

Moong Dhal with Spinach Dish

Written by W.J.Pais

Ingredients

Quantity:	Measure:	Ingredients:	Description:
1	Teacup	Dhal, Moong	with skin
2	Teacup	Spinach (Palak)	Cleaned, Washed
1	Teaspoon	Ginger	Shredded
1/2	Teaspoon	Turmeric Powder	
1, 1/2	Teaspoon	Salt	Adjust to taste
4	Teacup	Water	
1/4	Teaspoon	Garam-Masala	
1/2	Teaspoon	Lemon Juice	
2	Tablespoon	Ghee	For seasoning
1/2	Teaspoon	Jeera/Cumin Seeds	For seasoning
1	Pinch	Asafetida (Hing)	For seasoning
4	Whole	Chillies Red Dry	For seasoning
1/4	Teaspoon	Chilly Powder, Red	For seasoning

Method

1. Wash dal changing water several times till water becomes clear.
2. In pressure cooker put dal, spinach, ginger, turmeric, salt and water and close the cooker.
3. Cook over medium high till dal comes to boil.
4. Now reduce the heat to medium and let it boil for about seven minutes.
5. Close the heat and let the steam escape before you open the pressure cooker.
6. Adjust the consistency of dal to your desire taste, adding boiled water as needed and mix it.
7. Add lemon juice, and garam masala.

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Seasoning:

1. For seasoning or "chaunk" heat the ghee in small saucepan, add cumin seed wait until cumin seed cracks now add asafetida, and whole red chili.
2. Stir for few seconds and add cayenne pepper close the heat and pour over dal.

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