

SALTED COD WITH LENTILS (MIXED DHALS)

(Patsy Lobo)

Ingredients

1 cup yellow split peas
½ cup channa dhal
½ cup masoor dhal (red lentils)
¼ cup moong dhal (green lentils)
½ packet salted cod (deboned) soak in water for about 1/2 hour to remove excess salt, remove from water and chop into pieces
½ packet dried shrimp (optional)
1 medium green mango skinned and chopped up (use the seed in curry)
A few curry patha leaves
½ cup oil (corn, canola or vegetable)
2 large onions chopped
1 tablespoons ginger/garlic paste
1 or 2 green chillies slit
1 tablespoons tomato paste
1 tablespoons vinegar
2 medium tomatoes chopped (optional)

Curry powder:

1 tsp. cumin powder	½ tsp. garam masala powder (all spice)
½ tsp. hot red chilli powder	½ tsp. coriander powder
¼ tsp. turmeric powder	¼ tsp. salt to taste

Method:

- ❖ Wash and boil the lentils till soft. **OPTIONAL:** This can be mashed or blended.
- ❖ Heat oil and fry chopped onion till lightly brown around edges,
- ❖ Add curry patha leaves, ginger/garlic paste and curry powder, brown well.
- ❖ Add slit green chillies, chopped mangoes, tomatoes and salted cod and if using dried shrimps.
- ❖ Now add the boiled lentils, tomato paste, vinegar and salt to taste.
- ❖ If you like to make the above extra spicy, add some more hot chilli powder or small slit green hot chillies or even scotch bonnet peppers (scotch bonnet peppers are very hot especially if they burst in curry, so be careful when cooking with it, though they give a very nice flavor).
- ❖ Cook the above till nice and thick.