

Moong Dal

Mi grand daughter Sonia knows I love Dal, so she wrote this recipe for me so I could make my own, and gave it to me for christmas.

Ingredients

- Moong Dal 200 gms
- 1/4 tsp ground tumeric
- 3/4 tsp salt
- 2 tbsp olive oil
- 1/2 tsp cumin seeds
- 1-2 dried red chilies
- Onion

Preparation

1.
 - Put the moong dal in a pan with 800ml of boiling water
 - Skim off the white broth and add the tumeric
 - Stir, cover, reduce to a simmer and cook for 45 min
 - Add the salt, and turn off the heat.
2.
 - Put the olive oil in a small fry pan medium high heat.
 - When hot add cumin seeds and chillies
 - When the chillies darken add the onions
 - Fry until it browns and quickly pour the mixture onto the dal.
 - Mix and enjoy