



בשול עם שמחה



Spicy Lentils - serves 4-5, with stir-fry vegetables

Ingredients:

- About 1-1/2 cups dry large brown lentils
- 1 very large, or two medium onions, fine chopped (red onions if you can get them)
- 1 TBS olive oil
- 1 level tsp brown mustard seeds
- 1/2 tsp ground ginger
- 1/4 tsp salt
- 1/2 tsp freshly ground black pepper
- 1 heaped tsp masala curry paste (Moshim's)
- 2 TBS finely chopped garlic
- 1 tsp freshly ground or crushed coriander seed
- 2 cups water
- 3-4 Maggi chicken stock cubes (or pareve stock powder - enough for about 3 cups stock)
- 3 bay leaves

Preparation:

- ✓ Check lentils for stones etc. Wash/rinse them twice. Simmer about 10 min to part-cook, then drain.
- ✓ Heat oil in big stock pot. On medium heat, fry mustard seeds until they begin to pop, then immediately add onion, ginger, salt, pepper and stir. Continue about 10 min, covered, till onions are soft.
- ✓ Stir in garlic, masala paste, coriander; cook 1 min.
- ✓ Stir in water, crumbled stock cubes, lentils and bay leaves, and bring to boil.
- ✓ Reduce heat to simmer, covered, for 1 to 2 hrs - until lentils are tender but still separate. (Cooking time depends on age and variety of lentils. If mixture becomes too dry during long cooking, stir in a little hot water. When served, the mixture should be just wet enough to keep the lentils separate and slightly shiny)

Yummy either hot or cool, with hot pita bread, a little wine vinegar on the lentils and a green salad.... or with a mixed vege stir fry, made with garlic, fresh ginger, soy sauce(tamari), and sweet pepper sauce to taste.

(Optional addition to recipe: for 'creamy' lentils... stir in another 1/4 tsp ground pepper, 1 cup plain yoghurt, 1 cup tomato puree and cook gently another 5 min. Try with rice and pita bread and strong chutney.)

Enjoy..... Simcha bat Sarah

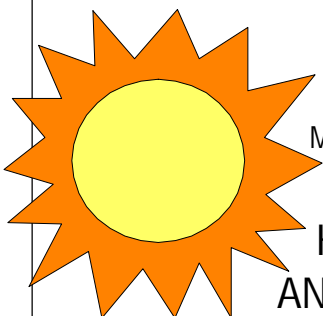
The sun is on its way back, Think: Habonim Dror NZ Summer Camp 2004!

Habo Summer Camp is a place like no other - sleeping in tents, swimming in the river, all outside and creative!

Every Summer we bring together about 120 Jews from school years 5 (this year) and up for a great time.

Definitely the highlight of the Habo year, this 10-day extravaganza will take place 4 - 14 January 2004, near Auckland.

Further information will be coming out later in the year, or contact Rosh Machanae (head of camp) Miri Young at miri_young@hotmail.com or 021 112 0296 to find out more about this exciting camp.



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