

# Red lentil dhal

Cuisine: **Indian**  
Food category: **Vegetables**



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Company: **Retigo**



## Program steps

Preheating: 105 °C

1

 Steaming

 Termination by time

 00:30

hh:mm

 100 °C

 100 %



## Ingredients - number of portions - 8

Name	Value	Unit
red lenses	400	g
water	1.5	l
ginger root, peeled and finely chopped	30	g
bay leaf	2	pcs
cinnamon stick	2	pcs
clarified butter	50	g
onion	2	pcs
cloves garlic, finely chopped	4	pcs
turmeric	10	g
caraway seeds	10	g
garam masala	3	g
dried chili flakes	3	g
salt	1	g
Coriander leaves, finely chopped	10	g
lime juice	1	pcs

## Directions

1. Soak the lentils for 8 hours and rinse well.
2. Set the oven on full steam at 100°C.
3. In a skillet, sauté the onions, garlic, chili and cumin in ghee. Once the onions have softened, transfer into a GN container and combine the lentils, rice, ginger, bay leaves, cinnamon (cut lengthwise), turmeric, Garam Masala and add salt and water. Make sure that the ingredients are completely submerged in water.
4. Cook for 30 minutes or until the lentils have softened.
5. Stir in the lime juice, correct the seasoning and finish with coriander leaves before serving. Naan bread makes a perfect accompaniment.

## Nutrition and allergens

Allergens:  
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Pektin, Se, Zn  
Vitamins: A, B, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	255.4 kJ
Carbohydrate	35.4 g
Fat	7.1 g
Protein	12.1 g
Water	0 g

## Recommended accessories



Enameled GN container