

## Recipe

### Griddle Fried Mung Beans Flatbreads (Dal Paratha)

## By

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## Ingredients

### Dough:

- 1½ C wheat flour or chapati flour
- ½ Tsp salt
- 2 Tbsp oil
- ¾ C water (adjust according to the flour quality)

### Filling:

- ¾ C split yellow mung beans (yellow moong dal)
- 3 C water
- 2 Tsp ghee/oil
- 1 Tsp cumin seeds
- 1 Tsp fennel seeds
- ½ Tsp yellow asafetida powder
- 1½ Tbsp finely grated ginger
- 2 hot green chilies chopped
- 1 Tsp coriander powder
- ¼ Tsp paprika
- ¼ Tsp turmeric powder
- ½ Tsp garam masala
- ½ Tsp amchur powder (dry mango powder)
- A pinch cayenne
- ¾ Tsp salt
- ½ Tsp sugar

Extra ghee/oil for cooking the flatbreads

## Preparation

1. In a mixing bowl, combine the flour, salt and oil. Make a well in the center and add enough water to make a soft and smooth dough. Keep aside covered to rest while you prepare the filling.
2. Wash the mung beans and drain. Combine the mung beans and water in a saucepan over moderate high heat, bring to a boil and reduce the heat.

Stirring often, cook for 15-20 minutes or until the beans are soft but, they should not turn watery or mushy. (The mung beans should be grainy and soft) Drain the dal. Cool it for 10 minutes.

3. Heat ghee/oil in a pan. Add cumin and fennel seeds. When they turn brownish, add asafetida, ginger and chilies. Fry for 30 seconds. Then add all the spice powders and stir-fry for another ½ minute. Add the drained dal, salt and sugar. Stirring often, cook for 10-12 minutes or until the dal reaches the consistency of boiled, mashed potatoes. Remove from heat and cool the dal filling and divide into 10 equal portions.
4. Divide the dough into 10 equal balls. Either rolling or stretching with your fingers bring the ball to a size of a disk of 3-inch diameter.
5. Place one portion of the filling over the disk; gather the ends of the disk carefully so that the filling doesn't come out. Press to seal.
6. Gently flatten each ball, and using a rolling pin on a floured surface, roll into a disk of 6 to 7 inch in diameter.
7. Heat a griddle, brush with little ghee/oil, and transfer the disk. When the top surface shows bubble, turn it over and cook on reverse side. Now, brush little ghee/oil on the top of the disk and cook for 30 seconds. Turn again and brush some ghee/oil over this surface too. Parathas are done when both sides have golden-brown spots. Serve hot.

#### **Yield**

10 dal parathas

**For further details please contact**

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