

J. Rickards Winery



VEGAN RED LENTIL CURRY

Prep time: 10 min | Cook time: 35 minutes | Total time: 45 min | 12 servings
Recommended wine pairing: J. Rickards Bettino's Blend or Viognier

INGREDIENTS

1 T refined or virgin coconut oil	2 t curry powder
4 cloves garlic, minced	1 t garam masala
2 inch piece of fresh ginger, peeled & grated	Kosher salt or sea salt, to taste
1 T minced fresh turmeric or 1 t ground dried turmeric	freshly cracked black pepper, to taste
1 to 2 serrano peppers, diced	1 cup red lentils
1 t ground cumin	2 cup low-sodium vegetable broth
½ t ground coriander	1 14 oz. can crushed tomatoes
½ t Indian red chili powder (<i>if you are using regular chili powder which is a blend, use 1t</i>)	1 13.5 oz can full-fat coconut milk
	3 T unsweetened creamy almond butter
	1 small lemon, juiced
	2 C fresh cilantro, roughly chopped

DIRECTIONS

- 1 Rinse the lentils in cold water until the water runs clear.
- 2 Heat a large deep skillet or large sauce pan over medium-high heat and add the coconut oil. Once the oil is shimmering, add the garlic, ginger, fresh turmeric (if using), and serrano pepper and cook for 2 minutes, stirring frequently to prevent garlic from burning.
- 3 Add the cumin, coriander, chili powder, curry powder, garam masala, salt and black pepper and cook for 30 to 60 seconds until fragrant, tossing frequently, to prevent burning. (*If you are using ground turmeric instead of fresh, add it now with the rest of the spices.*)
- 4 Pour in the vegetable broth and use a wooden spoon or spatula to scrape up any browned bits on the bottom of the pot. Add in the lentils and crushed tomatoes and mix well. Reduce the heat to low and cover the pan with a lid. Simmer 20 to 25 minutes, or until the lentils are cooked through and have mostly softened. If you find the lentils are not quite soft after 25 minutes, add a few spoons more of broth or water and cook for another 5 minutes.
- 5 Remove the lid and stir in the coconut milk, almond butter along with the salt and pepper (to taste). Continue cooking on low heat, uncovered for 5 to 8 minutes, until the curry has thickened and creamy.
- 6 Finally, stir in the lemon juice and cilantro, and turn off the heat. If you want your lentils even creamier, use an immersion blender to lightly puree the curry.
- 7 Serve the curry with rice and /or naan (*Indian flatbread*) and garnish with additional cilantro. Store leftovers in the fridge for 3 to 4 days.