

St. Teresa of Calcutta's Dal-Chawal

We don't have Mother Teresa's recipe book, and this may not be an authentic representation of Dal found in India, but this simple recipe would have been [the type of food she chose to eat](#) in her native home. She wanted to live simply while recognizing the millions throughout the world who must do without (though it's said she loved chocolate ice cream on special occasions).

Ingredients:

3 cups and 4 cups water, separated
1 cup dry red lentils
½ teaspoon turmeric
½ teaspoon and dash salt, separated
1 tablespoon fresh lemon juice
2 cups long grain white rice

For Tarka:

1 cup red onion, chopped
8 cloves garlic, minced
1 ½ teaspoon grated fresh ginger
1 teaspoon yellow mustard seeds
¾ teaspoon ground cumin
1/8 teaspoon cayenne pepper or chili powder
½ teaspoon paprika
1 ½ teaspoon garam masala
½ teaspoon ground coriander
1-2 tablespoons olive oil
2 tablespoons butter (or ghee or coconut oil)

For Garnish:

Fresh cilantro, finely chopped

Directions:

For the Lentils:

1. Rinse the lentils in a sieve.
2. Place the lentils in a large saucepan with turmeric, the ½ teaspoon salt and the three cups of water.
3. Bring to a boil then reduce to a simmer with the lid on for 20 minutes, until soft and broken down.
4. Stir in the lemon juice.

For the Rice:

1. As soon as the lentils begin to boil, pour the four cups of water in a medium saucepan, and add the dash of salt.
2. Bring it to a boil.
3. Add the white rice.
4. Bring the rice to a boil then reduce to a simmer with the lid on for 15-20 minutes.

For the Tarka:

1. Combine the ginger and garlic into one small bowl and all the ground spices into another, setting aside the mustard seeds and onions.
2. Heat the olive oil in a sauté pan over medium heat.
3. Add onions and sauté three to five minutes until they start to become translucent.
4. Add garlic and ginger and sauté one minute (being careful not to burn the garlic).
5. Create a hole in the center of the onion mixture and toast the mustard seeds in the middle of the pan for 10-15 seconds.
6. Turn off the heat.
7. Add the butter and ground spices and stir well.

Finishing the Dal:

1. Pour the cooked tarka into the cooked lentils and stir completely to create the Dal.
2. Let the Dal rest about five minutes then serve over rice.
3. Garnish with cilantro to taste.