

# RED DAHL



2017 Health Care Culinary Contest winning recipe created by Norbert Bomm from Northwestern Memorial Hospital in Chicago Illinois.

**SERVES 48 • PORTION 14 OUNCES**

## INGREDIENTS

- 48 servings brown rice pilaf
- 1/3 cup sesame oil
- 5-1/4 ea. Spanish onions, diced
- 10-3/4 ea. crushed garlic cloves, fresh
- 1/3 cup ginger root, fresh, grated
- 5- 1/4 ea. fresh red Fresno chili peppers
- 1/2 cup tumeric
- 1/2 cup ground cumin
- 6 lb. 12 oz. sweet potatoes, fresh, peeled
- 3 lb. 5 oz. lentils, dry
- 1-1/4 ea. lemon, preserved
- 1 gal. 1 qt. 1-1/4 cup fresh vegetable stock
- 1 gal. spinach, fresh, stems removed
- 10-1/2 oz. Thai basil, fresh

## PREPARATION

1. Cook brown rice and hold for service.
2. Warm oil in a pot. Add the diced onions, spread them out evenly using a wooden spoon or spatula and cook over a low heat for 5-7 minutes (stirring to release flavors) until onions are a light brown color.
3. Add garlic, ginger, peppers, and spices and cook for 1 minute. Add sweet potatoes wedges, vegetable stock, and lentils. Bring to a quick boil and then reduce to a simmer.
4. Rinse the preserved lemon under running water, chop roughly, and add to lentils.
5. Cover and simmer over medium heat for about 15 to 20 minutes until the lentils are cooked and the sweet potatoes are tender but still firm.
6. You want to cook the Dahl (lentils) until they are completely soft and thick and have collapsed into a rough purée.
7. Taste and adjust the seasoning. Fold fresh spinach into the cooked Dahl. Once spinach is wilted, serve.
8. Garnish with Thai basil, sliced Fresno peppers and serve Dahl with brown rice.

