

OTTOLENGHI S VEGETARIAN CURRY (LENTILS, TOMATOES, COCONUT)

The Recipe

<https://www.cuisinedaubery.com/recipe/vegetarian-curry/>

Delicious vegetarian curry, made with Lentils, Tomatoes, Coconut with powerful flavors, perfectly balanced

Chef: Yotam Ottolenghi

Preparation Time: 10 Minutes

Cooking Time: 30 Minutes

Skill: Intermediaire Level

Cuisine: Indian Cuisine

Courses: Curry, Main Dish, Vegetarian Dish,

Ingredients

For 4 servings

- 1 Onion
- 1 tablespoon of Curry powder
- 1/4 teaspoon of Chile Flakes (Crushed red pepper)
- 2 Garlic Cloves
- 3 Tablespoons Ginger Root (20 grams)
- 3/4 Cup Red Lentils (150 grams)
- 2 Cups Tomatoes (400 grams)
- 2 Cups Tomatoes (400 grams) Fresh or canned
- 1/3 Cup Coriander leaves (cilantro) (25 grams)
- 1/3 Cup Coriander leaves (cilantro) (25 grams) With stems
- 2 2/3 Cups Water (600 grams)
- 1 pinch of Salt
- 1 pinch of Pepper
- 1 pinch of Sugar
- 1 2/3 Cup Coconut Milk (400 grams)

For 6 servings

- 1 1/2 Onions
- 1 1/2 tablespoons of Curry powder
- 0.4 teaspoon of Chile Flakes (Crushed red pepper)

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3 Garlic Cloves
1/3 Cup Ginger Root (30 grams)
1 1/4 Cup Red Lentils (225 grams)
3 Cups Tomatoes (600 grams)
3 Cups Tomatoes (600 grams) Fresh or canned
1/2 Cup Coriander leaves (cilantro) (37.5 grams)
1/2 Cup Coriander leaves (cilantro) (37.5 grams) With stems
4 Cups Water (900 grams)
1 pinch of Salt
1 pinch of Pepper
1 pinch of Sugar
2 1/2 Cups Coconut Milk (600 grams)

For 3 servings

3/4 Onion
3/4 tablespoon of Curry powder
0.1 teaspoon of Chile Flakes (Crushed red pepper)
1 1/2 Garlic Cloves
2 Tablespoons Ginger Root (15 grams)
1/2 Cup Red Lentils (112.5 grams)
1 1/2 Cup Tomatoes (300 grams)
1 1/2 Cup Tomatoes (300 grams) Fresh or canned
4 Tablespoons Coriander leaves (cilantro) (18.7 grams)
4 Tablespoons Coriander leaves (cilantro) (18.7 grams) With stems
2 Cups Water (450 grams)
1 pinch of Salt
1 pinch of Pepper
1 pinch of Sugar
1 1/4 Cup Coconut Milk (300 grams)

For 2 servings

1/2 Onion
1/2 tablespoon of Curry powder
1/8 teaspoon of Chile Flakes (Crushed red pepper)
1 Garlic Clove
2 Tablespoons Ginger Root (10 grams)
1/2 Cup Red Lentils (75 grams)
1 Cup Tomatoes (200 grams)
1 Cup Tomatoes (200 grams) Fresh or canned
3 Tablespoons Coriander leaves (cilantro) (12.5 grams)
3 Tablespoons Coriander leaves (cilantro) (12.5 grams) With stems

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- 1 1/3 Cup Water (300 grams)
- 1 pinch of Salt
- 1 pinch of Pepper
- 1 pinch of Sugar
- 3/4 Cup Coconut Milk (200 grams)

Steps

For this recipe, I chose to use a "Le Creuset" Cast Iron Pan, for a good heat distribution

To purchase online, see [HERE](#)

1. Peel and chop the Onion (1)
2. Cook with vegetable oil
3. Pour the Curry powder (1 tablespoon), cook a few second, and add the Chile Flakes (Crushed red pepper) (1/4 teaspoon)
4. If you don't like spicy food, forget the Chile Flakes (Crushed red pepper) !
5. Add 1/4 of a glass of Water and stir
6. Peel and mince the Garlic Cloves (2) (I am using a microplane)
7. For the Ginger Root (3 Tablespoons or 20 g) : Grate the brown skin with a spoon (do not use a peeler), and mince
8. Add in the Red Lentils (3/4 Cup or 150 g) and stir
9. Cook for 1 minute
10. For the Tomatoes (2 Cups or 400 g), we need to remove the outer skin
11. Boil water in a saucepan
12. Cut a "cross" into the bottom of the tomatoes
13. Place the Tomatoes (2 Cups or 400 g) a few seconds in the hot water
14. I am using une slotted spoon : To purchase online, see [HERE](#)
15. Peel the tomatoes
16. Let cool down at room temperature
17. Chop the tomatoes into quarters and add in
18. Pour in the Water (2 2/3 Cups or 600 g), stir
19. For the Coriander leaves (cilantro) (1/3 Cup or 25 g), cut the stems, and chop them. Stems have a more powerful taste than the leaves
20. Add in the chopped stems and keep the leaves for later
21. Season with the Salt (1 pinch), the Pepper (1 pinch), add in the Sugar (1 pinch)
22. Stir, and cover
23. Reduce the heat so that everything simmers gently
24. Cook on low heat for 20 minutes
25. Whip the Coconut Milk (1 2/3 Cup or 400 g): You may use either a stand mixer (like a Kitchen

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Aid appliance) or an electric beater

26. After the curry has cooked, taste and adjust seasoning.

27. Keep a 1/4 of Coconut Milk for the the final topping (decoration), and pour in the rest into the casserole

28. Stir and cook a few minutes

For a creamy texture

29. You may stop now. However, as I mentioned already, I prefer to convert this "soup" into a "velouté", which I find more elegant

30. To do this, simply take between 1/4 to 1/3 of the curry and blend. (You may use either a blender, or a Food Processor (with chopping blades) or an immersion blender)

31. Pour the blend back to the casserole and mix. That's it !