

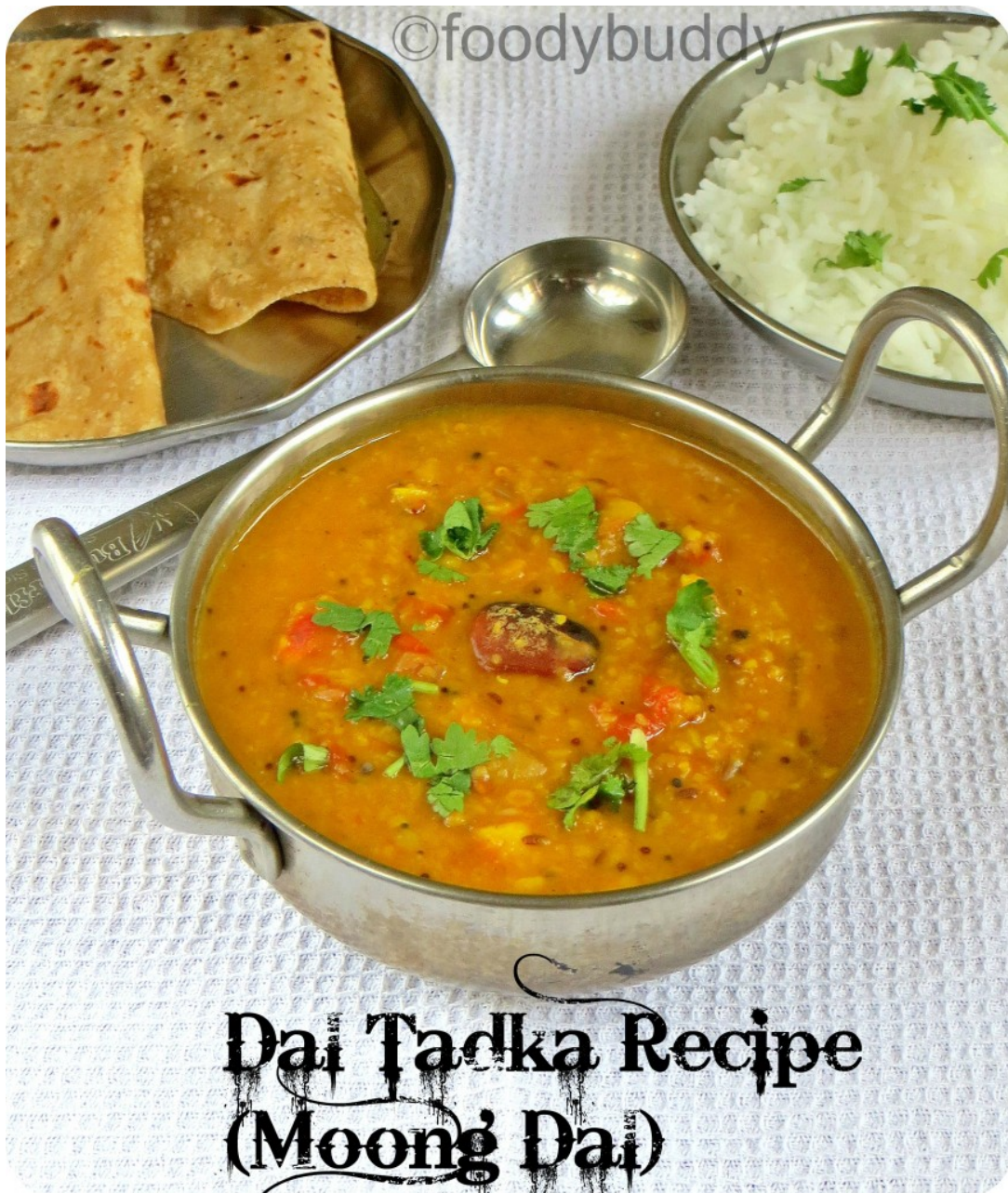
# Moong Dal Tadka / How to make moong dal

Moong dal tadka is a delicious and simple recipe which you can easily make for everyday cooking or you can do this dal tadka if you are lazy or run out of vegetables. This simply delicious dal tadka goes well with steamed rice or chapathi. This moong dal is the most healthiest food in ayurveda. This Moong dal tadka is more nutritious, easy to digest when compared to other legumes, also they do not create abdominal gas or flatulence. Moong dal recipe is good for kids and pregnant women.

Preparing moong dal tadka is easy, first pressure cook the dal, onion and tomatoes. Finally temper it with spices before serving.

