

Yemisir Alich'a (Red Lentil Stew)

Inspired by Daniel Mesfin, Exotic Ethiopian Cooking (ISBN 0-9616345-2-9)

Serves 3 to 4



Anaheim chile



poblano chile



red lentil (masoor dal)

1. Prepare ingredients

1-inch fresh ginger
2 garlic cloves
4 green Anaheim chiles or 2
poblano chiles¹, sliced
lengthwise

Peel and cut ginger into ¼-inch pieces.

Peel and cut garlic.

Cut off and discard root end of chiles. Slice lengthwise into thin strips and then crosswise into cubed pieces.

Combine ginger, garlic and chiles in a mortar and pestle. Pound into a coarse paste.

1 medium red onion

Peel. Cut into ¼-inch pieces.

¼ teaspoon black peppercorn
½ teaspoon fenugreek seeds
½ teaspoon ground cumin
½ teaspoon cardamom seeds

Combine peppercorn fenugreek seeds, cumin seeds, and cardamom seeds in a small skillet. Heat over medium heat for a few minutes until spices release their aroma.

Grind to a powder in a mortar and pestle or a spice grinder.

parsley or cilantro

Chop finely to yield ¼ tablespoons..

2. Parboil lentils

1 cup (½ pound) split red lentils
(masoor dal)
4 cups water

Combine lentils and water in a 4-quart saucepan. Stir to combine ingredients.

Bring to a boil over medium heat.

Boil for 5 minutes.

Remove lentils from the heat.

Drain and reserve water for later use.

¹ mild to medium-hot flavor

3. Cook onions

1 cup red onions, chopped
1 cup oil or spiced clarified
butter

Cook onions over medium heat.

Add oil and stir gently so that onions won't turn brown.

ginger mixture

Add ginger mixture.

Stir to combine ingredients.

Cook for 1 minute.

spice mixture
½ teaspoon dried oregano
¼ teaspoon ground turmeric

Add spice mixture, oregano, and turmeric.

Stir to combine ingredients.

Cook for 1 minute.

4. Cook lentils

lentils

Add lentils to the onions.

Stir to combine ingredients.

Cook for 2 minutes, stirring occasionally to prevent mixture from
sticking to the bottom.

water

Add reserved water.

Simmer for another 10 to 20 minutes or until lentils are cooked.

5. Finish

1 tablespoon clarified butter
parsley or cilantro
1 teaspoon salt

Add clarified butter, parsley or cilantro, and salt.

Stir to combine ingredients.

Taste. Add salt to taste.

6. Serve

Transfer to a serving dish and serve.