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Potato and Lentil Stew

Recipe courtesy of Jane Brody's Good Food Gourmet

- 1 cup lentils
- 4 cups water
- 1 tsp salt (optional)
- 1 bay leaf
- 1 Tbsp butter or margarine
- 1 Tbsp olive oil
- 2 - 3 large potatoes, peeled and cut into 1/2" cubes
- 1 tsp turmeric
- 1/4 tsp cayenne or to taste
- Salt to taste (optional)
- Freshly ground black pepper to taste
- 2 cups canned chopped or crushed tomatoes
- 2 tsp garam masala
- 1 tsp honey
- Water, if necessary

In a medium saucepan, combine the lentils, water, salt (if desired) and bay leaf. Bring to a boil, reduce heat to med-low, and simmer the lentils until they are just soft, about 30 minutes. Do not drain the lentils! Discard the bay leaf, then set the lentils aside.

In a large Dutch oven or saucepan with a nonstick surface, heat the butter or margarine and oil briefly, and add the potatoes. Sprinkle them with the turmeric, cayenne, salt (if desired), and pepper. Cook the potatoes, tossing them, over medium heat, for about five minutes.

Add the tomatoes, the reserved lentils and their cooking liquid, the garam masala and the sugar or honey to the potatoes.

Cook the stew over medium-low heat for 10-15 minutes, stirring

the mixture from time to time and adding water if the stew seems to be too dry.

Sweetnicks' Notes: I usually serve this over rice with a dollop of sour cream and mango chutney on top, and hot, crusty bread on the side.