Dal are often called Paruppu in tamil, it is a staple food in India. They are a good source of protein in vegetarian diet.

Tadka, it is a Hindi word for tempering, Tempering done with spices like mustard and cumin in butter or oil.



## Dal Tadka Recipe (Moong Dal)

Preparation Time : 5 mins  
mins      Serves : 4

Cooking Time : 30

### Ingredients for moong dal tadka

- 1 Cup of Yellow Moong Dal
- 1 Medium Size Red Onion, Finely Chopped
- 1 Large Tomato, Finely Chopped
- 1/2 Inch Ginger, Finely Chopped
- 1/2 Tsp of Red Chilly Powder

- 1/2 Tsp of Turmeric Powder
- 3 Cups of Water
- Salt as required

## **To Temper**

- 2 Tbsp of Oil / Ghee
- 1 Tsp of Mustard Seeds
- 1 Tsp of Cumin
- 1/4 Tsp of Asafoetida (Hing)
- 1 Green Chilly, Slit
- 1 Red Chilly
- 6 Garlic Cloves, Finely Chopped
- 1/2 Tsp of Garam Masala

## **Other Ingredients**

- Few Coriander Leaves



## Method

- Soak the dal in water for 1 hr. Drain it and wash it in tap water.
- Add all the ingredients except “to temper ingredients ” to pressure cooker for 3 whistles until it turns soft. Open the lid and stir the dal.
- Heat a pan with oil, when it is hot, add mustard, cumin and red chilly, after it crackles, add asafoetida, green chilies and garlic cloves, fry it for few seconds.
- Simmer it and add garam masala, fry it for seconds, immediately add cooked moong dal, stir the moong dal, if your dal is thick, add little water, cook it for mins and turn off the flame. Finally garnish with coriander leaves.
- Serve hot moong dal with steamed rice or chapathi.

## Tips

- Instead of oil, you can temper it with ghee or butter.
- If you want your dal to be little more spicy, add some more red chilli powder to dal.
- Soaking dal is for easy digestion. You can also make dal without soaking.

- You can cook the moong dal either in pressure cooker or in stove top or in microwave.



# Moong Dal Tadka

Technorati Tags : [dal tadka](#), [dal tadka recipe](#), [dal tadka restaurant style](#), [how to make dal tadka recipe](#), [easy dal](#)

[tadka](#), [north indian dal recipes](#), [dhaba style dal tadka](#), [how to make moong dal tadka](#), [punjabi dal tadka recipe](#), [tadka dal tadka recipe](#), dal recipe for chapathi

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## Carrot Halwa Recipe / Gajar Halwa



### Carrot Halwa Recipe

This is my 300th post, to celebrate this special occasion, I made this carrot halwa. Carrot Halwa recipe is very famous Indian Dessert (sweet) in India. Gajar Halwa / Gajrala with milk is made across India on all special occasions like

Diwali, New Year, holi and for family function. You can make carrot halwa in different ways like in pressure cooker, in microwave or in stove top. I already posted the recipe for [carrot halwa / gajar ka halwa in microwave](#). In this carrot halwa recipe, I used red Delhi carrots, you can use any carrots to make this halwa like ooty carrots or the one which available in market. The carrots are cooked in milk, ghee and sugar in a slow flame in a open pan for an hour which turns into delicious and tongue tingling halwa. This carrot halwa was very pleasing to eyes and tastes heavenly with nuts on top. I personally love to eat carrot halwa with ice cream on top. Make this carrot halwa at home and enjoy...



### **Ingredients for carrot halwa**

- 12 Delhi Carrots, Grated
- 1 and 3/4 Cup of Sugar
- 5 Cardamom
- 1/4 Cup Ghee (clarified butter)
- 10 Cashews
- 1/2 Litre Milk (2 %)
- 2 Tbsp of Ghee to fry carrots



## Method

- Wash, peel and grate the carrots (gajar).
- Heat ghee in a pan, add grated carrots, fry it for 2-3 mins.
- In the same pan, add grated carrots and milk, on a medium high flame, bring the mixture to boil and then simmer it and keep on stirring in between.
- After 25 mins, the mixture started thickening, and milk reduced, add cardamom, sugar and ghee, stir well and cook for another 10-15 mins till milk evaporates

completely.

- Add cashews and mix well. Turn off the flame.
- Serve gajar halwa hot or cold.

## **Tips**

- Stays good in refrigerator for 2 days.
- You can also make [gajar \(carrot\) halwa in microwave](#).
- Another variation is use condensed milk in place of milk to get rich, delicious halwa.
- You can use any variety of carrots to make this halwa.
- Adjust sugar according to your taste.



