

# masurchi amti

preparation time: 15 minutes  
cooking time: 50 minutes  
chilli rating: mild

difficulty level: easy  
serves: 4-6 as part of a  
main meal



## ingredients

½ cup desiccated coconut  
½ cup unsalted nuts (such as cashews or almonds, as preferred), finely chopped  
2 cups red lentils  
10 cups water  
½ tsp ground turmeric  
1 tsp tamarind concentrate  
1 tbs jaggery, finely grated  
1 tsp salt  
1 tbs fresh coriander, chopped, to serve

## tempering

1 tbs vegetable oil  
2 tsp nilgiri's garam masala (see Ajoy's tips)  
1 tsp asafoetida powder  
1 tsp chilli powder

## method

In a cast-iron frying pan, dry-roast coconut over medium heat, stirring, until golden. Let cool slightly then transfer to a small food processor. Add the nuts and process to a fine paste. Set aside.

Rinse lentils. In a saucepan, combine lentils, water and turmeric. Cover and bring to the boil over high heat. Reduce heat to medium and cook lentils, uncovered, until lentils break down and the mixture is quite thick (about 40-45 minutes).

Remove pan from heat and stir in coconut paste, tamarind, jaggery and salt. Taste and adjust seasoning, if necessary.

**To make the tempering:** In a small frying pan, heat oil over medium-high heat. Remove pan from heat and stir in garam masala, asafoetida and chilli powder. Pour hot tempering over lentils and mix well. Transfer to serving dish and sprinkle with the coriander.

## Ajoy's tips

Click [Ajoy's blog on beans and lentils](#) to read about cooking lentils. Click [nilgiri's garam masala recipe](#) to make your own garam masala.

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