

RECIPES. BEING PART OF YOUR PERFECT DISH.



Spiced red lentil dahl with caramelised and pickled Rosanna onions by GBC Selena Periampillai...

In this dahl recipe, Selena shows off how Rosanna pink onions can be used to enhance any dish. In this spiced dahl recipe, the onions are both caramelised and pickled giving the dish sweetness and intensity.

Ingredients...

Onion Pickle

1 large Rosanna onion, finely sliced
1tbsp unrefined caster sugar
50ml white wine vinegar
pinch of salt

Caramelised Onions

1 Rosanna onion, thinly sliced
2 tbsp brown sugar
1tbsp olive oil
1tsp balsamic vinegar

Dhal

400g red lentils
salt and pepper
1tsp turmeric
50g frozen peas

Method...

1. On a low to medium heat, warm the salt, vinegar and sugar together in a little water. Mix until all the ingredients have dissolved then add the Rosanna onion and take off the heat. Stir well and allow to rest for at least 15 minutes. The onions should mellow in colour and turn a blushing pink. After this time, drain the onions
2. Take a frying pan and heat the olive oil. Add the onions, cook until soft and then dust with the brown sugar. Cook until the onions have caramelized then stir in the vinegar. The onions should turn sweet and sticky. Set aside
3. For the dhal, fill a saucepan with the lentils and cover with water until the water reaches about 1.5 inches above the lentils. Bring to the boil, and then immediately reduce the temperature and allow to simmer. Add a pinch of salt and the turmeric
4. Continue to simmer for around 15 minutes, skimming off any foam that appears at the top. Add the green peas and cook for a further 5 minutes until the lentils are soft. Don't allow the lentils to get too watery or too dry. Stir the lentils to break them up. Season to taste and stir in the caramelised onions
5. Ladle into bowls and add some pickled onions on top

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Onions®**