

Cauliflower Dahl

Aromatic Indian Cauliflower Dahl recipe with coconut milk, curry leaves and spices. This healthy vegan soup is packed with flavor and ready in 65 minutes.

10 min

PREP

55 min

COOK

1h 5min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Ingredients

- 4 onion
- 1 clove garlic
- 1 cauliflower
- 8 leaf curry
- 2 tsp mustard
- 0.5 red chilli
- 0.7 lb pea
- 4 cup coconut milk
- 1 tbsp olive oil
- 1 cup water

Instructions

- 1 Prepare the vegetables**

Peel and finely dice the onions. Mince 1 clove of garlic. Cut 0.7 lb cauliflower into small, uniform florets about 1-inch in size.
- 2 Start the aromatic base**

Heat 1 tablespoon oil in a large saucepan over medium heat (about 180°C/350°F). Add the diced onions and cook, stirring occasionally, until soft and translucent, about 5-6 minutes.
- 3 Add the minced garlic and cook for another 1 minute until fragrant, stirring constantly to prevent burning.**
- 4 Add the tempering spices**

Add 8 curry leaves and 2 teaspoons mustard seeds to the pan. Stir quickly for 30 seconds until the mustard

seeds begin to pop and crackle.

5 **Add main ingredients**

Add the cauliflower florets and stir gently to coat with the aromatic oil mixture for 2-3 minutes.

6 Pour in 1 cup coconut milk and 4 cups water. Bring the mixture to a rolling boil over high heat.

7 **Simmer the dahl**

Once boiling, reduce heat to low and cover the pan partially. Simmer for 35-40 minutes, stirring every 10 minutes, until the cauliflower is tender and easily pierced with a fork.

8 **Finish and serve**

Taste and season with salt and pepper as needed. Serve hot immediately while the dahl is creamy and the cauliflower is tender.

Tips

Toast the mustard seeds until they start to pop for the most aromatic flavor - this technique is called tempering and is essential for authentic taste.

Cut cauliflower into uniform pieces to ensure even cooking, with smaller florets cooking more quickly and absorbing flavors better.

Use full-fat coconut milk for the richest, creamiest texture, but shake the can well before opening to ensure proper consistency.

Fresh curry leaves make a significant difference in flavor - if unavailable, dried leaves can substitute but use half the amount.

Allow the onions and garlic to cook until golden and fragrant before adding other ingredients to build a proper flavor base.

Taste and adjust seasoning at the end of cooking, as the flavors concentrate during the long simmering process.

For a smoother texture, lightly mash some cauliflower pieces against the side of the pot during the last 10 minutes of cooking.

Garnish just before serving to maintain the fresh appearance and aroma of the curry leaves and mustard seeds.