



בשול עם שמחה



Sweetly Spicy Dhal (Indian lentils)

This is an 'easy' Dhal, but it still tastes good. It is an approximate recipe - I don't use exact measurements for it. Actually it's not very different from the way Dhal is made in back-country Bangladesh. Apart from the salt and garam masala, you just throw it all in the pot together and simmer. If the onion is chopped small, all the ingredients are cooked and ready at about the same time. I use a heat-spreader under the pot for the later slow simmering. You could probably also bring it to boil and then put it in an electric slow-cooker pot - less critical about stirring. I haven't tried it, but I'd guess about 1 hour - red lentils cook fast.

Ingredients

- 2 cups of small red lentils
- 2 cups of water (add another 1/2 to 1 cup water during cooking, if it becomes too thick)
- 1 bay leaf
- 1 tsp ground turmeric
- 4-5 cloves of garlic, peeled and sliced
- 1 onion chopped small (red/purple onion if possible)
- 2 tsp of a good Indian tandoori paste
- 1/2 stick cinnamon (in one piece)
- 1 green chilli, split lengthwise and seeds removed (or more or less chilli, to taste)
- 1 piece of dried Haj Korah peel (Bangladesh citrus) about 15mm square, or the same amount of fresh grapefruit peel, or about 2 tsp lemon juice, or 1/2 to 1 tsp of juice from tamarind pulp.

Preparation

- ◆ In a medium-size thick-bottomed saucepan put all ingredients together and stir.
- ◆ Bring to boil while stirring, then simmer on low heat for about 15 min, stirring occasionally to prevent lentils sticking to base of pan.
- ◆ Remove the chilli halves, bay leaf, and the citrus peel.
- ◆ Add 1 tsp sea salt - and 1 tsp garam masala if you have it.
- ◆ Continue to simmer on low, with careful stirring, until the individual lentils just break up, but the dhal is not yet completely smooth. (maybe another 10-15 min.)
- ◆ Serve with rice or mashed potato, and sliced fresh tomato.

Enjoy - *Simcha*

Food Basket

Next time you come to Temple please bring a non perishable food item for the food basket in the foyer. This CJW initiated Community tzedakah project supports the food bank administered by the Inner City Ministry.



For all Insurance
House and contents
Superannuation
Employers Liability
Mortgages - Life Insurance



Garrick Zukerman

Phone: 496 1046 Fax: 496 1043

Mobile: 021 447 338

Email: garrick_zukerman@amp.co.nz

B'nai B'rith Update...

Dr. Peter Manes a psychiatrist was the guest speaker at our March 2004 meeting. Peter has recently retired after a long professional career in the U.S.A. Now he continues his medical practice at the psychiatric department of the Hutt Hospital. Peter spoke at length on his background and experience as a medical doctor. He expressed a favourable view on psychiatric services in New Zealand in comparison with those in the USA. A lack of a number of the latest drugs is often a cause of his frustration.

At the end of his address, Peter Manes told the meeting of his attempts to repossess a valuable painting, stolen by the Nazis from his family in Vienna during World War II. Peter's address was greatly appreciated by the members and visitors, present at the meeting. He answered many questions from the floor. A tree certificate was given to Peter as a sign of gratitude for his efforts in coming to the meeting and delivering his address.

Professor Paul Morris, the Head of the Religious Studies Department of Victoria University, will be our guest speaker on **Sunday 23 May at 7 pm** (page 7)

The Council of the B'nai B'rith Wellington Unit 5187