



## World Cuisines



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Featured in *Unity*, June 2007



Photo by Andrzej Sawa

### Dhal Vegetable Curry

From *Rainbow Cuisine* by Lannice Snyman. Meat is a luxury in many South African homes, and housewives are adept at creating wonderful main dishes using vegetables. Here is a flavor-packed Cape Malay curry, in which a strong Indian influence is evident. Serves 8.

Pick over the lentils and soak them in plenty of cold water for an hour. Tip the lentils into a colander to drain the water.

Heat a little oil in a large saucepan and fry the onion until golden. Add the garlic, chili, and spices and stir for roughly 30 seconds. Add the tomato and lentils with 2 cups of the water, cover and simmer gently for approximately 40 minutes until the lentils are almost tender.

Add the vegetables and remaining water and cook for about 20 minutes until cooked. Check the flavor and add a little more salt if necessary. If the curry is too moist, cook uncovered for a few minutes. If it's too dry add a little extra water. Serve with rice and sambals.

More recipes at [www.lannicesnyman.com](http://www.lannicesnyman.com)

### Ingredients

Serves 6

- 1 cup dried brown lentils
- vegetable oil
- 2 onions, finely chopped
- 3-4 peeled, crushed garlic cloves
- 1 green chili, sliced and seeded
- 2 sticks cassia
- 3 cardamom pods
- 1 tablespoon roasted masala  
or curry powder
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- teaspoon turmeric
- teaspoon salt
- 2 ripe tomatoes, finely chopped
- 3 cups vegetables  
(small cauliflower and broccoli florets,  
sliced carrot, sliced baby marrows)
- 3 cups water