KIKKOMAN

Red lentil dal with onion and mirin

Total time **91 mins** **30 mins** preparation time **46 mins** cooking time **15 mins** cooling time

Nutritional facts (per portion):
3,132 kJ / 759 kcal

Fat: **14 g** Protein: **32 g**
Carbohydrates: **119 g**

INGREDIENTS

4 portion(s)

Dal:

150 g	red lentils
450 ml	vegetable stock
150 g	onion, diced
120 g	mushrooms, sliced
1 tbsp	clarified butter (ghee)
1 tbsp	Kikkoman Mirin-Style Sweet Cooking Seasoning
0.5 tsp	ground cumin
0.5 tsp	ground turmeric
0.25 tsp	chilli flakes
25 g	kale
1 tbsp	Kikkoman Naturally Brewed Soy Sauce

Pav buns:

170 g	wheat flour
140 ml	milk
1 tsp	sugar
1 tsp	instant dry yeast
15 g	butter

Decoration:

1.5	fresh red chillies, sliced

PREPARATION

Step 1

150 g red lentils - **450 ml** vegetable stock - **150 g** onion, diced - **120 g** mushrooms, sliced - **1 tbsp** clarified butter (ghee) - **1 tbsp** Kikkoman Mirin-Style Sweet Cooking Seasoning - **0.5 tsp** ground cumin - **0.5 tsp** ground turmeric - **0.25 tsp** chilli flakes

Cook the lentils in the vegetable stock for 10 minutes. Caramelise the onion and mushrooms in the ghee for 10 minutes until golden, then add the Kikkoman Mirin-Style Sweet Seasoning and sauté for 1 minute. Add the cumin, turmeric and chilli flakes and fry for 10 seconds to release the aromas. Stir in the lentils and cook for 5 minutes.

Step 2

25 g kale - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce

Add the kale to the pan with the lentils and vegetables and cook for 2–3 minutes. Season with the Kikkoman Soy Sauce.

Step 3

170 g wheat flour - **140 ml** milk - **1 tsp** sugar - **1 tsp** instant dry yeast - **15 g** butter - **1.5** fresh red chillies, sliced

Warm 120 ml of the milk to 38°C and mix with the sugar and yeast. Gradually add it to 150 g of the flour and mix until a dough forms. Melt and add 5 g of the butter and knead for about 10 minutes. Divide into 12 balls and place in a greased baking dish brushed with the remaining 10 g of melted butter. Cover and leave to rise for 40 minutes. Then brush the tops thoroughly with the remaining 20 ml of milk and bake at 180°C for 20 minutes

until the tops are golden brown. Serve the dal with the pav buns and garnish with sliced chillies.