Coconut Red Lentil Curry
(Recipe adapted from *Gourmet*, December 2006)

Ingredients:

1 medium onion, finely diced
2 tablespoons vegetable oil
1 tablespoon fresh ginger, minced
2 garlic cloves, minced
1 teaspoon ground cumin
1/2 teaspoon ground coriander
1 teaspoon turmeric
1 teaspoon salt
1 fresh jalapeño or serrano chile, finely diced, including seeds
2 cups water or vegetable stock
1 1/2 cups dried red lentils (about 10 ounces)
1 (13- to 14-ounce) can unsweetened coconut milk (I used lite)
1 pound zucchini (about 2 medium), diced
1 cup loosely packed fresh cilantro sprigs (omitted, cilantro is Brandon's least favorite herb!)

Steamed brown or white rice, for serving

Directions:

Heat oil in a 3-4 quart heavy pot over medium heat. Add onion and cook, stirring occasionally, until edges are golden, about 6 minutes. Add ginger and garlic and cook for 1 more minute. Add cumin, coriander, turmeric, salt and chili pepper and cook, stirring, 1 minute.

Stir in water or broth, lentils and coconut milk. Bring to a simmer and then cover and cook for 5 minutes, stirring occasionally. Stir in zucchini and simmer, covered, until lentils and zucchini are tender, about 15 minutes. Season with salt and serve over rice with cilantro sprigs scattered on top.

Yield: 6 servings