Lentil Daal

Ingredients:
1 cup dried lentils (rinsed)
1 yam
1 can coconut milk
1 -2 tbsp green curry paste
2 cups water
1 tsp turmeric
1 tsp chilli powder
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1 onion
3-4 cloves of garlic
1 inch of ginger
1 cup of broth
3 cups of water

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1. Rise lentils well under running water until the water runs without any bubbles
2. Chop onions, garlic, ginger
3. Peel and chop sweet potatoes (small chunks)
4. Using a medium heat, place a large saucepan on the element with a bit of oil or butter
5. Add the onions to the saucepan and fry for 2 mins
6. Add ginger and garlic to the saucepan, fry 5 mins (add a splash of water if you feel the ingredients are becoming dry)
7. Add curry paste, all dried spices into the saucepan and stir very well
8. Add in sweet potatoes and lentils, combine all together into mixture
9. Add vegetable stock, coconut milk, and maple syrup
10. Bring to a boil, then immediately turn down the heat to simmer the mixture
11. Place a lid on top of the simmering mixture and set a timer for 10 minutes
12. At 10 minutes, stir your mixture, make sure nothing is sticking to the bottom, (*if the lentils have soaked up ALL the liquid and are not tender, add in 1 more cup of water.)
13. Cover and simmer for another 10 minutes, until potatoes are soft and lentils are tender.

Utensils :
Chopping board and knife (or food processor)
1 large pot
Sieve or strainer
Wooden spoon