

# Traditional Indian Cooking using Ghee, Spices and Herbs

By Sandeep & Nalini Agarwal

## Most Popular Dried Spices/Herbs/Spice Blends

Asafetida, Chili Powder, Cumin Seed, Coriander Seed, Garam Masala, Mustard Seeds, Turmeric Powder

## Most Popular Fresh Spices/Herbs

Coriander Leaves (Cilantro), Green Chilies, Ginger, Garlic, Onion, Curry Leaves

## Indian Style Daal

1 cup organic lentils  
4 cups water  
3/4 teaspoon turmeric powder  
2 tablespoons grassfed ghee  
1 teaspoon cumin seeds  
1/2 cup chopped onions  
3/4 cup chopped tomatoes  
1 garlic clove, minced  
1/4 teaspoon garam masala  
2 tablespoons chopped cilantro leaves  
1 tablespoon lemon or lime juice  
Salt and pepper to taste

Rinse the lentils thoroughly and then soak in water overnight. Drain the water. Take a heavy saucepan, add the lentils, 4 cups of water, and turmeric. Stirring occasionally, bring it to a full boil over high heat. Reduce the heat to medium low and cover the pot, and let the lentils cook until they are softened. It may take 30-40 minutes. Heat the ghee in a saucepan over medium heat. Add cumin seeds and fry until they turn brown. Add chopped onions and garlic and stir until they turn brown. Add tomatoes, salt, pepper and any additional spices/herbs. Keep stirring for a few more minutes. Add this sauce and garam masala to the cooked lentils and mix well. Cover with a lid and leave for a couple of minutes. Add cilantro leaves and lemon/lime juice. Pour in bowls and add 1/2 teaspoon ghee on top of each bowl. Serve hot. Serves 4.