

Adasi

Recipe supplied by Shohreh Entesari-Tatafi

ingredients

- 2 cups brown lentils
- 3 cups of water (more if necessary)
- 4 brown onions
- 2 medium potato
- 1/2 cup cooking oil
- 30 grams butter (optional gives a better taste)
- 2 tablespoons tomato paste
- 2 teaspoons turmeric
- 2 teaspoons cinnamon powder
- Salt and pepper to taste

directions

- Rinse lentils in cold water, remove any debris or shrivelled lentils.
- Soak lentils overnight, changing water once (this helps the lentils retain a better colour and helps prevent bloating after eating).
- Thinly slice onions, heat oil over medium heat in a large pot and sauté onions until golden.
- Add turmeric and fry another minute.
- Take out one third of this mixture and reserve.
- Add the butter if using and the tomato paste.
- Continue cooking.
- Drain lentils and add to pot.
- Add water and bring to boil.
- Put the lid on and let it cook until the lentils are soft.
- This could be 1-1 1/2 hours BUT cooking time reduces if lentils are soaked overnight and/ or lentils are fresh. With some fresh lentils which have been soaked this could reduce to 1/2 hour. Older lentils and/ or those with less or no soaking will require a longer cooking time.
- Peel potatoes.
- Once lentils are soft add to soup and cook for 30 minutes.
- Remove potatoes, mash and add to soup.
- Add the rest of the onion (aside from one tablespoon for garnish), cinnamon and then season with salt and pepper.
- Let it cook until thick.
- Serve garnished with fried onion. Add the rest of onion and cinnamon, salt and pepper and let it cook until it is thick.

Notes:

If lentils soaked overnight it is better to at least change the water once. This will help them have a better colour and at the same time helps not to get bloated stomach.

One tbsp. of the fried onion can be put aside for garnish.

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