Ingredients

Yellow mung dal ..................250 ml  
Ghee or oil..............................1½ Tbsp  
Water..................................1½ liter  
Turmeric powder......................½ Tsp  
Tomatoes, chopped..................2  
Salt.........................................1 Tsp  
Sugar......................................½ Tsp  

Cumin seeds..............................1 Tsp  
Yellow asafetida powder.............½ Tsp  
Green chilies, chopped..............2  
Finely grated ginger..................1 Tbsp  
Fresh curry leaves...................8-9  
Garam masala..........................1 Tsp  
Fresh coriander leaves..............2 Tbsp

Preparation:

1. Wash, and drain the mung dal.
2. Heat ½ Tbsp of ghee or oil in a saucepan over moderate heat, add the drained dal, and roast it stirring frequently for 3-4 minutes or until it lightly changes in color. Add water and turmeric. Bring to a boil over high heat. Reduce heat to moderately low, cover and cook until the dal becomes soft and mushy.
3. Add the chopped tomatoes, salt and sugar.
4. Heat the remaining ghee or oil over moderate heat in a small pan; add cumin seeds, when they darken a few shades, add asafetida, sauté momentarily. Add chilies, ginger and curry leaves. Sauté for 1 minute. Add the garam masala and quickly pour the seasonings into the simmering dal. Cover the dal and cook on low heat for 2 more minutes.
5. Serve hot garnished with fresh coriander leaves.

Serves: Four-Five