

Easy Moong Dhal Murukku / Pasiparuppu Murukku Recipe



Pasiparuppu Murukku

Easy Moong Dhal Murukku / Pasiparuppu Murukku Recipe is a crispy delicious Indian snack made during diwali and krishna jayanthi (gokulashtami). Moong dal murukku is made of rice flour, moong dal, cumin, butter and salt. You can add roasted

moong dal or pressure cooked moong dal to the flour. Butter adds a rich and crispy taste. This post was in my draft for long time, actually I made this moong dal murukku last year for diwali when I was in my mom's home. My brother son (3 yr old kid) loved this murukku so much because of its crispy taste. You can also make this easy pasiparuppu murukku as after school snacks for kids. Try this easy murukku and let me know in comment box how it turned out.

I love to share a good news here. Plattershare conducted a recipe contest last month, to them I send my [alfalfa sprouts guacamole sandwich recipe](#). The contest was judged by popular masterchef Pankaj Bhadouria and she selected me as a second prize winner, feeling so happy ☺ . They gave me Rs. 500 cash and 7 different variety of Orchard Lane fruit jams. I never tasted this kind of jam in my life, it was so delicious and yummy. Why I love this jam is that, it has less content of sugar, 80% of original fruits and no preservatives. Thank you so much plattershare, chef Pankaj mam and orchardlane.





Plattershare Recipe Contest

(July 2015)

**Judged by India's first ever
MasterChef Pankaj Bhadouria**

SECOND PRIZE

Awarded to - Gayathri Ramanan

"The filling seems to be very interesting.
I have a feeling that so many
flavors and the creaminess of the
Avacado should make it all worth trying."

- MasterChef Pankaj Bhadouria

How to make Easy Moong Dhal Murukku / Pasiparuppu Murukku Recipe

Easy Moong Dhal Murukku / Pasiparuppu Murukku



Pasiparuppu Murukku

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Prep time

20 mins

Cook time

40 mins

Total time

1 hour

Easy Moong Dhal Murukku / Pasiparuppu Murukku is a crispy Indian snack made during diwali and krishna jayanthi. Serve them with hot tea or coffee.

Author: Gayathri Ramanan

Recipe type: Snacks

Cuisine: Indian

Serves: 2 bowls

Ingredients

- 1 Cup of Rice Flour (Store-bought)
- $\frac{1}{4}$ Cup of Yellow Moong Dal
- 1 Tsp of Cumin (Jeera)
- 1 Tbsp of Butter
- Pinch of Asafoetida (Hing)
- Salt to taste
- Oil to deep fry

Instructions

1. Soak the moong dal in water for 20 mins. Wash it and add it to pressure cooker, cook it for 3 whistles by adding 1 cup of water. After the steam releases, mash the dal

and keep it aside.

2. In a mixing bowl, add rice flour, cooked moong dal, cumin, butter, asafoetida and salt. Mix well with hand to form a smooth dough. Sprinkle some water if needed.
3. Heat oil in a pan. Meanwhile, grease the inner part of murukku press with oil and use star template(the one we use it for mullu murukku). Add the dough into the murukku press and close it tightly.
4. Now carefully press it directly into the hot oil, cook both the sides of murukku till Ssh sound stops.
5. Remove it from oil and drain this in a paper towel (tissue paper)
6. Hot, crispy moong dal murukku is ready to serve with hot tea or coffee.

Notes

Add sesame seeds (black or white) in place of cumin or add both.

If you want spicy murukku, add red chilly powder. This is optional.

If you don't have butter, add hot oil to the dough.

I didn't add water while kneading the dough as moong dal water is enough to knead it.

You can use any murukku template of your choice.



