

## **Bengali Masoor dal/Bengali style Red lentils**

### **Ingredients:**

- **Dhuli Masoor Dal/ Red Lentils, 1 cup**
- **Water, 3 cups plus more if needed ( 2 ½ cups for a thicker consistency like mine)**
- **Ginger, finely grated,1 tsp**
- **Garlic, finely chopped, 1 tsp**
- **Turmeric powder, ½ tsp**
- **Salt, to taste**
- **Green chili, slit, 1**
- **Sugar, ½ tsp**

### **For tempering:**

- **Mustard Oil, 1 tbsp (or Ghee or any oil of your choice)**
- **Paanch Phoron/Bengali 5 spice, ¾ tsp**
- **Dried Red Chilies, 1-2**
- **Onion, finely chopped, 1 large**

### **For garnishing:**

- **Green chilies, slit, 1-2**
- **Coriander leaves**

### **Instructions:**

**Wash the dal till water runs clear. Soak in water for about 10-15 minutes.**

**Cook the dal till done with 3 cups water, ginger, garlic, green chili, salt and turmeric (pressure cooker: 1 whistle on medium heat and immediately switch off the gas; pan: about 20 minutes)**

**Open the cooker, once the pressure lets off completely. Whisk the dal lightly using a wire whisk or back of a spoon.**

**Heat oil in another small pan and add Paanch Phoron, dried red chilies and fry till the seeds start spluttering. Add in the onions and sauté till they turn light brown**

**Once onions are done, tip in the tempering mix into the dal and immediately close the lid for the dal to absorb the flavors.**

**Put the dal back on the gas and let it simmer for a couple of minutes. Add in the sugar, mix and check for seasoning. Add in the green chilies and coriander leaves and take it off heat.**

**Serve hot with boiled rice and any veggie for your choice. (Ideally Aloo-Bhaja i.e. fried potatoes)**