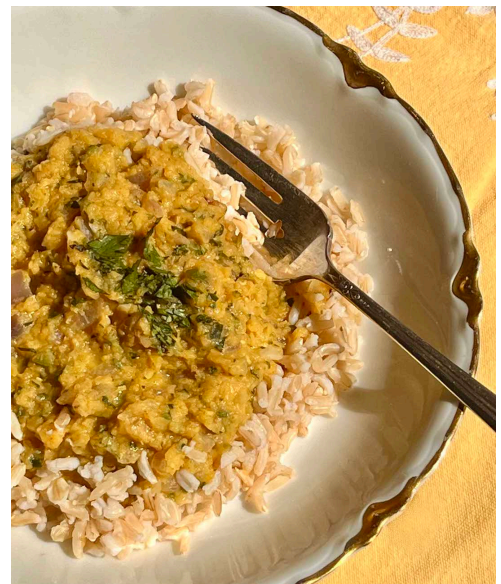




Red Lentils with Cilantro and Mint

Serves 4



Dara O'Brien

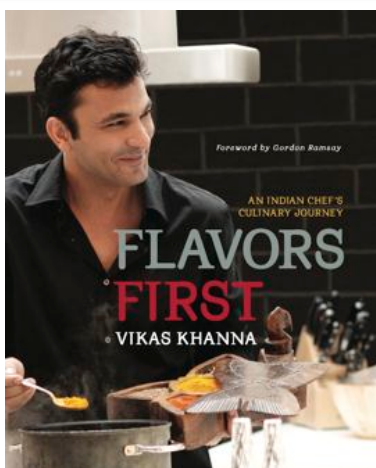
From "Flavors First: An Indian Chef's Culinary Journey" by Vikas Khanna, Lake Isle Press, 2011

INGREDIENTS

- 1 cup dried red lentils, picked over, washed, and drained
- ¼ teaspoon ground turmeric
- 1 bay leaf
- Pinch of salt
- 2 tablespoons vegetable oil
- 1 small red onion, finely chopped
- ½ tablespoon peeled, minced fresh ginger
- ½ tablespoon minced garlic
- 1 fresh green chile pepper (such as serrano), minced, with seeds
- 1 tablespoon ground coriander
- ½ teaspoon ground cumin
- ¼ teaspoon ground cinnamon
- ¼ teaspoon paprika
- 1 teaspoon sugar
- 3 tablespoons finely chopped fresh cilantro, plus 1 tablespoon for garnish
- 3 tablespoons finely chopped fresh mint leaves
- 2 tablespoons fresh lemon juice

PREPARATION

1. In a saucepan over high heat, combine the lentils, turmeric, bay leaf, and salt. Cover with water by 2 inches and bring to a boil. Reduce the heat to medium and simmer, uncovered, stirring occasionally, until the lentils are tender but still firm, 12 to 15 minutes. Drain and set aside.
2. In a small frying pan, heat the oil over medium heat. Add the onion, ginger, garlic, green chile, coriander, cumin, cinnamon, paprika, and sugar. Reduce the heat to low and cook until fragrant, about 2 minutes. Remove from heat. Discard the bay leaf.
3. In a large bowl, combine the lentils and the spice mixture, tossing gently to mix. Stir in the cilantro and mint, then stir in the lemon juice. Serve garnished with freshly chopped cilantro.



FLAVORS FIRST by Vikas Khanna

"Vikas Khanna's enthusiasm for food is so intense that it practically explodes off the page. I could taste the dishes just by reading the recipes."

—Jean-Georges Vongerichten

Flavors First draws from celebrated Indian Chef Vikas Khanna's culinary journey from his native India to his experience as a Michelin-starred chef in New York. With entire chapters devoted to every part of an Indian meal (even breads, chutneys, desserts and beverages) and an ingredient and spice glossary that includes tips on handling and storage, *Flavors First* is an indispensable resource on Indian home cooking.

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