



Curried Lentil Stew

Add this delicious curry to your repertoire of lentil recipes. The secret to this savory stew is the coconut milk and the aromatic spices. *This recipe is in honor of P. Perumal Dhanaraja.*

INGREDIENTS **SERVES 4–6**

1 c.	lentils, uncooked
1 T.	oil
1	medium onion, diced
2 cloves	garlic, minced
1 t.	curry powder
1 t.	chili powder (add more if you like it spicy hot)
½ t.	coriander
2 c.	coconut milk
2 c.	milk
	salt to taste

PREPARATION

1. Wash and soak the lentils in water for at least 1 hour.
2. In a large pan, heat the oil and sauté the onion, garlic, and curry powder until onion is soft.
3. Rinse and drain the lentils and add to the pan.
4. Add the chili powder, coriander, coconut milk, and milk.
5. Bring to a boil, then simmer on low until lentils are soft. Add salt to taste.
6. Serve alone or over rice.

IF YOU GO TO SRI LANKA

If you are invited to dinner at a specified time, you should plan to be on time even though it may be several hours before the food arrives. (You might need to eat something before you go.) Since most of the socializing takes place before the meal is served, you can expect to leave within half an hour after the meal ends. While in Sri Lanka, plan to visit the Pinnawela Elephant Orphanage near Kegalle. Originally established to care for injured or orphaned elephants found in the wild, it is now home to about 70 elephants. If you visit during feeding time, you can offer sugar cane and bananas to the calves. You can also accompany the entire herd to the nearby river and watch the elephants enjoy their daily baths.