

OLD MAN'S DAL

I am trying to expand my horizons and one of the areas I want to play around with is Indian food. This is due, in part, to my crush on Priya Krishna when she was on the Bon Appetit YouTube channel and inspiration from her book. I have had dal on my list of stuff to try for a while and I finally got around to my take on it. I highly doubt this would be considered authentic, but it seemed like a good idea to me!

20210212 (Friday): Well, I learned a lot on with the first round. First... this was not really suitable for the Crock Pot on LO. It might work with the Crock Pot on HI, but I think the old fashioned pot on stove is probably the best. Second... letting it sit overnight in the fridge after cooking is key. Nth... It was TASTY. NOTE: You may get some bones and chewy bits from the wings, but it is worth it! This recipe represents what I think the next iteration should be

20210223 (Tuesday): Doubled the chicken, one or two minor tweaks, and we are THERE!!!

INGREDIENTS

Qty.	Unit	Item
1	16 oz. bag	Masoor Dal (Lentils)
2	6-Wing Package	Uncut Chicken Wings
1	16 oz. bag	Frozen Peas
1	1 Qt. Jar	Devil's Trinity (See recipe "Devil's Trinity")
1	2 oz. can	Anchovy Fillets
1	Cup	Uncooked Basmati Rice
2	Avg. Sized	Lime
AR	-----	Kosher Salt
AR	-----	Fresh Ground Black Pepper
AR	-----	Accent
AR	-----	Paprika
2	TSP	Rosemary
2	TSP	Thyme
2	TSP	Sage
2	Cloves	Garlic
1	12 oz. Bottle	Sierra Nevada Pale Ale
6	Cups	Water
1	Bunch	Green Onions
1	Medium	Red Pepper
AR	-----	LVO

Masoor Dal – I like Goya products. Check the “international” aisle of your grocery store

I generally get Purdue, or the like, wings. They come 6 whole wings to a pack and usually weigh around 1.6 lbs. Get the whole wings for this, not the party wings; the tips will contribute to the “stock”

If your tap water is funky, use bottled or distilled water

SPECIAL TOOLS

- None!!!

PREPARATION

TWO DAYS BEFORE

- 1) Sort through the dal and discard any stones, debris, funky lentils, etc
- 2) Place dal in a decent sized pot and cover to two times the height of dal with water
- 3) Cover with lid and let sit overnight
- 4) Pull the wings from the package and pat dry
- 5) Butcher the wings into drummettes, flats, and tips
- 6) Generously salt and pepper the wings on both sides along with a little bit of Accent
- 7) Place the wings on (Qty. 2) ¼ sheet cooling racks in (Qty. 2) ¼ sheet pans and stick in the fridge overnight

ONE DAY BEFORE

- 1) Position 2 racks in the center most positions of your oven
- 2) Heat oven to 450 deg. F
- 3) Lightly grease two half sheets with LVO
- 4) Toss the wings in a bowl, one package at a time, with LVO until lightly, but evenly coated. Not too much, but not too little
- 5) Spread the wings evenly on two half sheets (DON'T CROWD) and stick in the oven
- 6) Cook until nicely browned (a little on the darker side), maybe around 30-45 minutes or so
 - a. Every 15 minutes swap the pans on the racks and rotate the pans 180 deg.
- 7) Place the wings in the bottom of a largish pot
- 8) Deglaze the sheet pan with some of the Sierra Nevada Pale Ale. Scrape up all the fond goodness with a flat edged wood spoon
- 9) Pour the fond, juice, and beer from the pan over the wings in the pot
- 10) Open the can of anchovies
- 11) Shake excess oil from each anchovy filet and place the filets on top of the wings
- 12) Add the rest of the bottle of Sierra Nevada to the pot
- 13) Add the contents of the 1 qt. jar of Devil's Trinity to the pot; veggie bits, juice and all
- 14) Sprinkle over the rosemary, thyme, and sage
- 15) Mince the garlic and sprinkle over

- 16) Drain the dal and add to the pot
- 17) Pour in 8 cups of water. Add water as necessary to cover the wings and to just barely float the dal
- 18) Give a gentle stirry-stir
- 19) Cover and bring to a boil
- 20) Reduce to a simmer [v] and cook covered for 60 minutes, stirring occasionally
- 21) Uncover the pot and simmer [v] until the lentils are tender, the wings reach an internal temp of 165 deg. F, and the soup reaches just shy of your thickness of choice, stirring occasionally. [viii]
- 22) Pull out the wings (and any bones or hard cartilage bits) [ii] and hand pull the meat if it has not already fallen off the bone [vii]
- 23) Put the meat back in the pot and give a stirry-stir
- 24) Stir in the frozen peas and cook on LO for an additional 15 minutes or until the peas are warm. If the peas are frozen in a block, stir over dal and occasionally use wood spoon to gently remove layers of peas from the block
- 25) Check the peas after 15 minutes. If they are still cold, continue to cook increments of 10 minutes until heated
- 26) Once the peas are heated, turn off the heat
- 27) Stir in the lime from one juice [iv]
- 28) Cover and allow the pot to cool until handleable
- 29) Place the pot in the fridge overnight

DAY OF

- 1) Start the basmati (See "How to Cook White Rice") [i]
- 2) Rinse the second lime and cut into 6 - 8 wedges
- 3) Rinse the green onions
- 4) Chop off the root end and any funky, floppy, or rubbery bits
- 5) Finely slice the green onions [iii]
- 6) Rinse, destem, deseed, and fine dice the red pepper
- 7) A little while before your basmati is done, pull the dal from the fridge of divvy out how much you feel like eating
- 8) Heat the dal [vi]
- 9) Plate (or bowl) a portion of dal on top of a portion of rice [ix]
- 10) Sprinkle with paprika
- 11) Sprinkle with the sliced green onion
- 12) Sprinkle with diced red pepper
- 13) Place one or two lime wedges along side
- 14) ENJOY!!!

CLOSING THOUGHTS

I am still not sure if I want to do a chhonk or not. I need to think about this a bit, but if I do, I think it will be along the lines of a Buffalo chhonk

20210212 (Friday): This one is evolving more than I thought it would. I am changing this to a WIP for now

20210223 (Tuesday): This one is a keeper! Removing WIP designation

NOTES

- i. Rice cooker method is my current favourite method
- ii. A spider will be very helpful here, but not 100% necessary
- iii. Should make about 2/3 cups
- iv. Yeah, that's right! You heard me!
- v. Keep an eye on this; you may need to adjust the heat occasionally to maintain a simmer
- vi. uWave is fine for this, but so is pot on a stove
- vii. I think it goes without saying to remove any wing bones and cartilage
- viii. This could take a while; about 2 ½ - 3 hours. A good sign that it is close to being done or done is that the chicken meat falls off the bones when the dal is stirred
- ix. 1 cup dal to 1 cup rice makes a good serving size for dinner

PICTURES
