



Food for Thought
A Life in Four Courses

Bimal's Bara (Nepalese lentil patties)



“We consider food a gift of God, a reward. We have to take it in a very peaceful manner and the food has to be very nutritious so it is our top priority.”

BIMAL GIRI, FOOD FOR THOUGHT PARTICIPANT

Ingredients

- 200g washed urad dal (black lentils)
- 25g of fresh ginger peeled
- 4 cloves of garlic peeled
- 8-10 leaves of fresh coriander
- 1 tablespoon of coriander powder
- 1 tablespoon of cumin powder
- ½ teaspoon of turmeric powder
- ½ teaspoon of chilli powder (or to taste)
- ½ teaspoon of salt (or to taste)
- 2 tablespoons of mustard oil

Method

- Soak the dal overnight.
- Grind the soft dal with ginger and garlic to make a fine paste.
- Add coriander, cumin powder and turmeric powder and stir until it gets smooth.
- Add salt and chilli as per your taste.
- Put a pan on a low heat and once heated, add the mustard oil.
- Put a spoon of the dal paste into the pan and cook until it turns golden brown.
- After 2-3 minutes, turn over and cook the other side.
- Serve hot with meat sauce or vegetable sauce or condiments.

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