# Mung Dal

## **Ingredients**

1 cup split mung beans  
7 cups water  
½ teaspoon turmeric powder  
1 cup carrots, diced  
2 cups small cauliflower florets  
1 tablespoon ghee or oil  
2 tablespoons cumin seeds  
½ teaspoon fennel seeds  
1 or 2 green chilies, seeded and chopped  
1 tablespoon chopped fresh ginger  
¼ cup chopped fresh coriander leaves  
2 tablespoons fresh lemon juice  
1 teaspoon salt  
¼ teaspoon black pepper

## **Method**

1. Combine the mung dal, water, turmeric, and carrots in a heavy, medium-sized saucepan and bring to a boil. Reduce the heat and simmer, half-covered, for 15 minutes or until the dal starts to break down.
2. Add the cauliflower and cook 10 more minutes.
3. Season as follows: Heat the ghee or oil in a small saucepan over moderate heat. Sprinkle in the cumin and fennel seeds, and fry them until they darken a few shades. Add the chilies and ginger and fry until aromatic.
4. Pour the contents of the whole saucepan into the simmering soup. Add the fresh coriander (cilantro) leaves, lemon juice, salt, and pepper.