

SARASWATHI'S RECIPES

DAHL

1 cup split dried yellow lentils (rinsed and picked over)

4 cups water

2 T. ghee

1 t. coriander

1 t. cumin

1 t. turmeric

1-2 fresh chile peppers (to taste)

salt & pepper to taste

Add all ingredients, mix well and boil until thick (approximately 30 minutes).

Serve over rice or with Chapattis and diced fresh green chiles

BEANS CURRY

2 cups fresh green beans (cut into ¼” pieces)

Boil in water with 1 T. salt until semi-soft (3-4 minutes)

Drain and add 1 T. ghee, ¼ cup fresh grated coconut and 1-2 t. sugar (to taste)

Salt and pepper to taste

RAITA (YOGURT SAUCE)

2 cups plain yogurt

1 cucumber (peeled and diced)

1 large tomato (diced)

1-2 green fresh green chiles (to taste)

¼ cup fresh grated coconut

1 T. ghee

1 T. cumin seeded (coarsely ground)

Salt and pepper to taste

Mix all ingredients together and serve



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