

## GREEN-LENTIL CURRY

*Recipe by Madhur Jaffrey*

PAIR WITH:  
"SONOMA COAST"  
PINOT NOIR

### INGREDIENTS

- 1 teaspoon finely grated ginger
- 1 garlic clove (mashed to a paste)
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 3 tablespoons canola oil
- ¼ teaspoon cumin seeds
- 1 small shallot (minced)
- 1 tablespoon tomato paste mixed with of water
- 1 ¼ cups dried green lentils
- ¼ teaspoon ground turmeric
- 4 ounces green beans (cut into 3/-inch lengths)
- 4 ounces kale (stemmed and leaves finely chopped)
- 1 medium carrot (thinly sliced)
- 1 cup finely chopped cilantro
- ½ teaspoon cayenne pepper
- Salt



### PREPERATION

#### Step 1

- In a small bowl, combine the ginger, garlic, coriander and ground cumin.
- Stir in 1/4 cup of water to make a paste.
- In a small skillet, heat the oil until shimmering.
- Add the cumin seeds and cook over moderately high heat for 5 seconds, just until sizzling.
- Add the shallot and cook, stirring, until lightly browned, about 1 minute.
- Add the spice paste and let cook until most of the liquid has evaporated, about 2 minutes.
- Stir in the tomato paste and cook until thick, about 1 minute longer.

#### Step 2

- In a saucepan, combine the lentils with the turmeric and 5 cups of water; bring to a boil.
- Cover partially and simmer over low heat for 20 minutes, until the lentils are barely tender.
- Add the green beans, kale, carrot, three-fourths of the cilantro and the cayenne and season with salt.
- Cook until the lentils and vegetables are tender, 15 minutes.
- Scrape in the spice paste and the remaining cilantro.
- Simmer for 5 minutes, then serve.