

Pulses & **Lentil Recipes**

Hummus

Ingredients

2 cups white chickpeas
(soaked in water overnight)
3 tbsp. tahina paste

2 tbsp. lemon juice
1 tsp. garlic grated
salt to taste

Method

Pressure cook peas till tender, drain saving liquid.

Cool and blend to a stiff paste, adding drained liquid as required.

Blend in tahina paste, lemon juice, salt, garlic, mix well.

Press into a mould, drizzle some olive oil.

Sprinkle with paprika and bake in preheated oven at 200C for 7-8 minutes.

Serve hot or cold with crisp triangles of bread, plain or flavoured butter, and chopped onions.

This is a variation of the traditional hummus.

Note:

Recipes for flavoured butters, tahina sauce, chilli paste are given.

Tahina paste is soaked sesame seeds ground to a fine paste.

Channa Chatpat Chaat

Ingredients

1 cup kabuli channa (soaked overnight, cooked & drained)	1 tbsp. coriander leaves finely chopped
1 potato, boiled, peeled, finely chopped	1 cup cornflakes
1/2 cup peanuts, shelled, boiled, drained	1 tsp. green allpurpose chutney (refer recipe)
1 onion finely chopped	1 tbsp. tamarind chutney (refer recipe)
1 tomato finely chopped	salt to taste
1 sprig spring onion finely chopped	
lemon juice to taste	

Method

Mix in all ingredients, except coriander, cornflakes.

Just before serving, toss both in.

Mix well, serve while cornflakes are still crunchy.

Serve immediately.

Channa In Tomato And Curds

Ingredients

6 tomatoes firm, red
1 cup channa, soaked overnight
(pressurecooked, drained)
2 tbsp. channa dal
salt to taste
1 tsp. each ginger and garlic grated
1 green chilli finely chopped
1 tsp. red chilli powder
1 tsp. cumin powder
1/4 tsp. turmeric powder
1/2 tsp. black pepper powder
1/2 tsp. garam masala powder
1/2 tsp. amchoor (dried mango) powder
2-3 pinches clove-cinnamon masala
1 tbsp. oil

For garnishing:

1 cup fresh beaten curds
1 tbsp. coriander finely chopped
1 tbsp. tamarind chutney
1 tsp. green chutney
1 onion finely chopped
1 tbsp. fine sev
cumin powder
salt to taste

Method

Snip off tomatoes from the base end, with a sharp horizontal stroke Snip off a similar but smaller piece, from other end, to make it stand erect.

Carefully deseed, remove all juice, stand hollow tomatoes aside. Heat half tbsp. oil, add ginger garlic, cored tomato juice and seeds.

Simmer for 2-3 minutes, add all masalas, Mix well, add channa, simmer till liquid is absorbed.

Fill tomatoes with this mixture, press down lightly. Bake in preheated oven or steam in colander for 2-3 minutes.

Place carefully in serving dish. Mix salt, cumin powder in curds. Pour curds over it, to cover tomatoes.

Drizzle both chutneys, chopped onion, sev and coriander for garnishing. Serve hot or cold. Makes a lovely light evening meal accompaniment.

Channa Noodle Salad

Ingredients

1 cup kabuli channa (soaked, overnight)	1 tbsp. coriander finely chopped
1 cup maggie or other noodles	1 tbsp. vinegar
1 large onion, finely chopped	1 green chilli finely chopped
1 capsicum finely chopped	1 tsp. sugar ground
1 yellow or red sweet bell pepper	tsp. black salt
	1 tsp. olive or salad oil
	1 tbsp. any oil

Method

Make a dressing by mixing olive oil, vinegar.

Add chillies, salt, black salt, sugar, mix well.

Cut bell pepper in fine long strips.

Pressurecook channa, drain, keep aside to cool.

Crush noodles coarsely. Boil plenty of water, add salt.

Put noodles and 1 tbsp. oil, cook till noodles are done but not mushy.

