



Moringa leaves (dried leaves are good for recipe as well)

Lentil with Moringa leaves Recipe—Sukanti Ray

Ingredients:

- 1 cup dried Moong, or Tur lentil (or mixed)
- 2-3 tsp dried leaves (or equivalent fresh leaves)
- 5 cups water (depends on your gravy choice)
- Turmeric powder
- dash of salt
- 1/4 of fresh onion chopped
- 2 cloves of (or powder) garlic
- One Bay Leaf
- 2 tsp olive oil
- Mixed spice poppers (Cumin, dried and crushed hot pepper, black jeera, mustard seeds)

Cooking Instructions:

Wash dry lentils. Soak dry lentils and dry leaves for 2-3 hours. (If leaves are fresh no soaking required). In a 4-6 cup saucepan add lentils, leaves, salt, turmeric, bay leaf, and water. Cook over on high heat until water rolls and then reduce it to medium heat until lentil splits and 90% soft. It will take 25-30 minutes for that to happen. If you are using a microwave let the hissing sound for 6-7 minutes and wait until the steam stops. In another saucepan add oil, let it warm up, add garlic saute it till it becomes brownish, add onion till it caramelized a little, turn off the stove and add the cooked stuff to the second warm sauce pan. It is tastier if the process of adding lentil to the warm spice makes a little cracking sound.

That's it. We like you to feed back result of variation you try.

In another saucepan add oil, heat on medium heat setting, add garlic, sauté it till it becomes brownish, add onion till it caramelized a little, turn off the stove and add the cooked stuff to the second warm sauce pan. It is tastier if the process of adding lentil to the warm spice makes a little cracking sound.