

Vegetable Dal

Equipment needed –

Chopping board, small knives, large saucepan, grater and juicer.

Ingredients from the Garden –

- 2 eggplants, washed and diced
- 600 grams of potatoes diced
- 2 medium onions
- 4 celery sticks, washed and diced
- 1 lemon
- 1 cup of coriander leaves
- 200 grams of silver beet

Ingredients from the Pantry –

- 2 tablespoons of olive oil
- 2 teaspoons of turmeric
- 2 teaspoons of coriander powder
- 2 teaspoons of ground cumin
- 6 cups of water
- 2 teaspoons of salt
- 2 cups of red lentils
- 2 tablespoons of fresh ginger grated

What to do –

1. Wash and chop the eggplants, then wash and dice the potatoes into small pieces.
2. Peel and finely chop the onion and then wash and finely chop the celery.
3. Measure out 2 tablespoons of olive oil and place in a large saucepan over a medium heat.
4. Measure out the spices (2 teaspoons of turmeric, 2 teaspoons of coriander and 2 teaspoons of ground cumin)
5. When the oil is hot, add the spices and stir for 1 minute.
6. Add the finely chopped onion and cook stirring for 1 minute.
7. Add the chopped eggplant, potatoes and celery and cook stirring for another minute. Add 8 cups of water and simmer for about 12 minutes.
8. Measure out 2 cups of lentils and add to the pan. Cook on a low heat for about 15 minutes or until the potatoes and lentils are tender.
9. When the potatoes are tender, add 1 teaspoon of salt. Juice the lemon and stir through the lentils.
10. Wash and shred the silver beet. Stir through the lentils and cook until the silver beet has wilted.
11. Grate the ginger and stir through the lentils.
12. Wash and finely chop the coriander and stir through the dal dividing it between 3 serving platters.

Serves –

- 28 students.