

# Whole Green Moong Dal – Dal Recipes



*Green Moong Dal is also called Pachaipayaru in Tamil. They are highly nutritious, once cooked they are soft in texture and it is easily digestible. This dal is my husband favourite recipe. This simple dal with aromatic tadka or tempering with asafoetida, red chillies, curry leaves and cumin taste great with rice or chapathi.*

## **Ingredients**

### **To Pressure Cook**

**1/4 Cup + 2 Tbsp of Whole Green Moong Dal**  
**Pinch of Asafoetida**  
**2 Tsp of Oil**  
**1/2 Tsp of Turmeric**  
**1 Large Chopped Tomato**  
**Salt and Water as needed**

## To Temper

**2 Tbsp of Oil**  
**3 Red Chillies**  
**Pinch of Asafoetida**  
**1 Tsp of Mustard**  
**1 Tsp of Cumin**  
**Few Curry Leaves**

## Method



- Soak the dal for 1/2 hr.
- Pressure cook the dal by adding “To Pressure Cook” ingredients. Wait for 2 whistles and then keep in low flame for 10 mins and then switch of the stove.



- Heat a pan with oil and do the tempering by adding” To Temper ” ingredients. Add red chillies, let them turn to dark brown colour and then add cumin, mustard let it crackles followed by asafoetida and curry leaves.
- Now transfer the tempering items to a cooker containing dal. Mix well and check the salt.
- Hot green moong dal is ready.

### Tips

- You can add onion, garlic and sambhar powder to this recipe.
- Add green chillies for extra spiciness.



### Health Benefits of Green Moong Dal

- Rich source of low fat protein.

- 1 Cup of dal has 15grams of fibers.
- It is considered as low-glycemic.

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## CWS- Dals



1st March - 31st March

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[VENPONGAL RECIPE | GHEE PONGAL](#)  
[| PONGAL RECIPE](#)



***Ven Pongal recipe is a popular breakfast dish in south Indian homes during weekends. A dish of rice and dal combination makes a healthy, balanced meal. Ven pongal or ghee pongal is often served with sambar and chutney. Brinjal gosdhu is another option. Though it is my favourite breakfast. Rice usually gives me carb shock so I call it as " SLEEPING DOSE"as nick name.***

### **Ingredients**

- 3/4 Cup of Rice(Raw or Boiled)**
- 1/4 Cup of Moong dal**
- 3 Cups of Water**
- 2 Tsp of Jeera/Cumin**
- 2 Tsp of Pepper**
- 1/2 Inch of Finely Chopped Ginger**
- 1/4 Tsp of Turmeric Powder**
- Pinch of Asafoetida**
- Few Curry Leaves**

**Few Roasted Cashews**  
**3-4 Tbsp of Ghee**  
**Salt as needed**

### **Method**



- **Soak and wash dal and rice separately**
- **Heat a cooker with a ghee, add whole pepper or crushed pepper and close the lid and wait till it crackles.**
- **Add cumin, chopped ginger, asafoetida, curry leaves, cashews and turmeric powder. Fry for few secs.**
- **Add Moong dal and fry for few mins.**
- **Add Rice and fry for few secs**
- **Add 3 cups of water and required salt. Mix well. Pressure cook for 3-4 whistles and switch off the stove.**
- **Hot ghee pongal is ready.**

### **Tips**

- **Serve with sambar, chutney and vada .**
- **Another method to cook pongal is to roast dal and rice and pressure cook it. In a separate pan, do the tempering with pepper, cumin, curry leaves, ginger, cashews, curry leaves in ghee and transfer this seasoning to the cooker containing cooked dal and rice.**
- **To make your pongal more spicy, add green chillies.**

- **Adding black pepper along with turmeric increases the bio availability of turmeric.**



### **Health Benefits of Pongal**

- **Easy and comfort food.**
  - **Moong dal rich in fiber and protein.**
  - **Healthy and nutritious food.**
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# Methi Pulao | Vendayakeerai Sadham | Fenugreek Leaves Pulao



*Methi are also called Fenugreek in English. Methi Pulao is one of my favourite recipe. This is easy to cook and delicious in taste that can be done in few mins. Methi leaves are saute with spices and added to rice. It goes well with raita or papad. It's great for packed lunch.*

## **Ingredients**

- 1 Cup of Basmathi Rice**
- 1 Bunch of Methi Leaves**
- 2 Tbsp of Ghee**
- 2 Tsp of Jeera/Cumin**

**12-15 Pepper**  
**2 Cloves**  
**1 Cinnamon Stick**  
**1 or 2 Cardamom**  
**1 Bay Leaf**  
**3-4 Green Chillies**  
**1 inch of Ginger**  
**1/4 Cup of Peas**  
**Salt and water as needed**

## **Method**



- **Soak rice for 30 mins and wash the rice 1 or 2 times in cold water and keep it aside.**
- **Wash and finely chop the methi leaves, ginger and green chillies.**
- **In a blender, make a coarse powder of pepper, cloves, cinnamon, bay leaf and cardamom.**
- **Heat the ghee in a pan/cooker. Test the oil by adding one cumin seed; if seed crackles then your oil is ready. Add cumin seeds.**
- **The sheer smell of cumin seeds frying in hot oil makes it more appetizing .**
- **Add powdered spices and fry for few mins.**
- **Add green chillies, ginger and peas to a pan and fry for 2 mins.**

- Now add chopped methi and fry for few secs.
- Then add soaked rice and fry for few secs.
- Add required water and salt and close the cooker. Wait for 1 whistles and turn off the stove.
- Hot delicious Methi Pulao is ready.

### Tips

- Serve with papad, raita or any pickle.
- You can add onions if you want.
- You can also add carrot or bell pepper to this dish.
- For 1 cup of basmathi rice, I added 1.5 cups of water.
- For richness, add Coconut milk instead of water.



### Health Benefits of Methi/Fenugreek

- Helps to treat diabetes and reduce cholesterol

- **Helps in losing weight.**
- **Improves digestion.**