

Chana Ko Daḷ



Delicious Nepalese chana dal cooked with whole spices and

given a lovely finish with a spicy tadka. Recipe is from ["AYLA"](#), book by Santosh Shah.

Serves 4 people.

Ingredients

280g chana dal (split chickpeas)

2 bay leaves

3 cardamom pods

3 cloves

1 cinnamon stick

1 tsp salt

$\frac{1}{2}$ tsp turmeric powder

1 red chilli

2 red onions, finely chopped

oil of choice

1 tsp cumin seeds

2 dried red chilli

2 tomatoes, roughly chopped

1" fresh ginger, grated

1 tsp garam masala

small handful fresh coriander leaves, roughly chopped

Method

– Add the chickpeas to a pan and cover in water. Let it sit for 1 hour to soften and then drain.

– Add the bay leaves, cardamom pods, cloves, cinnamon stick, 1 tsp salt, turmeric powder, 1 red chilli, and 1.4L of boiling water. Cover and cook for 1 hour on medium heat.

– Transfer half of the dal and liquid to a blender and blitz to form a smooth purée. Then, pour the purée back into the pan and continue to cook on low heat whilst you prepare the rest.

– Add 2 tbsp of oil to a hot pan. Add the cumin seeds and red chilli, and let them sizzle.

– Add the red onions and cook for 10-15 minutes.

- Add the ginger and tomatoes. Stir through and cook for 3 minutes.
- Add the garam masala, fresh coriander leaves, and pour in the dal. Mix well and let it simmer for 3 minutes.

Time to tuck in!