

How to Cook Dal Bhat

Gather the ingredients and equipment listed below and make your very own Dal Bhat. Remember to ask a teacher or parent for help before cooking. When ready, you can include some of the vegetables we showed you in the video earlier in this session. You will need the following things:



red lentils



rice



pans



salt



oil



spices



adult

Step	For Dal (Lentil Soup)	For Bhat (Rice)
1	Gather Ingredients: 1 cup red lentils, 3 cups water, 1 small onion (chopped), 2 cloves garlic (minced), 1 tsp turmeric, 1 tsp cumin seeds, salt, 2 tbsp cooking oil.	Gather Ingredients: 1 cup basmati rice, 2 cups water, pinch of salt.
2	Rinse lentils under cold water until clear.	Rinse rice under cold water until clear.
3	In a pot, add lentils and 3 cups of water. Bring to a boil, then simmer until soft (about 20 minutes).	In a separate pot, add rice, 2 cups of water, and a pinch of salt.
4	In a pan, heat oil. Add onion and garlic, sauté until golden.	Bring rice to a boil, then reduce heat to low. Cover and cook for 15-20 minutes.
5	Add cumin seeds and turmeric to the pan. Cook for one minute.	Check if the water is absorbed and rice is tender.
6	Pour the onion mixture into the pot of lentils. Stir well. Add salt to taste.	Turn off the heat and let the rice sit covered for 5 minutes.
7	Simmer the dal for a few more minutes, then remove from heat.	Fluff the rice with a fork.
8	Dal is ready to be served.	Rice is ready to be served.