



French Lentil Dal

This French lentil dal is a nourishing Ayurvedic lentil recipe that blends the richness of lentils with traditional digestive spices.

Servings: 4
Preparation Time: 1 hour 15 minutes, plus soaking overnight



Ingredients

- 1 cup of **French lentils** (soaked overnight)
- 4 cups of water
- 1-2 Tbsp. **ghee** or **make your own**
- ½ tsp. **coriander seeds**
- ½ tsp. **fennel seeds**
- ½ tsp. **cumin seeds**
- ½ inch fresh ginger, chopped
- ½ cup chopped sweet onion, spring onion or leeks (omit or reduce for Pitta)
- ½ to 1 tsp. **turmeric powder** (or ½ inch of chopped, fresh turmeric)
- pinch of **asafoetida** (omit for Pitta)
- 1 tsp. **maple syrup**
- 1 tsp. prepared **mustard**
- **Salt** and **pepper** to taste

French Lentil Dal (Cont.)



Instructions

- After soaking the lentils overnight, drain and add 4 cups of fresh water for cooking.
- Add turmeric, asafetida, and salt.
- Bring to a boil, turn down the heat to simmer for about 1 hour, or until the lentils are soft.
- In a separate skillet, heat ghee over low-medium heat.
- Add the cumin, coriander, fennel seeds, and black pepper, sauteing until brown and aromatic.
- Add the ginger, cooking until golden.
- Add the onions and saute until they are transparent.
- Add this mixture, along with the maple syrup and prepared mustard, to the cooking lentils.
- Stir, and let simmer for 5-10 minutes to allow the flavors to combine.
- Enjoy with steamed or sautéed veggies and white basmati rice.

French Lentil Dal (Cont.)



This recipe is appropriate for all dosha types. Adjust spices to your specific needs.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

