

## RECIPÉ - Pumpkin Dahl - serves 4

2 ½ cups of water  
1 can of organic coconut milk  
1 cup of red lentils (masoor gota)  
1 tsp Spring or Fall Spice Mix \*  
1 tsp turmeric  
2 cups of pumpkin or kabocha squash chopped  
½ tsp salt

### Tempering:

1 tbsp coconut oil  
1 tsp grated fresh ginger  
½ tsp cumin seeds  
½ tsp mustard seeds  
2 tbsp shredded coconut

### Instructions:

Boil the water and coconut milk in a large saucepan on high heat.

Chop the pumpkin/squash into small cubes.

Rinse the lentils until the water runs clear and add to the boiling water and milk along with the spice mix. Allow to come to a boil again, uncovered and turn heat down to medium; add the pumpkin and when it boils again, turn heat down to low and simmer, partially covered, for 30minutes.

Heat the oil in a small frying pan on medium heat and temper the ginger, cumin seeds and mustard seeds until you smell them, about 3 min; take the pan off the heat and stir the shredded coconut for a minute.

Add this tempering to the dal with the salt, simmer for another 5 minutes.

Serve as a soup or over basmati rice.

### \*Spring Spice Mix:

1 tbsp whole coriander seeds  
1 tsp fenugreek seed (optional)  
1 tbsp whole cumin seed  
1 tbsp turmeric powder  
1 tbsp ginger powder  
1tsp black pepper  
1/8 tsp cayenne pepper  
Pinch of clove powder

Roast the whole seeds for about 3 minutes and let it cool down, grind them and mix the other spices and store in a container.

Serve with Basmati Rice