

Vegan Dal Makhani (Black Lentil Dal)

Prep Time
20 mins

Cook Time
6 hrs



5 from 22 votes

Course: Dinner Cuisine: Gluten Free, Indian, Vegan

Keyword: daal makhani, dal makhani, dhal makhani, gluten free dal, vegan dal makhani, vegan dal recipe, vegan dinner recipe, vegan meal prep

Servings: 6 Calories: 354kcal Author: Sneh

Ingredients

for the dal (lentils)

- 300 g black urad dal
- 4 cups water (for soaking)

for the dal base

- 2 tablespoons extra virgin olive oil or coconut oil
- 1 red onion finely diced
- 1 tablespoon grated ginger
- 4 garlic cloves minced
- 3 bay leaves
- 1 cinnamon stick
- 1 teaspoon ground turmeric
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon ground garam masala
- 1/2 teaspoon red chilli powder (or sweet paprika)
- 1/2 teaspoon smoked paprika
- 400 g diced tomatoes canned
- 300 ml coconut milk full fat
- 2 teaspoons flaky salt

for the tempering (tadka/tarka)

- 1 tablespoon extra virgin olive oil or ghee
- 1 tablespoon red cayenne chilli thinly sliced
- 1/2 inch ginger julienned

to finish

- handful of fresh coriander leaves
- 2 tablespoons whipped coconut cream

Instructions

1. Wash, rinse and soak the urad dal in 4 cups of cool water for 2 hours or 4 cups of hot water for 1 hour.
2. Place soaked dal along with the soaking water in the bowl of a slow cooker and cook on high for half an hour.

Prepare the tempering

1. Heat olive oil in a large shallow frying pan. Sauté onion, ginger, garlic, bay leaves and cinnamon on medium for a couple of minutes until onion is caramelised.
2. Add turmeric, coriander, cumin, garam masala, chilli and paprika. Sauté for a couple of minutes until spices are toasted and aromatic.
3. Add the tempering to the dal in the slow cooker. Add the tomatoes, coconut milk and salt. Mix well.
4. Cover and slow cook on low for 6 hours. The consistency of the finished dal should be that of a loose porridge. If it is drier than that, add half a cup of water to loosen the dal in the last stages of cooking.

To finish the dal

1. Heat oil in a small frying pan on medium heat. Sauté the chilli and ginger strips for 30 seconds until golden. Remove from heat and pour over the dal.
2. Garnish with coriander and swirl through the coconut cream. Serve hot with rotis or steamed rice and lemon wedges on the side.

Notes

COOKTOP METHOD - Place the soaked dal along with soaking water in a large deep Dutch oven or heavy-bottomed saucepan. Cook on medium-high for an hour. Add the tempering, tomatoes, coconut milk and salt. Mix well. Cover and cook on medium for half an hour. Reduce heat to low and simmer (covered) for 3-4 hours until dal is tender but still has a bite. The consistency should be that of a loose porridge. If it is too dry, add half a cup of water and cook until warmed through. Finish as per above.

Luxury Version - For a rich decadent version, replace olive oil with butter and whipped coconut cream (to finish) with fresh cream.

Batch Cooking - I often double the recipe, slow cook and cool it completely before packing it away in freezer-safe containers. Stays well in the freezer for up to two months and thaws beautifully in the fridge or microwave when ready to use.