Pour into colander, once water is drained, allow to cool in large plate.

When noodles and channa are cold, add all other ingredients.

Add dressing, chill and serve, garnished with coriander, and bell pepper.

Vagharia

Ingredients

1 cup kabuli channa

6 black kokums

1 tbsp. coriander leaves finely chopped

1 stalk curry leaves

1 tbsp. gram flour

1 tbsp. chilli powder

1/4 tsp. turmeric powder

2-3 pinches asafoetida

salt to taste

1 tbsp. jaggery grated

1/2 tsp. mustard seeds

2 cups water

Method

Soak and pressurecook channa, wash and drain.

Add one and half cups water.

Soak kokum in 1/4 cup water for 5 minutes, keep aside.

Dissolve flour in 1/4 cup water, keep aside.

Heat oil in a large pan.

Add mustard seeds allow to splutter.

Add curry leaves, asafoetida, kokum and water.

Add all other masalas and jaggery.

Stirfry for a minute.

Add channa with water, bring to a boil.

Add gramflour, cook stirring, till boil is resumed.

Simmer and cook till gravy is fairly thick.

Add salt, stir and garnish with chopped coriander.

Serve hot with steamed rice or parathas.

Sprout Moong Pulao

Ingredients

1 cup rice
washed and soaked for 30 mins.
1 cup sprout moong
2 bayleaves
2 green chillies, slitted
4 black pepper
2 tbsp oil
3 cups water
1/4 tsp turmeric powder
5-6 curry leaves
1/2 tsp mustard seeds
salt to taste

Make Paste of:

1 cup coriander leaves
1/2 tsp garam masala
1/2 cup grated coconut
2 green chillies
1/2" ginger
1/2 tsp amchoor powder

Method

Heat oil in a cooker

Add mustard seeds, when splutter add bayleaves, chillies, leaves and pepper

Add sprout moong and turmeric powder

Simmer for 5 minutes

Add rice, salt and water

Let it cook till rice is almost 1/2 done

Add the paste and let it cook till rice is done

Serve hot with any vegetable curry

Add salt, stir and garnish with chopped coriander.

Serve hot with steamed rice or parathas.

Moong Spinach Curry

Ingredients

1 cup moong (washed and soaked in water for 30 minutes)	1/2 lemon juice extracted
2 cups spinach finely chopped washed, drained	1/4 tsp. garam masala powder
8-10 baby onions, peeled	1/2 tsp. coriander seed powder
4 green chillies, slit lengthwise	1/4 tsp. turmeric powder
1" piece ginger grated	1/2 tsp. cumin seeds
2 flakes garlic crushed or grated	2-3 pinches asafetida powder
	salt to taste
	1 tsp. wheat or maize flour
	2 tbsp. ghee

Method

Heat half the ghee pressure pan/cooker.

Add cumin seeds, asafetida, allow to splutter.

Add ginger, garlic, chillies, baby onions, stir.

Add drained moong, stirfry for 2-3 minutes.

Add all other ingredients, except leftover ghee, lemon juice and flour.

Cover cooker lid, allow to steam for 2-3 whistles.

Cool cooker, till steam stops coming out.

Open cooker, stir in remaining ghee and flour and lemon juice.

Simmer on low heat for 3-4 minutes.

Serve hot with chappatis, rice, or khichidi.

Moong Curry

Ingredients

1 cup moong (wash in water, and soak for 2-3 hours)	1/2 tsp. turmeric powder
1 onion chopped in long slivers	1/2 tsp. coriander seed (dhania) powder
1 tomato chopped	1/4 tsp. garam masala powder
1 capsicum chopped	1/2 tsp. cumin powder
1" piece ginger, peeled	1/2 tsp. each cumin mustard seeds
3 green chillies	3-4 pinches asafoetida powder
2-3 flakes garlic	3-4 pinches cinnamon-clove powder
1 stalk curry leaves	salt to taste
1 tbsp. coriander leaves finely chopped	3 tbsp ghee
1/2 tsp. red chilli powder	2 tbsp. lemon juice
4 cups water	

Method

Grind ginger, garlic, and 2 chillies to a paste, keep aside.

