

Masur Daal Soup, shared by Amy Tuthill. Recipe adapted from Good Cooking from India, by Shahnaz Metha with Joan Korenblit, Rodale Press. Makes 6 to 8 servings.

Just in time for winter – a nutritious and flavorful lentil soup to share with family and friends. The soup can be stored in the refrigerator, the flavors improve with time, and the soup becomes thicker. Enjoy with a salad and warm bread. It doesn't get any better!

Ingredients

- 1 ½ cups lentils
- 5 cups of water for soaking
- 3 ½ tablespoons olive oil
- 3 medium minced carrots
- 3 minced celery ribs
- 1 medium minced onion
- 3 minced garlic cloves
- 1 large bay leaf
- 1 tablespoon coriander powder
- 1 teaspoon scraped and grated ginger or ginger powder
- 1 teaspoon turmeric powder
- ¼ teaspoon ground pepper
- 6 ½ cups of water for the soup
- 1 small can of mild green chilies
- 2 chopped tomatoes
- 1 teaspoon cumin powder
- 2 ¾ tablespoons lemon juice
- 1 teaspoon paprika

Wash the lentils and soak them in 5 cups of water for 4 to 8 hours.

Prepare a mirepoix by heating the oil in a 5-quart pot and sauté the minced carrots, celery, onion and garlic with the bay leaf, coriander powder, ginger, turmeric powder, and ground pepper until lightly toasted. Drain the lentils and place them in the pot with 6 ½ cups of fresh water. Add the chilies. Bring to a boil, reduce the heat, and simmer covered over medium low heat for 1 hour. Stir occasionally.

To thicken the soup, mash some of the lentils by pressing down 20 times with a potato masher. Stir in the tomatoes and cover and let simmer.

Heat a griddle and toast the cumin powder for 10 to 15 seconds while stirring. Remove from the heat and stir into the lentils along with the lemon juice and the paprika.