



Tony Tans Split Pea Dhal



Serves 4



45 minutes

INGREDIENTS

- 3 tbsp neutral oil
- 1 sprig curry leaves, picked
- 1 cinnamon stick
- 1 green chilli 1 cup (220 g) yellow split peas
- 1 cup (250ml) water
- 2 cups (500 ml) coconut milk
- 1 tsp sugar, or to taste
- Chilli powder, to taste

Curry paste:

- 2 garlic cloves, chopped
- 1 tbsp chopped ginger
- 1 onion, chopped
- 2 tbsp Malaysian curry powder
- Steamed rice (to serve)



Afternoons

with Joel Rheinberger
on 936AM and the ABC listen app





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DIRECTIONS

1. Coarsely blend the curry paste ingredients in a food processor – do not over blend into a mush.
2. Heat the oil in a saucepan over medium heat. Add the curry leaves, cinnamon stick and green chillies and fry for 5 minutes.
3. Reserve a few fried curry leaves for garnish, then add the curry paste to saucepan and gently cook for another 3-5 minutes, stirring constantly, until fragrant.
4. Add the split peas, water and coconut milk. Bring to the boil, then reduce the heat and simmer for 30–45 minutes until the split peas are soft and tender. (If the liquid is evaporating too quickly, add another 1 cup (250 ml) water.)
5. Add the sugar, plus salt and a pinch of chilli powder to taste. Serve with steamed rice.



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