Put water to boil, add moong, cook covered.

Meanwhile heat 1 tbsp. Ghee, add sliced onions.

Stir fry till brown, add paste, stir, and add to boiling moong.

Reduce moong to low, cover and simmer till well-cooked.

The moong should be mushy, and not too hard.

Make a paste of all dry masalas, except, clove powder and asafoetida.

Put remaining ghee to heat in a pan.

Add seeds, asafoetida, cinnamon-clove powder.

Add curry leaves, allow to splutter.

Add slit green chilli, masala paste, stirfry till ghee separates.

Add salt, lemon juice, pour over cooked moong.

Stir, continue to cook on simmer for 2-3 minutes.

Serve hot with paratha, roti, or steamed rice.

Moongdal Pancakes

Ingredients

2 cups green moong dal
soaked for 2 hours in water.

1 cucumber

1 onion

1 carrot

4" pieces white pumpkin or squash

1 capsicum

1/2 cup cabbage, broken in big pieces

3-4 green chillies

1" piece ginger grated (optional)

1/2 tsp. garlic crushed (optional)

1/2 cup spinach, drained, chopped finely

3 tbsp. coriander leaves finely chopped

1/2 tsp. cumin seeds

1/4 tsp. carom seeds (ajwain)

salt to taste

2 tbsp. hot oil

oil to deep fry for vadas

shallow fry for pancakes

Method

Grind drained dal fine, either in a stone grinder or mixie.

Use minimal water.

Chop all veggies into chunks.

Mix and chop fine in a vegetable chopper

Chop green chillies very fine.

Mix all ingredients into dal, except oil to fry.

Beat with hand to blend well.

To make pancakes:

Add 2-3 tbsp water to batter

Heat a nonstick griddle, spread a ladleful of mixture to a pancake.

Roast on medium low heat, till golden and crisp.

Drizzle a little oil to crispen further.

Serve hot with coconut or green chutneys.

Moongdal Vadas

Ingredients

2 cups green moong dal
soaked for 2 hours in water.

1 cucumber

1 onion

1 carrot

4" pieces white pumpkin or squash

1 capsicum

1/2 cup cabbage, broken in big pieces

3-4 green chillies

1" piece ginger grated (optional)

1/2 tsp. garlic crushed (optional)

1/2 cup spinach, drained, chopped finely

3 tbsp. coriander leaves finely chopped

1/2 tsp. cumin seeds

1/4 tsp. carom seeds (ajwain)

salt to taste

2 tbsp. hot oil

oil to deep fry for vadas

shallow fry for pancakes

Method

Grind drained dal fine, either in a stone grinder or mixie.

Use minimal water.

Chop all veggies into chunks.

Mix and chop fine in a vegetable chopper

Chop green chillies very fine.

Mix all ingredients into dal, except oil to fry.

Beat with hand to blend well.

To make vadas:

Heat oil in a frying pan.

When hot, reduce heat, add small dumplings of mixture.

Fry to a light golden brown, drain on kitchen paper towel to absorb excess oil.

Serve hot with green and tamarind chutneys, or sauce.

Moong Sandwiched Chaat

Ingredients

1 cup boiled whole moong	1 tsp. green chutney (refer recipe)
4 medium potatoes scrubbed clean boiled & refrigerated whole.	1 tbsp. tamarind chutney (refer recipe)
4 similar sized tomatoes ripe and firm	1/2 tsp. cumin powder
1 onion finely chopped	1/2 tsp. chaat masala powder (optional)
1 tbsp. coriander leaves finely chopped	salt to taste
	1/4 cup processed cheese
	paneer grated fine

Method

Peel (if desired), slice potatoes into thick slices.

