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## Sailu's Kitchen

*"Recipes from an Indian kitchen with a focus on Andhra cuisine. My blog is a humble attempt to preserve our culinary heritage and document traditional recipes"*



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## Moong Dal Recipe ~ Jain Style



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Moong Dal Recipe ~ Jain Style



Moong Dal ~ Jain Style

I have for you a simple moong dal recipe that I like to make when I am not in a mood to spend much time in the kitchen or when I run out of vegetables. This protein rich dal is satvik food at its best. Simple soulful dal that makes you crave for more especially on a cold winter day. Jain recipes are simple, straightforward and nourishing with absolutely no onions and garlic going into their cooking.

Moong dal Jain style is hearty and filling without being heavy and the simple finishing touch of fresh coriander brightens the earthy dal. Makes for a warm, comforting and a nourishing meal with a bowl of hot rice or phulkas. Those of you who are new to Jain style of cooking, do learn how to make moong dal and I assure you that it will be your new favorite dal.







Moong dal tadka, Methi baingan, Dahi, Phulka and Salad

## Moong Dal Recipe ~ Jain Style Recipe

Prep time: 5 min

Cook time: 30 min

Yield: 4

Main Ingredients: moong dal

### Ingredients

- Split moong dal – 1/2 cup (yellow mung)
- Green chili paste - 2 green chilis OR 1/2 to 1 tsp red chili powder
- Tomato - 1, large, finely chopped
- Turmeric powder - 1/4 tsp
- Jaggery - 1 tsp
- Salt to taste
- Fresh coriander for garnish
- For poppu/tadka/tempering:

- Mustard seeds – 1/2 tsp
- Cumin seeds – 1/2 tsp
- Asafoetida - 1/4 tsp
- Ghee or oil - 1 1/2 tbsps

## Method

1. Add a cup of water, turmeric powder and washed moong dal in a stainless steel vessel and cook till the dal turns soft. Alternatively, you can pressure cook upto 2 whistles. Once the dal is cooked, add 1 1/2 cups of water, salt, bring to a boil and simmer. While the dal is simmering, prepare the tadka.
2. Heat ghee or oil in a pan, once hot, add mustard seeds and allow to splutter. Add cumin seeds and once they turn brown add the asafoetida and green chili paste and mix. Add the chopped tomatoes and cook for 4 mts till they turn soft.
3. Add this mixture along with jaggery to the simmering dal and cook on medium flame for another 4-5 mts and turn off flame.
4. Remove to a serving bowl and garnish with fresh coriander leaves.

## Tips

- You can add 1/2 tsp coriander powder for variation.
- Vegans can use oil instead of ghee.

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Moong dal recipe in Jain style that is simple, comforting and tasty. Learn how to make moong dal which is a gem among Jain recipes.



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