



# BABY DAHL CAKES

BILLY → 5/18/2013

## INGREDIENTS



2 CUPS TOOR DAHL

3/4 CUP WHEAT GLUTEN

1/2 CAN DICED TOMATO

1 SMALL RED ONION + GREENS (DICED)

25 LEAVES ARUGULA (CHOPPED)

1 1/2 TBSP SHAN DAHL CURRY MIX OR SIMILAR

1 OLD TOASTED BREAD CRUMBS (CRUMBS)

## INSTRUCTIONS

- 1) COOK DAHL WITH TOMATOES + DAHL CURRY MIX UNTIL INDISCERNABLE GOO, STIRRING AND ADDING WATER AS NECESSARY.
- 2) PAN FRY ONION AND ARUGULA, ALLOWING DAHL TO COOL. A
- 3) ADD COOLED ARUGULA, ONION + WHEAT GLUTEN TO 2 CUPS COOLED DAHL IN BOWL WITH BREAD CRUMBS. HAND KNEAD TO AN EVEN CONSISTENCY. ALLOW TO SIT FOR 1 HOUR.
- 4) PINCH SMALL CHUNKS OF GOO OFF AND PAN FRY UNTIL SLIGHTLY BROWN.