Keep aside.

Slice tomatoes into similarly thick round slices too.

Keep aside.

Take moong in a mixing bowl.

Add cumin powder, salt, chutneys, half coriander, onions, chaat masala.

Mash very lightly, just enough for mixture to hold a bit.

Arrange potato slices in a large plate, in one layer.

Place a tsp. of moong mixture at the center of slice.

Press very lightly, placing a slice of tomato over mixture.

Press a bit again, to make a potato-moong-tomato sandwich.

Garnish each veggie sandwich with grated paneer or cheese and remaining coriander.

Chill before serving.

Serve in mini paper napkins, to avoid messing.

Or secure each sandwich with a toothpick for ease.

Healthful Moong Bhel

Ingredients

2 cups boiled, drained moong (cooked till soft, but not mushy) or 2 cups slightly boiled, drained moong sprouts	1 tsp. tamarind chutney
1 onion, finely chopped	1/2 tsp. green chutney
1 tomato finely chopped	1 small green chilli finely chopped
1 slice raw mango finely chopped (optional)	1/4 tsp. cumin powder
1 small potato, boiled peeled & finely chopped	4-5 pinches dried mint powder (optional)
1 tbsp. coriander leaves finely chopped	salt to taste
1 carrot grated	lemon juice to taste
	1/4 cup fine sev (that used for bhel)
	1 tbsp. cornflakes, meusli, or other cereal

Method

Make sure sprouts or moong is boiled till soft, but not at all mushy.

Chill moong in refrigerator till required.

Mix all ingredients, except coriander, sev and cornflakes.

Stir to mix well, and check for taste.

Just before serving, add in coriander, cornflakes and sev.

Serve while the cereal and sev are still crunchy.

Moong Dal Burfis

Ingredients

250gms skinned moong dal (washed & soaked for 3-4 hours)	1/4p. saffron strands
275gms sugar	few drops yellow food colour
125 gms. khova,	2 tbsp. milk
50 gms. almonds	250gms ghee approx.
1/2p. cardamom powder	2 cups water

Method

Drain moong dal, grind in electric or stone grinder, using minimal water. Grind till fine, light and fluffy. Beat with hand if required to make fluffy. Keep aside. Lightly roast khova, stirring continuously, till light brown and crumble. Keep aside to cool, crumble or pass through large holed sieve, keep aside.

Grind almonds in a dry mixie, till textured like bread crumbs, keep aside. Rub saffron strands in 1 tbsp. hot milk, till well dissolved, keep aside. Put sugar and water in a large vessel. Heat half ghee in a large heavy saucepan. Add dal, stir and cook, carefully, without burning at bottom.

IT will be very sticky at first. Gradually, it will become easier to handle. Add ghee in between, little by little, as required. When it stops sticking to pan, and bubbles stir and cook till light brown and aromatic. Take off fire. Add khova, almonds, cardamom, and keep aside.

Put sugar to boil, and cook till it forms a soft ball on putting a drop on a cold surface. Syrup drop should not feel watery on cooling.

Add saffron, stir, and pour into dal mixture. Stir very gently to blend well. Do not overmix or the burfi will become hard and pasty. Pour into a greased tray or plate, do not rub spoon over it.

Allow to settle, and cool to room temperature. Mark out squares as desired. When fully cooled, remove carefully, with a metal spatula. Store in airtight container.

