 teaspoons of cardamom pods
- 1 teaspoon of dried chilli flakes
- ½ teaspoon of fenugreek powder
- 1 thumb of fresh ginger grated

#### Items 3

- 400g red lentils
- Salt to taste
- Sugar to taste
- Cider vinegar to taste

#### Items 4

- 50g of fresh coriander



### Method

- 1 Mix all Items 2 together and grind down with whatever you have, pestle and mortar.
- 2 Heat the oil in a heavy bottom pan and gently fry Items 1 until golden brown, 5 mins or so.
- 3 Add all of Items 2 to Items 1 and continue to fry.
- 4 When the mixture starts to catch add ½ cup of water and stir, scrapping the bottom of the pan. When the water has evaporated, and the mixture starts to catch again add more water and repeat.
- 5 Keep at this until the onions are totally soft, brown and liquid. Around 20mins should do it.
- 6 Add Items 3 and coat with the mixture, allow it to fry a little more.
- 7 Add 600ml of water, stir and leave to come to the boil, turn the heat down and simmer for 30 minutes, add more water if the mixture dries out.
- 8 The aim is for a thick but liquid texture.
- 9 Taste. Add more seasoning as required.
- 10 Cover and leave for 20 mins with no heat at all.
- 11 When you are ready to serve, check the consistency, you can add more water if it's too thick.
- 12 Chop the coriander and stir three quarters of it through the dahl.
- 13 Serve and top with the remaining coriander.

If it turns out a bit spicy hot then add a dollop of yoghurt.

### TRY ANDY'S DAHL AT THE CANTEEN AT THE ORCHARD



Park at the Newquay Sports Centre & follow the signs

- 📍 Yeoman Way, Tretherras, Newquay TR7 2SL
- 🌐 [www.newquayorchard.co.uk/canteen/](http://www.newquayorchard.co.uk/canteen/)
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