## HARMONY DAY – RECIPES

### Dhal
Dhal (also spelt dahl or dal) is a preparation of pulses (dried lentils, peas or beans) stripped of their outer hulls and split. It also refers to the thick stew prepared from these pulses, an important part of Indian, Nepali, Pakistani, Sri Lankan, West Indian and Bangladeshi cuisine. It is regularly eaten with rice and vegetables in Southern India, and with both rice and roti (wheat-based flat bread) throughout northern India and Pakistan. Dhal is a ready source of proteins for a balanced diet containing little or no meat.

**What you will need:**
- 1 1/2 cups of red lentils
- 2 tbsp ghee
- 2 cloves finely chopped garlic
- 1 tsp grated ginger
- 1 tsp turmeric
- 2 cups water
- 2 pinches salt

Wash lentils in water and drain.
Grate ginger and chop garlic finely.
Heat ghee in big pot.
Fry garlic and ginger in the ghee and the turmeric.
Add lentils, water and salt.
Bring to boil and simmer for 20 minutes.

### Cranachan
Cranachan is a Scottish dessert. This recipe makes 6 glasses.

**You will need:**
- 600 ml whipping cream
- 2 tbsp honey
- 1 tsp vanilla extract
- 50 g toasted oatmeal
- 200g fresh or frozen raspberries

Whip cream with honey and vanilla until thick.
Fold in oatmeal and half the raspberries.
Puree the rest of the raspberries.
Place spoonful of puree in bottom of glass.
Pipe in raspberry cream half-way up.
Add another spoonful of puree then more cream.
Garnish with mint or fresh raspberries and drizzle of honey.

### Chinese Fried Rice

**Ingredients:**
- Rice
- Onion
- Garlic
- Bacon rashers
- Frozen Peas and Corn
- Eggs
- Light Soy Sauce (Gluten Free – Optional)
- Chicken Stock (Gluten Free – Optional)
- Salt and Pepper
- Olive Oil or Sesame Oil

**Cooking Method**
**Step 1:** Cook rice following packet directions. Drain. Rinse. Drain. Spread on a tray. Refrigerate rice overnight or for at least 2 hours until cold.
**Step 2:** Finely chop the onion, garlic and bacon. Place other ingredients on bench so they are ready to use.
**Step 3:** Heat a wok over medium-high heat. Add half the oil. Swirl to coat. Add half the egg. Swirl to cover base of wok. Cook for 30 seconds or until just set. Lift from wok. Transfer to a board. Repeat with remaining egg. Roughly chop egg
**Step 4:** Heat remaining oil in wok. Stir-fry bacon for 5 minutes or until lightly browned. Add garlic, onion, peas and corn. Stir-fry for 2 minutes. Add rice. Stir-fry for 5 minutes or until rice is heated through and the peas and corn are tender. Add soy sauce and chicken stock. Stir-fry for 1 minute. Add a pinch of salt and pepper. Stir through the eggs you fried earlier for 1 minute. Ready to serve!