

Red Lentil Curry (Kerry Moore)

Serves 4 people

Ingredients

- 1 litre water
- 150g red lentils (1 cup)
- 80g pearl barley (½ cup)
- 80g sultanas (¾ cup)
- 16g brown sugar (1 heaped teaspoon)
- juice of one lemon
- rind of ½ lemon, finely-chopped
- 2g teaspoon salt (½ teaspoon)
- 2 cloves garlic, chopped
- 15g coconut (4 heaped teaspoons)
- 8g curry powder (1 heaped teaspoon)
- 40g pea flour (4 heaped teaspoons)
- 400g long grained rice

Method

On the tramp

1. Boil 1 litre of water in a billy and add the red lentils, pearl barley, sultanas, brown sugar, lemon juice and rind, and salt
2. Simmer for about 12 minutes stirring occasionally.
- 3 In a separate billy, cook the rice.
4. In another container, with some cold water, make a paste with the garlic, coconut, curry powder and pea flour.
5. Stir the paste into the lentils to thicken the mixture and reheat. If necessary add some more hot water to get the right consistency.
6. Serve the lentil mixture on the rice.

Chef's Notes

- Be sure to re-heat the mixture properly as raw pea flour doesn't taste good. Vigorous stirring with chopsticks also works well.

Number of people	Two	Four	Six	Eight	Ten
Water	0.5 litre	1 litre	1 ½ litres	2 litres	2.5 litres
Red lentils	75g	150g	225g	300g	375g
Pearl barley	40g	80g	120g	160g	200g

Sultanas	40g	80g	120g	160g	200g
Brown sugar	8g	16g	24g	32g	40g
Lemon juice	½ lemon	1 lemon	1 ½ lemons	2 lemons	2 ½ lemons
Lemon rind	½ lemon	½ lemon	1 lemon	1 lemon	1 ½ lemon
Salt	1g	2g	3g	4g	5g
Garlic	1 clove	2 cloves	3 cloves	4 cloves	5cloves
Coconut	8g	15g	23g	30g	38g
Curry powder	4g	8g	12g	16g	20g
Pea flour	20g	40g	60g	80g	100g
Long grained rice	200g	400g	600g	800g	1000g