



## NEPALI VEGETABLE CURRY WITH LENTIL SOUP AND RICE

The words simply mean 'lentil, rice, vegetable curry', but dal bhat tarkari is a foundation of Nepali cuisine. Most Nepalis eat dal bhat tarkari twice a day; mid-morning and early evening.

### DAL [LENTIL SOUP]

#### Ingredients:

Oil or ghee - 3 tbsp; Ground coriander - 2 tsp; Ground cumin - 2 tsp; Turmeric - 1 tsp; Onion, minced - 1; Chilli pepper, minced - 1; Tomatoes, chopped - 1 cup; Dal lentils - 1 cup; Water - 4 cups; Salt and pepper - to taste; Coriander, chopped - 1/2 bunch

#### Procedure:

Heat the oil or ghee in a saucepan and add the spices. Stir for about 30 seconds, lightly toasting. Stir in the onion, chilli pepper and sauté until the onions are cooked through.

Add the tomatoes and cook down for a minute or two. Then stir in the dal, water, and salt and pepper to season. Bring to a boil, then simmer for about 45 minutes.

### BHAT [RICE]

#### Ingredients:

Basmati rice - 2 cups; Water - 4 cups

#### Procedure:

Place the rice in a bowl, rinse and drain well. Add the 4 cups of water and set aside to soak the rice for about 30 minutes.

Put the rice and water into a heavy-bottomed pot and bring to a boil. Cover tightly, reduce heat and simmer for about 20 minutes. Remove from heat and let rest, covered, for another 10 minutes before serving.

### TARKARI [VEGETABLE CURRY]

#### Ingredients:

Ground coriander - 1 tbsp; Ground cumin - 2 tsp; Turmeric - 1 tsp; Oil or ghee - 3 tbsp; Onion, finely chopped - 1; Garlic, finely chopped - 3 or 4 cloves; Fresh ginger, peeled and minced - 1-inch piece; Tomatoes, seeded and chopped - 2; Potatoes, cubed - 2; Cauliflower, cut into florets - 1 head; Water - 1 cup; Salt and pepper - to taste; Coriander, chopped - 1/2 bunch; Lemons or limes, cut into wedges - 2

#### Procedure:

Heat the oil or ghee in a wok or a heavy-bottomed pot. Add the coriander, cumin and turmeric and stir

for about 30 seconds to lightly toast. Then stir in the onion, garlic and ginger. Sauté until the onion is well cooked, 4 to 7 minutes.

Add the tomatoes and cook down for a minute or two. Next add in the potatoes and cauliflower and stir. Add the water and season.

Bring to a boil, then reduce heat to simmer until the vegetables are cooked through and tender, about 10 to 15 minutes. Season with salt and pepper and stir in the chopped coriander.

### TO SERVE

Dal bhat tarkari is typically served on a thali, a metal serving platter, with a bowl of dal, a scoop of rice and a serving of vegetable curry. Delicious served with pappadums, lime pickle, flash fried spinach and spicy tomato chutney [pickle].

### Servings:

4 to 6

