

Coconut Lentil Dhal

Read through your recipe card



What are we going to learn?

Learning Objectives

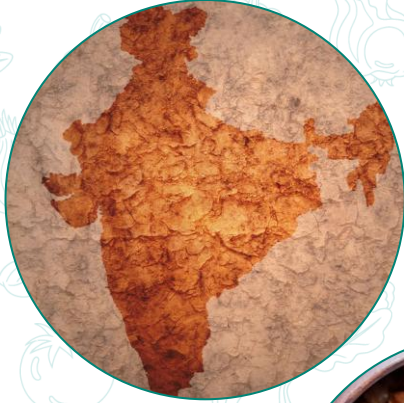
1. To apply a range of practical skills to produce a nutritionally balanced plant-based meal from start to finish.
2. To evaluate your finished dish using your own knowledge.

Key words

Pulses - pulses are edible seeds (e.g. chickpeas) that come from plants (legumes) and are good sources of protein, fibre, and other nutrients.

Reduction - the process of simmering or boiling a liquid uncovered so that the water can evaporate.

A comforting, delicious dish



Demonstration

Knife skills:
Bridge hold
Claw grip

**Blooming
spices**

Reduction

Method - at a glance

1. **Prep** - 10 mins - weigh ingredients, dice onion (bridge hold and claw grip), mince garlic and ginger, chop your chosen veg from the additional boxes.
2. **Soften** - 5 mins - Heat coconut oil, add onion, garlic and ginger, cook until translucent, stirring often.
3. **Bloom** - 2 mins - add ALL spices, stir in the hot oil for 1 min - you should see the colour deepen.
4. **Add liquids** - 2 mins - add lentils, coconut milk, water, slow cooking additions (box 1), stir well, bring to the boil,
5. **Rice** - 10 mins - rinse, add water, set a timer for 10 mins, remove from heat to stand.
6. **Simmer** - 35-45 mins - reduce heat, simmer uncovered, stir every 10 mins, set your timer now, check the timings for your cooking additions (box 2 & 3).

What does it mean to 'reduce' when cooking?

Stage 1:
Thin, pale,
watery



Stage 2:
Thickening,
deeper colour



Stage 3:
Rich, thick,
creamy

Your additions

Add your chosen ingredients at the right stage.

**Box 1 - slow cooks
- start of simmer**

Carrots

Sweet potato

Tinned tomatoes

**Box 2 - mid cooks
- 15 mins from
the end**

Mushrooms

Courgette

**Box 3 - late cooks - few
mins from the end**

Spinach (2 mins from end)

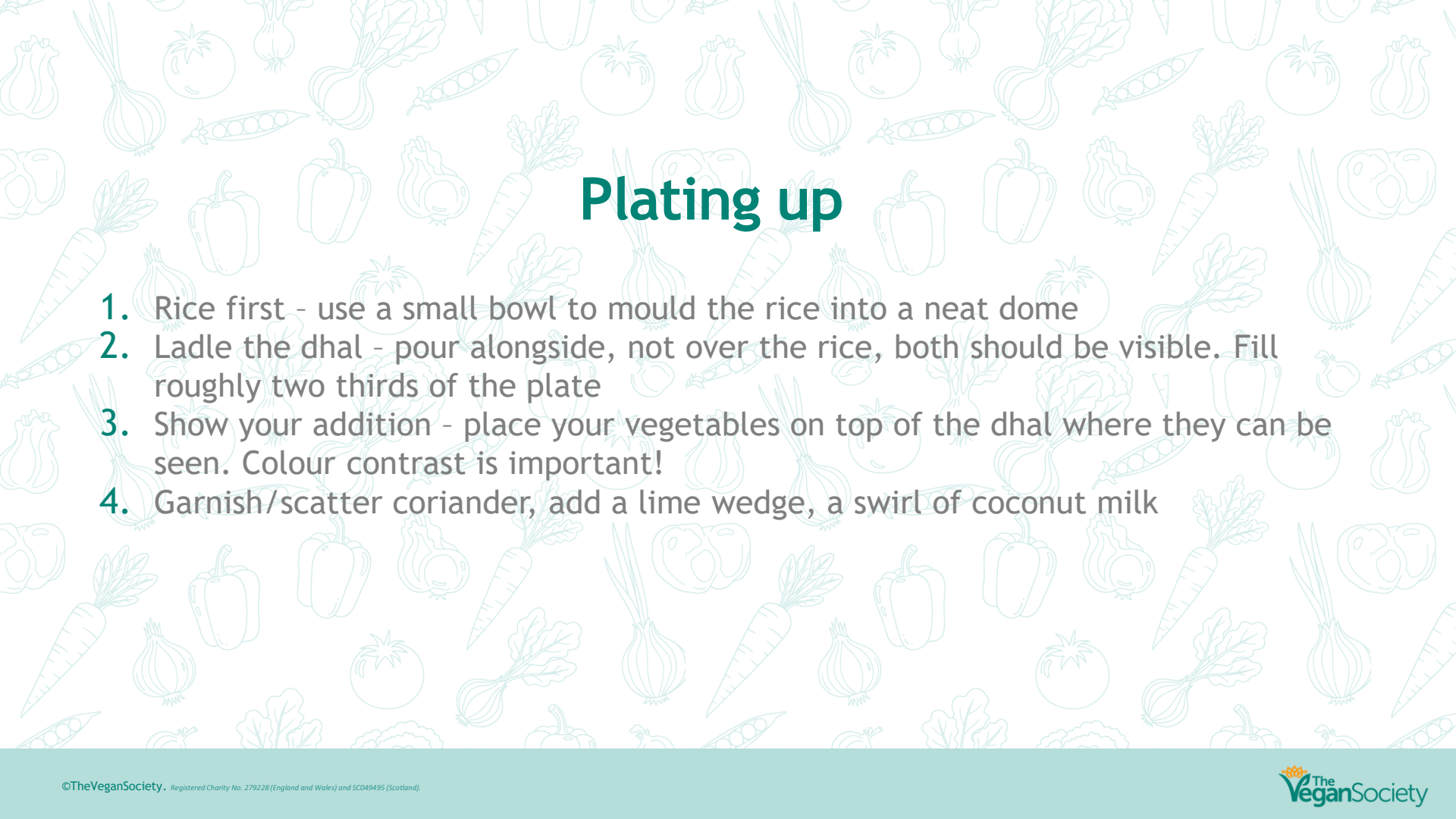
Frozen peas (4 mins from
end)

Kale (4 mins from end)

**Box 4 - off the
heat**

Lime Juice

Coriander



Plating up

1. Rice first - use a small bowl to mould the rice into a neat dome
2. Ladle the dhal - pour alongside, not over the rice, both should be visible. Fill roughly two thirds of the plate
3. Show your addition - place your vegetables on top of the dhal where they can be seen. Colour contrast is important!
4. Garnish/scatter coriander, add a lime wedge, a swirl of coconut milk

Time to tidy up!



Plenary - evaluate your dish

Complete your worksheet

Name it - Name one nutrient in the dhal and the ingredient it comes from.

Season it - Name the vegetable you added. Is it in season right now? How did it change the dish?

Use your knowledge from today and previous lessons.

Think about texture, colour and flavour

Explain it - Why does adding tomatoes (or lime) to a dish with lentils make nutritional sense?

Argue it - How would you encourage someone who has never tried plant-based foods to have this dish? Use one piece of evidence.

Can you use the word absorption?

Think back to the athletes we have previously mentioned.