Moong Khichdi

Ingredients

1 cup moong, wash and soak for 3-4 hours	2 green chillies, chopped
3/4 cup rice, wash and soak for 1/2 hour	salt as per taste
1 cup peeled and chopped bottle gourd	1 tbsp oil
1/2 tsp turmeric powder	5-6 curry leaves
1 tsp red chilli powder	1/2 tsp cumin seeds
1 tbsp coriander powder	1/4 tsp mustard seeds
1/2 tsp cumin seeds powder	2 tbsp ghee
1/2 tsp garam masala	

Method

Pressure cook moong with one whistle

Cook the rice and separate it out

Either in a large heavy saucepan or direct in the pressure cooker (without water) put the oil and heat

Add the seeds, green chillies and curry leaves

Add bottle gourd and all the masala

Saute for 4-5 minutes

Add moong and rice

Add 1 glass of water

Either cover and allow to be cooked till everything is blended well

Or if using cooker, cover and allow 2 whistles

Add 2 tbsp ghee (optional) and stir gently. Garnish with coriander

Serve hot

Dahi-moong Dal

Ingredients

2 green chillies, chopped
salt as per taste
1 tbsp oil
5-6 curry leaves
1/2 tsp cumin seeds
1/4 tsp mustard seeds
2 tbsp ghee

1 green chillies, chopped finely
2 tbsp onion, chopped finely
1 potato, boiled and smashed
salt as per taste
red chilli powder as per taste

Method

Pressure cook moong with one whistle

Cook the rice and separate it out

Either in a large heavy saucepan or direct in the pressure cooker (without water) put the oil and heat

Add the seeds, green chillies and curry leaves

Add bottle gourd and all the masala

Saute for 4-5 minutes

Add moong and rice

Add 1 glass of water

Either cover and allow to be cooked till everything is blended well

Or if using cooker, cover and allow 2 whistles

Add 2 tbsp ghee (optional) and stir gently. Garnish with coriander

Serve hot

Moong Waffle

Ingredients

1 cup moong (wash and soak for 3 hours)	1 piece ginger grated
1 tbsp. rava (semolina)	8-10 flakes garlic crushed
1 cup spinach	1/2 tsp. soda bicarb
fenugreek leaves finely chopped	1 tbsp. oil
4-5 green chillies	salt to taste

Method

Wash, drain moong

Grind soaked moong, ginger, garlic to a paste.

Add all other ingredients and make a thick batter.

Heat waffle iron, pour 1 ladleful of mixture in centre.

Close and allow to cook till done.

Serve hot with green chutney or curds

Note:

In absence of a waffle iron, use the tawa or griddle for making dosas or a non-stick pan, to make Pancakes of same batter.

Sprouted Moong Salad

Ingredients

1-1/2 cup sprouted moong

1/4 cup sprouted channa

1 large onion chopped

1 large tomato chopped

1/2 bunch coriander chopped.

few mint leaves chopped

1 tsp. vinegar white

salt to taste

1 tsp. ground sugar

1/2 tsp red chilli powder

1/2 tsp cummin seed powder

Method

Wash and drain the sprouts.

Add onion, tomatoes and all seasoning.

Mix well, add mint and mix lightly

Garnish with chopped coriander.

Chill and serve.

Moong Soup

Ingredients

1/2 cup moong sprouts	1 1/2 tsp. cornflour
1 tbsp. cabbage shredded fine	1/2 tsp. oil
1 tbsp. carrot grated	green chilli sauce to taste
1 onion grated	salt to taste
1 potato boiled, peeled & grated	1/2 tsp. sugar
1 garlic flake crushed	

Method

Boil washed sprouts in 4 cups water.

Drain and keep both aside separately.

Mix the cornflour in 1/4 cup water. Keep aside.

Heat oil in a heavy pan, add onion and garlic, stir fry for a minute.

Add carrot, cabbage, sprouts, potato. Stir for 2-3 minutes.

Add the stock (water in which moong sprouts were boiled).

Boil and simmer for 5 minutes.

Add salt, chilli sauce, sugar and cornflour paste, stirring continuously.

Boil for 2 minutes.

Serve steaming hot, with wheat bread toasts or garlic rolls.

Healthy Moong Chaat

Ingredients

1 cup sprouted moong
1/2 cup roasted bengal gram or chick peas
1 tomato chopped
1 onion chopped
1 tsp. coriander leaves finely chopped

1 green chilli finely chopped
1/2 tsp. ginger grated
salt to taste
lemon juice to taste

Method

Boil sprouts in water till soft but not soggy.

