

## Dhal Soup Recipe

This is a fairly complicated recipe the first time you cook it. When cooked, it should have the consistency of tomato soup. It is very important to use the correct dhal – don't get chana or matar dhal (both of these are yellow) as it will be awful.

### Ingredients

½ cupful of Toor Dhal (Oily yellow dhal)  
5 cupfuls of water  
1 teaspoonful fenugreek seeds  
½ level teaspoonful of black mustard seeds  
Pinch of cumin seeds  
1 green chilli, very finely chopped  
2 inch piece of ginger, very finely chopped  
½ tin of chopped tomatoes  
Bunch of fresh coriander, finely chopped  
1 teaspoonful of turmeric  
1 level teaspoonful of salt  
2 teaspoonfuls of sugar  
1 level teaspoonful of ground coriander  
1 level teaspoonful of ground cumin  
1 tablespoonful of lemon juice

### Method

Put toor dhal and water in saucepan and boil until the dhal is very soft and uniform in colour. This will take 30 – 45 minutes. While boiling, skim off any scum or oil that forms on the surface. Add more water if required. When boiled, whisk thoroughly until smooth. It should have a consistency slightly thicker than water. Set aside.

Heat the oil in a saucepan. Add the fenugreek seeds, cumin seeds and mustard seeds. Cover and cook until the mustard seeds begin to pop. Be careful not to overcook the spices as they will be very bitter and spoil the whole dish. You will be able to tell if they have overcooked as they will smell bitter. If they do overcook, discard them and start again with a clean pan.

When the mustard seeds begin to pop, add 1 cupful of the cooked dhal. Stir briefly, then put the lid on and take off the heat. When sizzling subsides, add the rest of the cooked dhal and stir well. Put the dhal on a low heat and simmer.

Add the ginger and chilli and stir in. Add the dry spices and mix in. The texture now should be a just bit runnier than tomato soup.

Add the chopped coriander and stir in. Add the tomatoes and stir in. Bring back to the boil then cover and take off the heat.

Leave for 2 hours then reheat and serve.

This is often served in a bowl and eaten with a spoon, similar to a soup, but is an accompaniment rather than a starter. Some people mix it with cooked basmati rice, but I prefer to just eat it as it is.