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# CHEF DALE SNIFFEN RECIPE

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## **Green Lentil Dahl with Pine Nuts and Barley**

Preparation time                      10 minutes

Pressure cooking time                15 minutes

### **Prep list**

- 2 Cups Green lentils      (Soaked for 8 hours)
- 1/4 cup Split peas        (Soaked for 8 hours)
- 4 tbsp Olive oil
- 2 Tbsp Moroccan & Curry Blend ([chefdale.com](http://chefdale.com))
- 4 Shallots or red onion finally sliced
- 1 teaspoon crushed fresh ginger
- 4 Coriander roots (save coriander leaves)
- 350ml Vegetable stock
- 250ml Coconut milk
- 400gm Ripe roma tomato, diced (tins OK)
- 1 Teaspoon toasted sesame seed oil + 1 teaspoon garam masala
- 100gm Toasted pine nuts
- 2 cups of Steaming barley

### **Pressure Cooker method**

- rinse lentils and split peas thoroughly in cold water
- slowly preheat P/C to a medium heat
- add spice blend straight into the P/C cook for 30seconds
- add oil, shallots, ginger, and coriander roots, cookout until fragrant or 3 minutes
- add stock, coconut and tomato, simmer slowly for 5 minutes
- close the P/C, as soon as the excess steam is releasing reduce heat by 80% or low enough to maintain pressure
- cook for 10 minutes @ high pressure
- remove from the heat
- use the quick water release method to remove the lid
- reduce the sauce on low heat
- add season to taste with sesame oil, salt white pepper and garam masala
- serve on barley toasted pine nuts and coriander leaves