



I don't speak Arabic, so this is our Pigeon Arabic title. Something like ? Split Black Lentil who-knows-what! ? It can easily be made Vegetarian, if you leave off the Cheese and boiled Egg Vegan too.

Ingredients:-

Urad Dal (100g per person)

Garlic infused Stock (We had this loitering in the fried door, but a Veggie stock cube and some Garlic Powder would have worked equally well)

1 large Onion, Chopped

Cumin Seeds

Mustard powder

Dried Coriander

Dried Basil

Chilli Flakes

A Carrot, batoned

Peas (Frozen are cool!)

2 large Mushrooms, sliced

Pickles Chilli Cauliflower (Our own Lacto ferment - But shop bought pickled Cauliflower is fine)

Pickled Red Cabbage (Again this was our own Lacto ferment - Shop bought is fine)

Oil to fry

Salt & Pepper

Optional Extras:-

2 Boiled Eggs, sliced

Crumbled Blue Cheese

Method:-

- (1) Add the Urad Dal to a large pan and add 1l of Garlic infused Stock.
- (2) Bring to the boil and then reduce the heat and allow to simmer for $\frac{3}{4}$ of an hour.
- (3) Check regularly and add more water when required. The Split Lentils are thirsty little creatures.
- (4) Once the Urad Dal has swollen and softened drain and set aside.
- (5) In a large frying pan fry the Onions gently until translucent.
- (6) Add and fry the Carrots.
- (7) Add the Mushrooms last and gently fry.
- (8) stir in the Urad Dal and other ingredients excluding the Cheese and Egg.
- (9) Plate and dress with the crumbled Cheese and Egg if you are using them.

We have really taken to Urad Dal. It has a very heart texture, is very cheap and takes on flavours really well.

If anybody would like to "Buy us a Coffee" please feel free proceeds beyond our bandwidth cost are donated to local charities.