
Typ: Gemüse

Quelle: Curry Bible, S. 181

Bemerkungen: The Bengali five-spice seasoning panch phoran is a typical combination of whole spices used in East and North East India. As you will see from the ingredients list below, they are all whole spices and are highly aromatic. A winning combination of yellow mung beans and red split lentils (known as mung dhal and masoor dhal) is used here. The golden lentils, boldly patterned with chopped tomatoes and fresh green coriander and dotted with black mustard and nigella seeds, look quite stunning and taste delicious.

31 Jan 15: den Linsen noch eine zerstoßene Zehe Knoblauch und ein EL Mischung aus Koriander und Kreuzkümmel (gemahlen) hinzugefügt. Zum Pürieren Pürierstab, aber nur kurz.

Zutaten:

SERVES 4
125 g red split lentils (masoor dhal)
125 g skinless split mung beans (mung dhal)
900 mL hot water
1 tsp ground turmeric
1 tsp salt, or to taste
1 tbsp lemon juice
2 tbsp sunflower or olive oil
1/4 tsp black mustard seeds
1/4 tsp cumin seeds
1/4 tsp nigella seeds
1/4 tsp fennel seeds
4-5 fenugreek seeds
2-3 dried red chillies
1 small tomato, deseeded and cut into strips
fresh coriander sprigs to garnish
Indian bread, to serve

Rezept:

Mix both types of lentils together and wash until the water runs clear. Put them into a saucepan with the hot water. Bring to the boil and reduce the heat slightly. Let it boil for 5-6 minutes, and when the foam subsides, add the turmeric, reduce the heat to low, cover and cook for 20 minutes. Add the salt and lemon juice and beat the dhal with a wire beater. Add a little more hot water if the dhal is too thick.

Heat the oil in a small saucepan over a medium heat. When hot, but not smoking, add the mustard seeds. As soon as they begin to pop, reduce the heat to low and add the cumin seeds, nigella seeds, fennel seeds, fenugreek seeds and dried chillies. Let the spices sizzle until the seeds begin to pop and the chillies have blackened. Pour the contents of the saucepan over the lentils, scraping off every bit from the saucepan.

Turn off the heat and keep the saucepan covered until you are ready to serve. Transfer to a serving dish and garnish with tomato strips and coriander sprigs. Serve as a main course with Indian bread or as an accompaniment to meat, fish or poultry dishes.