

Divine Dahl with Date Chutney

Chinese Food Medicine: green lentils are good for building qi and blood; red lentils are beneficial for the heart (summer organ) and circulation. Lentils also increase the vitality (jing essence) of the kidneys. They can also surprisingly reduce summer heat, so are a good grain for hot spring or summer days.

Divine Dhal

1/4 cup olive oil or ghee

4 cloves garlic - chopped

3-4 cm piece of ginger - grated

1 onion - chopped

veggie salt or sea salt to taste

1 and 1/2 tbsp garam marsala

1 and 1/2 tsp tumeric

1/2 tbsp hot curry powder (optional but I always add it)

2 cups lentils (your favourite - I use a blend of channa dhal and brown lentils)(You can soak lentils for several hours before or overnight is even better. Just cover the lentils - do not use too much water)

splash of water

1 tin coconut cream

2- 3 cups of chopped root veggies of your choice:

sweet potato, potato, pumpkin, carrot, handful of peas (optional)

- Heat oil and add garlic, onion and ginger til sizzling.
- Add garam marsala and tumeric, constantly stirring.
- Add lentils and a splash of water.
- Add coconut cream and veggie salt to taste.
- Simmer this mixture, stirring often.
- Add your choice of chopped root vegetables (and peas if you like).
- Add the curry powder (optional) and you may wish to add a little honey to taste at this point - your choice.
- Simmer the mixture stirring occasionally for up to three hours.
- The flavours deepen with longer cooking time.
- You may need to add a little more water if the consistency is too thick.

Divine Date Chutney

3 tbsp olive oil
3 cloves garlic - chopped
1/2 onion - chopped
10-12 dates - chopped
1 tsp cinnamon
1 tsp nutmeg
3-4 cm piece of ginger - grated
1 Can diced tomatoes
1 tbsp rapadura sugar or 1 tbsp honey

Heat oil and add garlic, onion and ginger til sizzling.
Add cinnamon and nutmeg - stir til fragrant
Add dates, the tin of tomatoes and the rapadura sugar (or honey).

Simmer on low heat for at least 45 minutes.

Serve Divine Dhal and Date Chutney with yoghurt, rice and fresh greens raita and pappadums an extra!