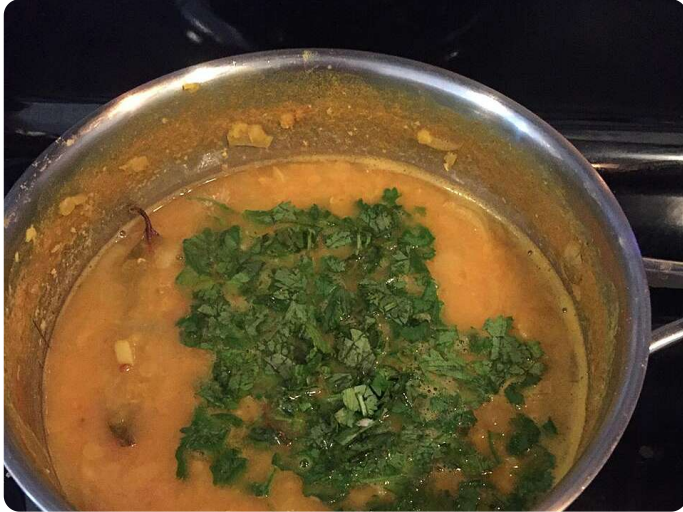


Bengali Dhal

Jacob · 29/09/2024

**Prep Time**

45 mins

Difficult

Medium

Servings

4

Description

Here is my recipe for dhal based on my many experiences cooking with my friends over the years We love this served over freshly made basmati rice Dont skimp on the caramelized onions and garlic it totally makes this recipe amazing

Ingredients

- - 1 cup red lentils - 3 cups water - 1 cup onion
- thinly sliced
- divided - 4 cloves garlic
- coarsely chopped
- divided - ½ teaspoon ground turmeric - 1 bay leaf - ¾ cup cherry tomatoes - ½ teaspoon salt - 2 (2 inch) whole serrano chile peppers (Optional) - 1 tablespoon vegetable oil - 2 tablespoons chopped cilantro

Instructions

1. Wash lentils in a strainer. Combine lentils and water in a saucepan over medium-high heat. Add 1/2 of the sliced onions and garlic
2. reserving the rest for later. Stir in turmeric
3. bay leaf
4. tomatoes
5. and salt. Add chiles
6. leaving them whole to add flavor or cut in half to add heat. When mixture begins to boil
7. reduce heat to a simmer; cook until lentils break apart and thicken slightly
8. about 20 minutes. Meanwhile
9. in a skillet
10. heat vegetable oil over medium heat until oil shimmers. Add reserved sliced onions; cook and stir until onion has softened and translucent
11. about 5 minutes. Reduce heat to medium-low; continue cooking and stirring until onion is very tender and dark brown
12. 15 to 20 minutes more. Stir in reserved garlic and cook
13. stirring constantly
14. until garlic is fragrant and tender
15. about 2 minutes. Add onion-garlic mixture into cooked lentils and stir. Garnish with chopped cilantro.