Van sengeseri (mutton, green lentil and kurut stew)

Whole recipe

Ingredients

1 kg	Diced lamb
500 g	Green lentils 3 glass
330 g	Onion 3 pc
300 g	Kurut (dried salted yogurt)
100 g	Butter ½ glass
12 g	Garlic 4 clove
32.5 g	Tomato paste 2 tbsp
5 g	Salt ¾ tsp
2.3 g	Ground black pepper 1 tsp
1.8 g	Red pepper flakes 1 tsp
200 g	Water 1 glass
400 g	Water 2 glass

Allergens

Allergen information is not complete yet. Worked out from the ingredients. It does not cover contact in your kitchen.

Method

1. Boil the green lentils for 30 minutes and drain.
   30 min
2. Melt the butter in a pot. Add the crushed garlic and the onions sliced into rings.
3. Add the tomato paste and the diced meat and sear over high heat for 10 minutes.
   10 min
4. Add the lentils, 1 cup of water, the salt, black pepper and red pepper flakes. Cook over low heat for 30 minutes.
   30 min
5. In a separate bowl, mix the kurut with 2 cups of lukewarm water into a thick, smooth paste.
6. Strain the kurut mixture into the pot. Stirring, bring it to a single boil over medium heat and serve hot.

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