

Adrak Masoor Dal (Ginger Pink Lentils)

4 Servings



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Ingredients

¾ cup pink lentils

3 cups water

1 tablespoon ginger, grated

1/2 teaspoon turmeric

¾ teaspoon salt

1 cup tomatoes, finely chopped

2 teaspoons lemon juice

Seasoning (Chaunk):

2 teaspoons vegetable oil

¼ teaspoon asafetida powder

½ teaspoon cumin seeds

1 teaspoon ground coriander

½ teaspoon cayenne pepper,
to taste

Instructions

1. Wash lentils in 3 to 4 changes of water. Soak for 1 hour, or longer. (The soaking step can be skipped if you do not have enough time, but soaking will help reduce the time it takes to cook the lentils). Drain lentils after soaking.
2. In a medium saucepan, add the lentils, tomatoes, water, ginger, turmeric, and salt. Bring to a boil, reduce heat and simmer for 20–25 minutes, until the lentils are completely soft.
3. Prepare the seasoning: in a small frying pan, heat the oil on medium-high heat. Add the asafetida and cumin seeds. Cook for a few

seconds until the cumin seeds are golden brown. Remove from the heat, and add the ground coriander and cayenne pepper.

4. Add this seasoning to the cooked lentil mixture. Stir in the lemon juice, and transfer to a serving bowl. Serve hot.

*Note for step 1: For pressure cooker instructions, go to <https://oldwayspt.org/recipe/adrak-masoor-dal-ginger-pink-lentils>. Follow steps 2 to 4 as above.

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