

Dahl and rice (serves 120)

Ingredients

5kg onions

6.5kg red lentils

110g cumin seed

90g coriander seed

12g chilli powder

25 cinnamon sticks

6 whole black cardamom

90g salt

250g frozen garlic

4kg carrot

400ml rapeseed oil

6.5kg basmati rice

3.5 kg yoghurt

200g vegan yoghurt

Dahl and rice (serves 120)

Method

1. Chop onion
2. Fry it in a large saucepan (or several) until it browns slightly, then turn down the heat
3. Grind the cumin seed and coriander seed. Add these and the cayenne pepper and fry gently for a couple of minutes
4. Add the carrots (in thick slices) and the garlic.
5. Squash the black cardamom pods so they crack open but don't fall apart
6. Add the cardamom pods, cinnamon sticks (whole), lentils and hot water
7. Bring to the boil and simmer until the lentils are well cooked – it may be prone to sticking/burning on the bottom of the pan particularly as the lentils get more cooked. Stir regularly and keep the heat low. Add more hot water if it thickens too much before the lentils are cooked.

MEANWHILE

8. Rinse the rice in cold water
9. Put the rice and hot water in a large pan, bring to the boil (aim to be doing this a similar time to adding the lentils or shortly after)
10. Turn down the heat low and simmer with a lid on until most but not all of the water is absorbed. Don't stir if you can possibly avoid it!
11. Turn off the heat completely before the last of the water is gone and leave covered – it will continue to cook in its own heat until ready