

# Lemon Dahl (Chrys Horn)

**Serves 4 people**

## Ingredients

- 670g (3.3 coffee mugs) of red or brown lentils
- About 8.5 cups water
- 3.5 large onions finely chopped
- Black pepper
- 5 tablespoons of soy sauce
- 1.5 lemons cut up and liquidised in a blender with some of the water
- 3 teaspoons mustard seeds (black or yellow)
- 2 heaped teaspoons of mild curry paste.
- 400g rice
- 2 tomato soup sachets

## Method

### Before the tramp

1. Fry the onions and mustard seeds, then add lentils and curry paste and fry a little longer.
2. Add liquidised lemons, water, soy sauce and black pepper. Bring mixture to the boil and simmer stirring regularly and adding water if necessary (this mix catches quite easily so keep an eye on it!).
3. Spread the mixture onto solid trays in an oven or dehydrator, and dry at around 40-50 degrees.
4. Break up the mixture once it has dried using your hands and ensure it is completely dry.

### On the tramp

1. Rehydrate the lentil mixture by adding water and heating. Leave to stand stirring occasionally and adding water as needed.
2. Meanwhile, cook the rice separately
3. Once the lentil mixture has rehydrated add in the sachets of tomato soup, mix well and serve over the rice

## Variations

- Don't be too rigid about the quantities – make sure you have enough lentils and lemon – the other ingredients can vary a bit.

## Chef's Notes

- For hungry people on long trips, use about 100g of the dried mixture per person.
- Make plenty since it keeps fine in an airtight jar in the cupboard for more than a year.

<b>Number of people</b>	<b>Two</b>	<b>Four</b>	<b>Six</b>	<b>Eight</b>	<b>Ten</b>
Lentils	130 (.7 c) g	260g (1.3 c)	390g (2c)	420g (2.7c)	670g (3.3 c)
Water	1-5-2c	2-3 c	4-5 c	6-7 c	8 – 8.5 c
Onions	1 small	1-1.5 large	2 large	2.5 large	3.5 large
Pepper	To taste	To taste	To taste	To taste	To taste
Soy sauce	1 T	2 T	3T	4T	5T
Lemons	½ small	1 small	1 medium	1 medium	1.5 large
Mustard seeds	1½ teaspoons	3 teaspoons	4 ½ teaspoons	6 teaspoons	7 ½ teaspoons
Curry paste	1 heaped teaspoon	2 heaped teaspoons	3 heaped teaspoons	4 heaped teaspoons	5 heaped teaspoons
Rice	200g	400 g	600g	800 g	1000 g
Soup sachets	1	2	3	4	5