

Spicy Lentils and Rice (TTC Recipes for the Outdoors 1994)

Serves 4 people

Ingredients

Pre-mix in a plastic bag

- 400g white rice (2 cups)
- 250g red lentils (1 cup)
- 2 teaspoons sugar
- 2 teaspoons salt
- 35 g desiccated coconut (1/3 cup)
- 60g g sultanas (1/3 cup)
- 3 teaspoons ground cumin
- 1 teaspoon chilli powder
- A few cardamon seeds
- 3 bay leaves
- 2 teaspoons cinnamon

Pack separately

- 1 large onion finely chopped
- Several cloves of finely chopped garlic
- Thumb nail size piece of grated/ finely chopped fresh ginger
- 140g pot tomato paste (e.g. Leggos)

Method

On the tramp

1. Empty plastic bag of dry ingredients into a billy with 6 cups of water.
2. Add the onion, garlic and ginger and the tomato paste to the billy.
3. Bring to the boil and simmer, stirring often, until rice and lentils are cooked (about 15- 20 minutes).
4. Serve

Number of people	Two	Four	Six	Eight	Ten
Rice	200g	400g	600g	800g	1000g
Red lentils	125g (½ cup)	250g (1 cup)	375g 1 ½ cups)	500g (2 cups)	625g (2 ½ cups)
Sugar	1 teaspoon	2 teaspoons	3 teaspoons	4 teaspoons	5 teaspoons

Salt	1 teaspoon	2 teaspoons	3 teaspoons	4 teaspoons	5 teaspoons
Desiccated coconut	20g	35g	50g	70g	90g
Sultanas	30g	60g	90g	120g	150g
Ground cumin	1 ½ teaspoons	3 teaspoons	4 ½ teaspoons	6 teaspoons	7 ½ teaspoons
Chilli powder	½ teaspoon	1 teaspoon	1 ½ teaspoons	2 teaspoons	2 ½ teaspoons
Cardamom seeds	2	4	6	8	10
Bay leaves	2	3	5	6	9
Cinnamon	1 teaspoon	2 teaspoons	3 teaspoons	4 teaspoons	5 teaspoons
Onion	½	1	1 ½	2	2 ½
Garlic	2 cloves	3 cloves	4 cloves	6 cloves	8 cloves
Ginger	½ teaspoon	1 teaspoon	1 ½ teaspoons	2 teaspoons	2 ½ teaspoons
Tomato paste	70g	140g	210g	280g	350g
Water	3 cups	6 cups	9 cups	12 cups	15 cups