

# Cooking with Amanda – Lentils and Beans

## Class 2 – Red Lentil Curry

### Basic Dal

#### Equipment needed:

- Sieve
- Measuring cup or pitcher
- Medium pot with lid with wooden spoon or spatula

#### Ingredients:

- 1 cup dried red lentils
- 2 cups vegetable broth (or a vegetable stock cube dissolved in hot water)
- Salt (if the broth is unsalted)

Rinse the lentils in a sieve, then place them in a medium sized pot with the vegetable broth (and salt if needed). Bring to a boil, and simmer, stirring occasionally until the lentils are soft and form a paste. This can be eaten plain, or added to a sauce.

### Curry Sauce

#### Equipment needed:

- Measuring spoons
- Large sharp knife and cutting board
- Garlic press
- Can opener
- Small non-stick skillet
- Large pot or skillet with lid

#### Ingredients:

- 2 tsp ground coriander
- 2 tsp ground cumin
- 1 tsp chili powder
- 1 tsp ground turmeric
- 1 onion chopped
- 2 garlic cloves, minced
- 1 can chopped tomatoes
- Salt
- Ground black pepper
- Chopped fresh vegetables (carrots, zucchini, cauliflower) or frozen vegetables.

Place the spices in a small non-stick skillet and dry toast them for a few minutes to release the flavor. Add a little water to cover the base of the pot, and add the onion and garlic, along with the spices. Cook with the lid on until the onion is soft. Add the can of chopped tomatoes and salt and pepper to taste.

Chopped vegetables, such as carrots, zucchini, cauliflower, or frozen vegetables, can be added at this stage, if desired. Cook for 5 mins to allow them to soften or thaw.

Add the dal, and stir to mix. Simmer until vegetables are cooked.

## **Brown Rice**

### **Equipment needed:**

- Measuring cup
- Medium pot with lid

### **Ingredients:**

- 1 cup brown rice
- 2 cups water
- Salt

Place rice, water and salt in a medium sized pot. Bring the water to a boil and simmer for 20-30 mins, until most of the water is absorbed and the rice is soft.