



***Bilal Cooks Daal***  
by Aisha Saeed

**Recommended books:**

***Fry Bread: A Native American Family Story*** by Kevin Noble Mialard

***P is for Poppadomas! An Indian Alphabet Book*** by Kabir Sehgal and Surishtha Sehgal

***The Wheels on the Tuk Tuk*** by Kabir Sehgal and Surishtha Sehgal

***Thank You, Omu!*** by Oge Mora

**Fingerplays & Songs:**

**Daal!** (Tune of "Farmer in the Dell")

***Stir pot as you sing***

The daal is boiling up,  
The daal is boiling up,  
Stir slow - around we go,  
The daal is boiling up.  
Jump up when singing the last line!

First we add the spices,  
First we add the spices,  
Stir slow - around we go,  
The daal is boiling up.

Next we add some water,  
Next we add some water,  
Stir slow - around we go,  
The daal is boiling up.

Next we add some peppers,  
Next we add some peppers,  
Stir slow - around we go,  
The daal is boiling up.

\*Found at: <http://www.preschooleducation.com/svegetable.shtml>

**Stir, Stir, Stir** (Tune of “Row, Row, Row Your Boat)

\*Can use as soup or other kinds of food as well.

Stir, stir, stir the daal

Stir it all day long.

Add some (cumin / chili / peppers / onions / lemon)

Take a taste (slurrrp!)

Daal will make us strong. (flex arm)

## Lentil Soup

(hold hand up with all five fingers extended)

1 little lentil jumped into the pot (fold one finger down)

And waited for the soup to get hot.

2 little lentil jumped into the pot (fold one finger down)

And waited for the soup to get hot.

3 little lentil jumped into the pot (fold one finger down)

And waited for the soup to get hot.

4 little lentil jumped into the pot (fold one finger down)

And waited for the soup to get hot.

5 little lentil jumped into the pot (fold one finger down)

And waited for the soup to get hot.

Finally the soup got so very hot

All the little lentil jumped out of the pot. (quickly open hand and extend all fingers.)

## Craft Activity: Bowl of Lentils

Supplies Needed: paper with a basic bowl image printed on it; glue; lentils

Have kids glue the lentils into the bowl to make their own “daal”.

Give kids a printout of the daal recipe to make at home.

## Chana Daal Recipe

*(Please ask a grown-up for help.)*

### Ingredients

1 cup chana daal  
3 cups water  
1 tablespoon turmeric  
1 teaspoon salt  
1 teaspoon chili powder  
1 teaspoon cumin powder  
1 teaspoon coriander seeds  
3 tablespoon olive oil  
1 diced medium onion  
1 sliced jalapeño (optional)  
1 teaspoon minced ginger  
1 teaspoon minced garlic  
1 diced medium tomato  
1 teaspoon lemon juice  
1 tablespoon garam masala  
3 tablespoon fresh cilantro (optional)

### Directions

Rinse and drain the chana daal.  
Place daal in slow cooker.  
Mix water, turmeric, salt, chili powder, cumin powder, and coriander seeds into the pot.  
Cook on low for 8–10 hours or on high for 4–5 hours.  
In a frying pan, add oil and fry onions, jalapeño, ginger, garlic, and tomatoes together and cook until softened (7–8 minutes).  
Mix the sautéed vegetables into the slow cooker, add lemon juice and garam masala and stir.  
Top with fresh cilantro for garnish.



