



Green Dhal (Indian Soup)

Season: Autumn/Winter

From the garden: parsley, chives
silverbeet, kale, celery

Type: Soup Difficulty: Easy

Serves: 8 adults as a starter/ 15 tastes

Recipe source: Tracy Rutherford, Australian Good Taste, August 2005

Equipment	Ingredients
Large saucepan	420 g red lentils (2 cups)
Chopping board x 4	1 onion
Kitchen knife x 4	10 leaves kale
Scales	15 stalks of silverbeet
Measuring cups and spoons	3 stalks celery
Wooden spoon	2 tsp tumeric powder
Citrus juicer	1.25 litres vegetable stock (5 cups)
Ladle	parsley or coriander to garnish
Bowls for serving	juice and zest of 1 lemon
	2 teaspoons sesame oil
	2 cloves garlic
	3cm piece of ginger (peeled)
	1 tsp mustard seeds

How to make it:

1. Peel the onion and rinse to reduce the acid. Dry the onion and then cut in half before chopping finely.
2. Peel the garlic cloves and then crush or chop finely.
3. Peel and grate ginger

4. Place the saucepan on the cooktop over medium heat, and then add the oil.
5. Add the onion to the saucepan and cook, stirring, until soft.
6. Add the mustard seeds, garlic and ginger to the saucepan and cook, stirring for 30 seconds until aromatic.
7. Measure out the lentils, vegetable stock and turmeric powder, add to the pan. Bring to the boil, then reduce heat to low and cook, stirring occasionally for 15 minutes or until lentils are very soft.
8. Trim the end of the spinach stalks, wash the spinach and gently dry. Coarsely chop the spinach.
9. Add the spinach to the lentil mixture once the lentils are soft, and cook for 1-2 minutes until the spinach wilts.
10. Juice the lemon. Once the spinach has wilted, stir in the lemon juice and taste the soup. Season with pepper to taste and serve warm with chopped herbs as garnish.

* This soup can be served with flat bread, bread rolls, toast etc.

* Herbs and spices (such as garlic) release their “aromas” or pleasant smells by being heated for about 30 second to one minute. As this encourages the flavours into the food, it is usual for spices to be heated briefly like this before liquid is added in a dish.

* Children can make their own decisions about which fresh herbs from the garden will also go well with these flavours.

* You can use any leafy greens for the garden in this recipe. Try it with cavolo nero or spinach.

* adding lemon juice adds a lovely bright note to this dish and really improves the flavour. This could be done to taste at the table as could the seasoning with pepper.