

Hoo Haa 2008 - Spicy Lentil Stew

Oil base - Clarified Butter; Yield – 1 cup.

1 lb unsalted butter
¼ cup chopped onion
2 cloves garlic
2 teaspoons grated fresh ginger
½ tsp turmeric
4 cardamom seeds
1 cinnamon stick
2 whole cloves
1/8 tsp nutmeg
¼ tsp ground fenugreek seeds
1 tbsp fresh basil or 1tsp dried

Spice mixture - Berbere spice; Yield – 1/3 cup

2 tsp cumin seeds
4 whole cloves
¾ tsp cardamom seeds
½ tsp whole black peppercorns
¼ tsp whole allspice
1 tsp fenugreek seeds
½ tsp coriander seeds
8-10 small dried red chilies
½ tsp grated fresh ginger
¼ tsp turmeric
1 tsp salt
2 ½ tbsp paprika
1/8 tsp cinnamon
1/8 tsp ground cloves

Spicy Lentil Stew; Serves 8

1 c dried brown lentils
1 c finely chopped onion
2 garlic cloves
¼ c Clarified Butter
1 tbsp Berbere spice mixture
1 tsp ground cumin
1 tbsp paprika
2 c chopped tomatoes
¼ c tomato paste
1 c vegetable stock
1 c green peas
salt, pepper

Cook Lentils. Fry onion and garlic in clarified butter until the onions are soft. Add Berbere, cumin and paprika. Fry for 3 minutes. Add tomatoes and simmer for 10 minutes. Add tomato paste and stock and let cook maybe 5 minutes. Add green peas and cook until hot. Salt and pepper to taste.