

## Spiced Lentil Broth Recipe

**Ingredients:** Serves 4-5

90g split red lentils (masoor dhal)  
½ teaspoon ground turmeric  
4-5 large garlic cloves, crushed  
4-5 shallots, chopped  
25g unsweetened desiccated coconut  
3-4 dried red chilies, torn into pieces  
1 tablespoon coriander seeds  
1 teaspoon cumin seeds  
10-12 black peppercorns  
8-10 fresh curry leaves  
1½ teaspoons salt  
¾ teaspoon tamarind concentrate or the  
juice of 1 lime  
1 tablespoon finely chopped fresh coriander leaves

**Method:**

Wash the lentils in several changes of water and put into a saucepan with the turmeric, garlic, shallots and 1.1 liters hot water. Place over a medium heat and let it come to a rolling boil. Meanwhile, grind the coconut, chilies, coriander, cumin and peppercorns in a coffee grinder and add to the lentils. When the liquid has come to the boil, reduce the heat to low, partially cover the pan and simmer for 20 minutes. Add the curry leaves, salt and tamarind or lime juice and simmer for a further 5-6 minutes. Check that the tamarind has dissolved completely. Puree the lentils until smooth and return to the pan. Heat gently and stir in the coriander leaves. Serve hot.

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