

Palak Chana Daal (Lentils with Spinach)

A wholesome Indian lentil preparation, Palak Chana Daal is made using gram lentils, fresh spinach with Indian aromatics and spices...best served over steaming hot Basmati rice or Indian bread like roti-chapati.



Prep Time	Cook Time
20 mins	6 hrs

Servings: 6

Ingredients

- 2 cups yellow gram lentils see note
- 2 cups fresh spinach chopped (or use ½ cup frozen spinach)
- ½ cup finely chopped onion
- 2 teaspoon ginger garlic paste (or 3-4 cloves garlic & 1 inch ginger, both grated)
- 1 teaspoon cumin seeds
- ½ teaspoon ground turmeric
- ½ teaspoon ground red chili or Cayenne pepper
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- ½ teaspoon garam masala adds great flavor but can be left out if unavailable
- 2 ½ teaspoon salt
- ¼ cup chopped tomatoes
- 2 tablespoons lime/lemon juice

Instructions

1. Wash and drain the lentils. Add them to a slow cooker insert with 4 cups of water.
2. Mix in the spinach, onions, ginger and garlic, all the spices (except garam masala which gets added later,) salt and tomatoes. Cover and cook the lentil and spinach preparation in a slow cooker on a high setting for 4-5 hours or low setting for 8 hours.
3. Once cooked, sprinkle garam masala (if using) and add the lime/lemon juice to the Daal. Check for salt, adding more if desired.

Alternate Cooking Methods

In the Pressure Cooker

1. Cook the onion, ginger-garlic, spices, salt and tomato in a tablespoon of oil in the pressure cooker bowl. Next add cleaned, washed lentils, spinach and enough water to cover the lentils. Once the pressure is reached, cook on a medium-low flame for 10-15 minutes. Prior to serving, sprinkle garam masala and lemon/lime juice over the cooked lentils and serve hot.

On the Stove Top

1. Cook the onion, ginger-garlic, spices, salt and tomato in a tablespoon of oil in a deep pan with a fitting lid. Add the cleaned, washed lentils and spinach, along with 4 cups of water and bring to a boil. Cover and cook the lentils on medium heat till the grain is done (add more water as required.) Serve hot, sprinkled with garam masala and lime/lemon juice.

Serving suggestions for Indian Lentils - Daal

1. Daal-Indian lentils have a consistency somewhere between a stew and a thick soup; Daal is a satisfying meal when served as a piping hot entree with a dash of lemon, over aromatic basmati rice, or with regular crusty bread or warm Indian bread like chapati, roti or naan. Steaming Daal makes a great side dish to your choice of meat or vegetables and is a staple element of any home cooked Indian meal.

Notes

If you can't find gram lentils in your grocery store, use the best variety of split yellow lentils available. Yellow 'toor' or split pigeon lentils and moong or mung lentil make a good substitute for gram lentils, although keep in mind that moong lentils are a quicker cooking lentil varietal.