

Red lentil and coconut daal

Serves 4, takes 15 minutes prep plus 1 hour cooking time

- * *Onion - 1, peeled and diced*
- * *Coconut or vegetable oil - 1 tbsp*
- * *Turmeric - 1/2 tsp*
- * *Ground cumin - 1 tsp*
- * *Ground coriander - 1 tsp*
- * *Fresh coriander - bunch, chopped (stems included)*
- * *Birdseye red chilli - 2, finely chopped*
- * *Ginger - 2 inch piece (yes, a lot), peeled and finely chopped*
- * *Salt - 1/2 tsp*
- * *Garlic - 2 cloves, peeled and finely sliced*
- * *Red lentils - 1 cup*
- * *Coconut milk - 1 can (400ml)*
- * *Water - 2 cup*

Fry the onion in the oil with the turmeric, cumin, ground coriander, fresh coriander stems, chili, ginger and salt for about 10 minutes.

Add the garlic and fry for a couple more.

Add the lentils and stir to coat them in the spices. Then add the water and coconut milk. Bring to a simmer, cover and leave for an hour, stirring occasionally. Check for seasoning and add more liquid or chili if desired. Add the chopped coriander leaves at the last minute, before serving.

Coconut chutney

Makes a generous bowl

- * *Coconut or vegetable oil - 1 tbsp*
- * *Mustard seeds - 2 tbsp*
- * *Curry leaves - a few, chopped*
- * *Fresh coconut - flesh of one*
- * *Chili - half a birdseye chili*
- * *Ginger - 2 inch piece, peeled and chopped*

Heat the oil over a high heat in a frying pan. Add the mustard seeds and curry leaves and fry for a few minutes, until the seeds start popping. Set aside.

Place the coconut, chili and ginger in the small bowl of a blender and blend to a thick pulp. Spoon the coconut into a bowl and stir in the mustard seeds and curry leaves.