Drain and chill well.

Add all ingredients, and toss well.

Add a few pinches chaat masala if desired.

Serve cold with tea or coffee.

Moong Sprout Curry

Ingredients

1 cup sprouted moong
1 green chilli
1 stalk curry leaves
1 tsp. coriander leaves finely chopped
3-4 pinches asafoetida
1/2 tsp. mustard & cumin seeds mixed
2 tbsp. oil
salt to taste
1/2 cup tamarind water extract

Make paste of:

1/2 fresh coconut (1 cup grated)
1" piece ginger

Roasted together for paste:

1 tsp. coriander seeds
3 dry whole red chillies
1/2 tsp. methi (fenugreek) seeds
1/2 tsp. cumin seeds

Method

Add water to sprouts till covered. Add salt and whole green chilli.

Boil and simmer covered till sprouts are tender.

Heat oil in a heavy pan, add cumin and mustard seeds.

Allow to splutter, add curry leaves and asafoetida.

Stir, add paste, stir, add tamarind water, bring to a boil.

Add sprouts, and some of its drained water.

Simmer for 3-4 minutes. Serve hot with rice or roti.

Sprouted Moong

Ingredients

1 cup moong
clean muslin cloth

Method

Wash and soak lentil or mixture of one or more, as desired in plenty of water for 8-10 hours.

Wash and drain. Tie in the muslin cloth loosely.

Twist corners together and place in a covered vessel for 15-18 hours.

Sprinkle water over it from time to time to keep the cloth moist.

When the sprout begin to peep through the muslin, empty into the vessel.

To grow them very long, sprinkle some water.

Wash cloth and cover them keeping it moist.

Cover cloth with a lid. Keep aside for 5-6 hours.

Wash, drain and use as required.

Refrigerate after sprouting, to keep them fresh.

Fruity Sprout Salad

Ingredients

1 cup moong sprouts
washed and drained dry
2 oranges, segmented
peeled, deseeded
1 sweetlime, segmented
peeled, deseeded
1 apple, chilled before chopping to pieces
6 fresh ripe figs
chopped into quarters
2-3 salad leaves chopped coarsely

For dressing:

1 tbsp. lemon juice
1 tsp. vinegar
1 tsp. golden syrup
honey or powdered sugar
1/4 tsp. pepper powder
salt to taste

Method

Put all fruit in a large salad bowl.

Add sprouts, salad leaves.

Mix ingredients for dressing thoroughly.

Chill contents and salad bowl well.

Five minutes before serving, pour dressing over fruit.

Mix and toss gently with fork.

Serve chilled.

Rice Lentil Kababs

Ingredients

100 gms. firm beancurd (soyapaneer)
1 onion sliced thinly into slivers
1 tomato
1 capsicum
1 carrot
1 sprig spring onion
1 tsp. coriander leaves finely chopped
1/2 cup horsegram sprouts
1/4 tsp. crushed dry chilli or paprika
1/2 tsp. cumin crushed
1 tsp. white vinegar
1 tsp. sugar, ground
salt to taste

To marinate:

1 tbsp. white vinegar
1 tsp. olive oil
pulp from cored tomato
(refer method below)
1/4 tsp. pepper powder
1/2 tsp. sugar
salt to taste
1 sprig fresh dill (optional)
2-3 fresh mint leaves

Method

Cut tomato cut into two halves. Core out the inside pulp carefully, with a sharp tsp. or corer. Save this pulpy liquid to add to marinade. Either steam, pressure cook or microwave horsegram sprouts till tender.

Drain, run under cold water, keep aside in a colander. Slice tomato shell into long slivers. Similarly chop capsicum, onion and carrot. Chop spring onion and head very fine. Cut paneer into 2" straws or fingers.

