**Hoo Haa 2008 - Spicy Lentil Stew**

**Oil base - Clarified Butter; Yield – 1 cup.**
1 lb unsalted butter  
¼ cup chopped onion  
2 cloves garlic  
2 teaspoons grated fresh ginger  
½ tsp turmeric  
4 cardamom seeds  
1 cinnamon stick  
2 whole cloves  
1/8 tsp nutmeg  
¼ tsp ground fenugreek seeds  
1 tbsp fresh basil or 1 tsp dried  

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**Spice mixture - Berbere spice; Yield – 1/3 cup**
2 tsp cumin seeds  
4 whole cloves  
¾ tsp cardamom seeds  
½ tsp whole black peppercorns  
¼ tsp whole allspice  
1 tsp fenugreek seeds  
½ tsp coriander seeds  
8-10 small dried red chilies  
½ tsp grated fresh ginger  
¼ tsp turmeric  
1 tsp salt  
2 ½ tbsp paprika  
1/8 tsp cinnamon  
1/8 tsp ground cloves  

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**Spicy Lentil Stew; Serves 8**
1 c dried brown lentils  
1 c finely chopped onion  
2 garlic cloves  
¾ c Clarified Butter  
1 tbsp Berbere spice mixture  
1 tsp ground cumin  
1 tbsp paprika  
2 c chopped tomatoes  
¼ c tomato paste  
1 c vegetable stock  
1 c green peas  
salt, pepper  

**Cook Lentils. Fry onion and garlic in clarified butter until the onions are soft. Add Berbere, cumin and paprika. Fry for 3 minutes. Add tomatoes and simmer for 10 minutes. Add tomato paste and stock and let cook maybe 5 minutes. Add green peas and cook until hot. Salt and pepper to taste.**