



## Dal Makhani with Jeera Rice

Country of origin: India

### Ingredients

#### Dal Makhani

1 cup dried black lentils or 2 cups  
canned black lentils, rinsed well  
and drained

½ cup dried red kidney beans or 1  
cup canned red kidney beans,  
rinsed well and drained

3 tablespoons unsalted butter

1 tablespoon ghee (clarified  
butter)

1 medium onion, finely sliced

1 bay leaf (optional)

1 cardamom pod (optional)

1 teaspoon ginger garlic paste

1 cup tomato puree (or substitute  
with no salt tomato paste added  
to a cup of water or 2 pureed  
tomatoes)

1 teaspoon salt (for health reasons  
you may choose to reduce or  
eliminate salt)

1 teaspoon Kashmiri chilli powder,  
or ½ teaspoon chilli powder

1 teaspoon garam masala

2 cups water

½ teaspoon kasuri methi (sundried  
fenugreek leaves)

¼ cup cream, Greek yoghurt or  
coconut milk for garnish (optional)

Handful chopped coriander leaves  
for garnish (optional)

#### Jeera Rice

1 cup basmati rice

2 cups water + extra for soaking

1 tablespoon ghee (clarified butter)

1 bay leaf

½ teaspoon black peppercorns

½ inch cinnamon stick

4-5 cloves

2 cardamom pods

1 teaspoon jeera (cumin seeds)

½ teaspoon salt (for health reasons  
you may choose to reduce or  
eliminate salt)

2 tablespoons finely chopped  
coriander leaves (optional)

#### Ingredients Notes:

- This recipe can be made vegan by substituting unsalted butter and ghee (clarified butter) for olive oil, vegetable oil or vegetable oil spread.
- Dried lentils and kidney beans need to be thoroughly rinsed, then soaked for 5 – 6 hours or overnight before use. Pour hot water over before soaking.
- Kashmiri chilli powder is low on heat, if using any other chilli powder, use only ½ teaspoon.
- Black lentils, Kashmiri chilli and kasuri methi are available from Indian



## Method

1. Add soaked and drained lentils and kidney beans to a large pot with hot water. Boil for 30 to 40 minutes, or cook in a pressure cooker for 20 minutes until tender. They should be easy to mash with your fingers once cooked.
2. While the lentils and beans are cooking begin the Jeera Rice. Wash and cover the rice with water and soak for 5 minutes.
3. Heat the ghee in a pot. Add the bay leaf, cloves, black pepper, cinnamon and cardamom and gently roast. Add cumin seeds after the other spices have roasted. Once the cumin seeds start spluttering, add drained rice to the pot and sauté the rice in the pan for a minute on medium heat.
4. Add two cups of hot water and salt (*for health reasons you may choose to reduce or eliminate salt, try adding a pinch at a time*). Cook the rice on medium heat for 5 – 6 minutes, until all the water has evaporated and the rice is cooked through.
5. Check the lentils and beans. Once cooked, mash the beans and lentils slightly and stir well. Leave beans and lentils on low heat and cook off any extra water. If it becomes too thick, add water.
6. To make the masala; in a separate pot heat 1 tablespoon of ghee and add onion. Add a bay leaf and cardamom pod (optional). Sauté onions until golden.
7. Stir in 1 teaspoon of ginger garlic paste and sauté for another minute until raw smell disappears.
8. Add the tomato puree, and then stir in Kashmiri chilli powder and garam masala. Sauté the mixture until the oil separates from the tomato puree.
9. Once the rice is cooked and all the water evaporated, turn off the heat and sprinkle with finely chopped coriander leaves (optional). Cover until ready to serve.
10. Add salt to taste to masala (*for health reasons you may choose to reduce or eliminate salt, try adding a pinch at a time*). Add beans and lentils to the masala mixture. Stir and continue to cook on low heat to avoid burning and sticking to the bottom of the pot.
11. Once the dal starts to boil, add kasuri methi and 1 tablespoon of butter. Continue to stir until the dal becomes thick and creamy.
12. Garnish dal with chopped coriander leaves and cream, Greek yoghurt or coconut milk (optional). Serve with Jeera Rice.