Mix marinade ingredients together till a smooth mixture is got. Add soya paneer straws and toss till all are well-coated. Keep aside for 30 minutes. Take marinated paneer in a large glass bowl. Add all other ingredients, toss till well blended. Chill well before serving.

Variations:

Use any other herb of your choice in marinade. Use any other sprouts or a combination instead of horsegram.

You may even use regular milk paneer if you desire.

Moong Dal Pakoras

Ingredients

1 cup moong dal (without skin)
2 onions
3 to 4 green chillies
a pinch of asafoedita (hing)
a pinch of turmeric

salt as per taste
a pinch of eno fruit salt
bunch of coriander leaves
oil for frying

Method

Soak Moong Dal for 1 hr and grind to a Coarse mixture.

To this add finely chopped onions, finely cut green chillies and the finely cut coriander leaves.

Add turmeric,salt,hing,eno fruit salt and mix well.

Make small balls of the mixture (the size of Gulab Jamun) and deep fry in oil.

When the balls turn golden take it out and drain the oil on a kitchen napkin.

The Pakoras are ready to be served.

This can be had with Coconut chutney or Tomato Sauce. It tastes yum and can be made instantly.

Moong Dal Uttappa

Ingredients

100 gms moong dal (half dal) fotra wali dal
1" ginger
1 small onion (optional)
1 green chilli
3 cloves of garlic
salt to taste

Method

Soak the half ground moong dal in water overnight or in warm water for 2 hours.

Grind the soaked daal alongwith ginger, chilli. Add grated onion to the grinded mixture and add salt also.

Put the nonstic tava on gas. Heat it put some cooking oil and spread the ready material on tava, cook it till brown on bothsides applying oil.

Serve it with Tomato Ketchup.

It is a very nutritive food highly rich in proteins and good for grwoing children and people of all age low fat nutritive food for calorie conscious and diet freeks.

Coconut Moong Dal

Ingredients

moong dal 1/2 cup
coconut freshly grated 1 cup
red chilly powder 1 tsp
turmeric powder 1/2 tsp
garlic cloves 5-6 nos.
curry leaves
mustard seeds.
red chilly 2 nos.

Method

Take the moongdal & roast it dry without any oil till it is pink in colour.

Then cook the dal till it becomes soft & can be smashed.

Meanwhile grind the coconut, garlic, red chilly powder & turmeric powder together.

After the dal is cooked, remove it from flame & add the grinded mixture to it with salt & keep it aside.

Take a pan add on some oil & then to it the mustard seeds. Once it starts spulttering add the 2 red chillies & curry leaves to it & then the dal mixture. Let the dal become little hot but do not boil it.

Serve it with Hot Rice & Papad.

Moong Dal Rasam

Ingredients

5-6 tsp. moong dal	hing
3-4 tsp. urad dal	6-7 tsp. shredded coconut
1 tsp. oil	little turmeric powder
1/4 tsp. black pepper	curry leaves
1/2 tsp. cumin seeds	1 ripe tomato
2 red chillies (or according to taste)	salt to taste
1/4 tsp. mustard seeds	

Method

Pressure cook moong dal with some water, turmeric powder and little oil. Add a tomato to this to cook with.

In a little oil fry hing, urad dal, black pepper, cumin seeds, red chillies for a while until the dal turns little brown in color and add coconut at the end. Grind these ingredients along with the cooked tomato.

To a vessel add little oil and mustard seeds. After the seeds pop add the curry leaves. Now add the cooked moong dal, the ground mixture, salt to taste and bring it to boil. Mix them well. Serve this with rice.

It is always better to have little moong dal or else the rasam will become thick.

Moong Dal Halwa

Ingredients

1 cup moong dal soaked overnight.
1 cup sugar
2 tablespoons ghee
200 ml whole milk
1/4 tsp cardamom powder
1/4 tsp nutmeg powder
1/4 tsp saffron
some cashew, almond, pista.

Method

Grind dal into fine paste without adding too much water.
Heat ghee in a kathai. