

**SPLIT MASOOR RED LENTIL & TOMATO DAL: 7 ingredients plus salt and water, done in 7 minutes, surprisingly satisfying and tasty, an Ashram favorite Serves 4-5**



**1 C. malka masoor or split red lentils  
4 ½ C. water  
1 C. of tomato sauce  
½ T. turmeric  
salt to taste**

**2 T. ghee or olive oil  
3 small dry chilies  
1 tsp. fenugreek  
pinch of asafetida**

Wash the red lentils until the water is fairly clear. Drain and set aside.

You will need a pressure cooker to make this dal in 7 minutes, otherwise stove top boil and simmer will take about 35-40 minutes. If you are making it stove top in a pot all the cooking instructions are the same except for the time it takes.

Melt the ghee in your pressure cooker or pot. Test the ghee by dropping a fenugreek seed to see if it sizzles. When the oil is sufficiently hot without smoking, add the chili peppers and stir them around until they appear scorched. If you like more chili heat, break one or all, depending on how much you tolerate. Add the fenugreek and the asafetida. The fenugreek will darken to shoe leather brown in about 30 seconds. Add the turmeric to the oil and distribute it quickly with a spatula. Turmeric is very health heated in oil and chili. Also, the alkaline bitter taste and smell of the turmeric become nutty and brown buttery when you do it this way.

Add the red lentils, water, tomato sauce and salt, and cover. Secure the lid on the pressure cooker and reduce the flame to medium low after the pressure cooker starts to whistle. The whistle should be gentle and the pressure constant. Allow it to cook under pressure for 2 minutes. Set aside for 5 minutes, then place the unopened pressure cooker under the sink tap and run cold water over the top until you hear the steam release. Open the top and check to see if there is any sticking on the bottom. If so, cover loosely and allow it to sit for a few minutes before stirring to an even consistency.

*If you are using a soup pot, bring to a boil and for 35-40 minutes with the lid cocked until the dal begins to break up into a more velvety consistency.*

*It is a good idea to check to see if the dal is sticking after a half hour. If so turn the heat off and let it rest. After a few minutes loosen the bottom sticky part and, if needed, continue cooking at a lower temperature. When the dal is cooked, take it off the heat and let it rest awhile, keeping it covered. Thin with hot water if it is too thick.*

**Garnish with cilantro when ready to serve.**