Mung Dal

by Anand Lila devi dasi

"Krishna is very kind. Therefore, He has given us his remnants of food stuff"

Ingredients

Yellow mung dal .....250 ml	Cumin seeds.....1 Tsp
Ghee or oil.....1½ Tbsp	Yellow asafetida powder.....½ Tsp
Water.....1½ liter	Green chilies, chopped.....2
Turmeric powder.....½ Tsp	Finely grated ginger.....Tbsp
Tomatoes, chopped.....2	Fresh curry leaves.....8-9
Salt.....1 Tsp	Garam masala.....1 Tsp
Sugar.....½ 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

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