

Dhal

Grill in a pan without oil:

2 or 3 bay leaves
1 teaspoon coriander seeds
1 teaspoon peppercorns
1 teaspoon mustard seeds
1 teaspoon cinnamon bark

Add:

2 - 3 tablespoon coconut oil
2 onions diced
3 or 4 cloves of garlic
2 tablespoon freshly grated ginger

Cook until onion becomes translucent and add:

2 carrots, diced
3 celery stalks, diced

Add:

2 cups red lentils
2 cans of 750 ml diced tomatoes
Water to cover the lentils
1 tablespoon or more spices (curry, turmeric, cumin, paprika and chili flake)

Let simmer. Before serving, add 2 cups chopped spinach or kale and lemon.



**Recipe from the cooking workshop of April 28, 2022
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