MASURYA DHAL RECIPE

Masurya dhal is high in iron and is great for building the blood and for vatas in general. When cooking masurya as a blood builder, consider adding carrots, beets, yams, cinnamon stick, and greens to assist in blood building. Either bean may be cooked without previous soaking, but soaking is always preferred whenever possible.

Masurya Dhal takes approximately 1/2 hour to fourty-five minutes to cook.

DIRECTIONS

• Soak 1 cup mung dhal (split beans with skins removed) overnight in enough water so they are covered by about 6-10 inches of water.

• Drain and rinse them in the morning until the water runs clear. Then, when ready to cook…

• Cover them with about half a pot of water to make a more soupy dish

• Bring water to a boil.

• Scoop out any foam and debris which may rise to the surface.

• Reduce to medium low for approx. 15 minutes with lid half way on

• Blend with hand blender

• Add more water if necessary

• Continue to cook another 10-15 minutes until texture is very soft and melts easily in your hand or mouth

• Add 1 tsp salt

• In a separate small skillet, over medium high heat, add 1-2 Tbs of ghee

• Add the following spices and sauté for approximately 1-2 minutes until cumin seeds are lightly browned and spices smell aromatic:

1. 1 Tbs cumin seeds

2. 1 pinch hing

3. 1 tsp turmeric

4. 1 tsp coriander

5. 1 tsp fennel

6. 5 curry leaves if you have them

7. 1 tsp fresh ginger (omit during the summer in hot regions or for pittas)

Note: You can add chopped veggies of choice at this time as well such as: grated carrot, cubed zucchini, few handfuls of spinach or chopped greens or parsley or little dill leaf, or tiny pieces of green beans and saute and then add to soup (if adding veggies to soup, cover and simmer an additional few minutes until done)

• Otherwise, add spice mix to beans and simmer pot, cover and turn heat off

• You may choose to garnish with fresh cilantro or mint leaves or grated coconut.