Moong Dal Murukku

Tags: [easy moong dhal murukku](#), [moong dal murukku](#), [moong dal murukku recipe](#), [murukku recipe](#), [moong dal chakli](#), [pasi paruppu murukku recipe](#), [make moong dal murukku](#), [prepare pasiparuppu murukku](#), [krishna jayanthi snacks recipe](#), [gokulashtami recipes](#), [moong dal snack recipes](#), [evening snack recipes](#), [janmashtami recipes](#)

Mullu Murukku Recipe



Pinit

Mullu Murukku is a popular snack in Southern part of India. Mullu means “thorn” Murukku means Crispy rice snack. This mullu murukku resembles like thorns, hence the name. This mullu murukku is usually prepared during festival occasions like Diwali and Krishna jayanthi. This instant murukku recipe is very easy, delicious and simple to make murukku and it is really crispy and tasty. In this method, I used store bought rice flour to make this murukku. Other flour I used is besan flour which is also store bought. This is very simple procedure as you do not need to make rice flour at home, and hence it is a time saving murukku recipe, I have given step by

step picture to easily understand the recipe. It involves very simple procedure, just mix the store bought flours, butter, red chilly powder, hing and salt. and make easy mullu murukku recipe with the help of murukku press. Adding asafoetida is to help for easy in digestion. Try this store bought rice flour murukku and here is the recipe.



Preparation and Cooking Time : 1 Hr

Yield : 12-15 Murukku

Ingredients for mullu murukku recipe

- 3/4 Cup of Rice Flour
- 1/4 Cup of Besan Flour(Kadalai Maavu)
- 1 and 1/4 Tsp of Red Chilly Powder
- 1/4 Tsp of Asafoetida(Hing)
- 1 Tbsp of Butter
- 1/2 Tsp of Salt or to taste
- 1/4 Cup +2 Tbsp of Water

- 1 Tsp of Hot Oil
- 3 Cups of Vegetable Oil To Deep Fry



Method for instant murukku recipe

- Sieve both the rice flour and besan flour in a bowl.
- Melt the butter in a microwave for 10 secs.
- In a bowl containing flours, add red chilly powder, asafoetida, melted butter, salt, hot oil and water, mix well. Knead it to get a soft, smooth dough.



- Grease the murukku press with oil, on inner wall of the press. Place the dough into murukku press, with star sign plate at the bottom.
- Meanwhile, heat oil in a kadai/ shallow pan.



- In a counter top, place the parchment paper or milk cover or polythene sheet, grease it with some oil, squeeze murukku in a circular motion as shown in the picture. Make sure you seal the end of the murukku.
- When the oil is hot (325 Degree F) Gently take with your hand and carefully drop the murukku into the oil. Cook the murukku on both sides till "Ssh" sound ceases and they turn golden brown color. Always cook murukku in a medium flame. Once it done, drain it in a paper towel.



- Repeat the same process for the rest of the dough. Store it in a airtight container after it completely cool down.

- Crispy & Tasty Murukku is ready to enjoy ☐



Tips

- Always cook murukku in a medium flame.
- Adjust the amount of red chilly powder and salt according to your taste.
- If you are an expert, you can also press murukku directly to oil.
- You can also add cumin, if you like. I added asafetida, for easy digestion.
- If you are planning to make in larger scale, then cover

the dough with wet cloth, otherwise it get dried soon.

- If you don't have butter, add ghee.
- If you are vegan, add hot oil instead of butter.
- If you don't have store bought rice flour, you can also make it in your home with raw rice. It involves soaking , air drying and then ground it into a fine flour.



Health Benefits of Rice and Besan Flour

- Rice gives fast and instant energy, regulate and improve bowel movements, boosts the skin health, aids in metabolism and digestion, blood pressure management and prevents constipation.
- Besan flour are good source of vitamins, proteins and minerals like magnesium, iron and phosphorous. Iron acts as an antioxidant and helps in the production of collagen, magnesium helps to relax muscles and maintain blood circulation. Phosphorous combined with calcium helps in building of bones.



Tags: murukku,murukku recipe,mullu murukku, mullu murukku recipe,how to make murukku,mullu murukku recipe south indian,maida murukku,maida mullu murukku,how to make mullu murukku,gokulashtami recipes,krishna jayanthi recipes,easy murukku recipe,prepare murukku recipe