

Masala with Lentils

[Kurt Von Kahle of Kurt's Kitchen](#)

From the Yale Appliance + Lighting Chef Series

Vegetarians beware!

This is a classic Indian dish in name only. I sautéed red onion, pears with bacon and masala sauce and served it over lentils with brown rice*. **YUM!**

The spice in the sauce neutralized with the sweet pear.

Quantity for 4-6

Ingredients:

- 1 cup Green Lentils, soaked and remove the floaters then drain
- 1 Tsp salt
- 1 cup Brown Rice
- 1 quart vegetable stock
- 4 Tablespoons grape seed or canola oil (2 for rice 2 for saute)
- 1 red onion, peeled and cut - small dice
- 12 ounces bacon, cut into 1" pieces
- 3 pears, peel, core and cut in small cubes
- juice from 1 Lemon
- 2 Tsp Garam Masala
- 1/8 teaspoon cayenne pepper
- 1/2 Tsp salt
- 1/3 cup Coconut Milk
- 3 Tablespoons Tomato Paste (or puree reconstituted Sun Dried Tomatoes)
- 2 Tablespoon Cilantro, clean, dry and chop

Method:

1. Place soaked lentils in a pot and cover with enough cold water to cover them. Add the tsp of salt, place pot over a high heat and bring to a boil for 10 minutes then reduce to simmer for 20 minutes or until lentils are soft.
2. In another pot, add veg stock and 6 cups of water, cover with a lid and bring to a boil. Remove lid then add 2 tablespoons olive oil and rice and allow boiling for 25 minutes. Drain in a colander and return rice to pot, cover with the lid and simmer for 10 minutes or until it becomes fluffy when tested with a fork.

3. In a large sauté over a medium to high heat, add 2 Tablespoon of grape seed oil, heat for 30 seconds then add bacon and onion. Cook for 8 minutes or until the onion begins to caramelize. Add pears and cook for 5 minutes occasionally stirring. Stir in Garam Masala, cayenne, and salt. After a minute add 1/4 cup water, tomato paste and coconut milk. Simmer for 5 minutes then add lemon juice. Serve over rice and lentil and top with cilantro.

Enjoy!

*The cheat is to use packaged Brown Rice & Lentils, which is great for the 30 Minutes Meal