

Lentils with Garlic and Onion/Masoor Dal

2 c water	3 tbsp vegetable or peanut oil
1 c split red or brown lentils, washed and drained*	1/2 tsp white cumin seeds
1/2 tsp ground turmeric	3 cloves garlic, finely chopped
1/8 tsp cayenne pepper (optional)	1 medium onion, chopped
	1 tsp kosher salt

Abbreviations

Tbsp = tablespoon, tsp = teaspoon, c = cup

1. In a large saucepan or kettle, bring water, lentils, turmeric and cayenne to a boil over medium-high heat. Cover pan, turn heat to low, and simmer for about 30 minutes, or until lentils are tender. (If you are using split red lentils, they will cook in about 15 to 20 minutes.)
2. Meanwhile, in another saucepan, heat oil over medium heat. Add cumin seeds and stir. Add garlic, onion, and salt and continue stirring for about 5 minutes, or until onion begins to brown.
3. When lentils are cooked, add onion mixture to them. Mix well and simmer for 5 additional minutes before serving.

*Split red lentils are known in Hindi as masoor dal. This dish tastes wonderful made with almost any variety of lentil.

(Recipes from “Cooking the Indian Way” by Vijay Madavan, Learner Pub Group. **This book is not available in print at the library, but is available on Hoopla or at online or local retailers.*)

All Together Now: Family Dinner Book Club Around the World

July: India



Read one of our suggested books, or any other book by an Indian author. Then discuss the book while enjoying these delicious recipes! Why not try chai at a local coffee shop or grocery store, or eat at a local Indian restaurant.

Family Dinner Book Club: India Discussion Questions

What do you know about the country, India?

Sona Sharma, *Very Best Big Sister?* by Chitra
Soundar

Print: JF E Soundar; Hoopla audiobook

- Have you ever had a new baby in your life? What did you think about the new baby?
- Thatha says, “Paatti is very special to me. So sometimes I don’t mind doing things I don’t like, to make her happy.” When did you make someone happy by doing things that aren’t your favorite things to do?

Where Three Oceans Meet by Rajani LaRocca

Print: GEOGRAPHY JP LaRocca; ebook and Hoopla audiobook

- Have you been on a long trip? How did you travel (car, boat, plane, horse ...)?
- Sejal and Mommy live in America and Pati lives in India. Do you have family that lives far away? How do you stay in touch?
- Sejal’s family travels to a place where three oceans meet. Have you ever seen the ocean? What was it like? What do you imagine the ocean is like?

Archie Celebrates Diwali by Mitali Banerjee Ruths

Print: JP Ruths; Hoopla ebook

- Archie is worried her friends will think her family’s celebration is weird. Do you have any foods or traditions in your family that are different from your friends? When is the last time you tried something new?

Spiced Rice/Pulao

2 tbsp vegetable or peanut oil	1 c basmati or other long-grain rice, rinsed and well-drained
1/2 medium onion, thinly sliced	1/2 tsp kosher salt
5 whole cloves	2 c boiling water
1/2 stick cinnamon	1 tbsp butter or margarine
5 cardamom pods	1/4 c raisins
1/2 tsp ground coriander	2 tbsp blanched slivered almonds or cashews

Abbreviations

Tbsp = tablespoon, tsp = teaspoon, c = cup

1. In a large frying pan, heat oil over medium-high heat. Add onion and cook about 5 minutes, or until soft.
2. Add spices. Reduce heat to medium-low and cook for 1 minute. Stir in rice and fry until coated with oil.
3. Add salt and 2 c boiling water and bring mixture to a boil over medium heat.
4. When rice begins to boil, cover pan, reduce heat to low, and cook about 20-25 minutes, or until all water is absorbed and rice is tender.
5. When rice is cooked, heat butter in a small skillet over medium-high heat. Add raisins and nuts and fry for 1 or 2 minutes, or until raisins are plump and nuts are golden brown.
6. Stir raisin-nut mixture into rice and serve immediately. (Don’t forget that there are whole spices in this dish that you will want to remove before eating.)

(Recipe from “Cooking the Indian Way” by Vijay Madavan, Learner Pub Group. **This book is not available in print at the library, but is available on Hoopla or at online or local retailers.**)