## Gajar Halwa Recipe

### Health Benefits of Carrot

- Good for the eyes.
- Prevents cancer.
- Vitamin A and antioxidant in carrot protect the skin from sun damage.
- Prevents heart disease and stroke.
- It has anti-aging property.

Carrot Halwa Recipe / Gajar Halwa With Milk



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Prep time

15 mins

Cook time

35 mins

Total time

50 mins

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Author: Gayathri Ramanan

Recipe type: Dessert

Cuisine: Indian

Serves: 4

Ingredients

- 12 Delhi Carrots, Grated
- 1 and  $\frac{3}{4}$  Cup of Sugar

- 5 Cardamom
- $\frac{1}{4}$  Cup Ghee
- 10 Cashews
- $\frac{1}{2}$  Litre Milk (2 %)
- 2 Tbsp of Ghee to fry carrot

### Instructions

1. Wash, peel and grate the carrots (gajar).
2. Heat ghee in a pan, add grated carrots, fry it for 2-3 mins.
3. In the same pan, add grated carrots and milk, on a medium high flame, bring the mixture to boil and then simmer it and keep on stirring in between.
4. After 20 mins, the mixture started thickening, and milk reduced, add cardamom, sugar and ghee, stir well and cook for another 10-15 mins till milk evaporates completely.
5. Add cashews and mix well. Turn off the flame.
6. Yummy carrot halwa is ready.
7. Serve gajar halwa hot or cold.

### Notes

Stays good in refrigerator for 2 days.

You can also make gajar (carrot) halwa in microwave.

Another variation is use condensed milk in place of milk to get rich, delicious halwa.

You can use any variety of carrots to make this halwa.

Adjust sugar according to your taste.

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[\*\*Baby Corn Capsicum Curry Recipe / Baby Corn Recipe For\*\*](#)

# Roti



Baby corn capsicum curry recipe / Baby Corn Curry is very easy subzi recipe for [roti](#) or [chapathi](#). Here I used green capsicum in this curry that tasted so good with baby corn. You can use yellow or red capsicum they too equally taste good in this dish. Another variation to this baby corn dish, is you can add butter or milk or cream, that makes curry more creamy and delicious. So here is the recipe for baby corn subzi recipe for [roti](#) .

- Preparation Time : 15 mins
- Cooking Time : 25 mins
- Serves : 3

## Health Benefits of Baby Corn

- Improves Digestion
- Rich in minerals.
- Prevents Anemia
- Good for skin.

- Controls cholesterol.
- Good for pregnant ladies.

### **Ingredients for baby corn capsicum curry recipe**

- 1 Packet of Baby Corn ( approximately 12 ), cut into pieces
- 1 Large Green Capsicum, Diced
- 2 Medium Size Onion, Finely Chopped
- 3 Medium Size Tomatoes, Finely Chopped
- 4 Garlic Cloves, 1/2 Inch ginger, made into paste
- 1 Green Chily, Chopped
- 1/2 Tsp of Turmeric Powder
- 2 Tsp of Coriander Powder
- 1 Tsp of Red Chilly Powder
- 1/2 Tsp of Garam Masala
- 1/4 Tsp of Kasuri Methi ( Dried Fenugreek Leaves)
- Salt to taste
- Water as required
- Coriander Leaves to garnish

### **To Temper**

- 2 Tsp of Oil
- 1/2 Tsp of Cumin
- 1 Tsp of Mustard Seeds
- Few Curry leaves

### **Method**

- Wash the baby corn and slice them.
- Heat oil in a pan, temper with all the ingredients listed under " To Temper ". After mustard seeds splutters, add onion, fry them until they turn golden brown.
- Add ginger garlic paste and green chily, saute till raw smell goes away.
- Add tomatoes, saute them until they turn mushy.
- Add turmeric powder, coriander powder, red chilly powder

and garam masala, saute them until oil separates. Add baby corn and capsicum, fry them in masala. Add required water and salt. Cover and cook in medium flame for 12-15 mins. Add kasuri methi, mix well and turn off the flame.

- Finally garnish it with coriander leaves.
- Baby Corn capsicum curry is ready to serve with roti, phulka or chapathi.

### Tips

- If you prefer baby corn more soft, pressure cook the baby corn before adding it to subzi.
- You can substitute any vegetables in place of capsicum like potato or peas.
- If your tomato does not give enough tangy taste to your dish, add amchur (Dry mango) powder at the end.



Baby Corn  
Curry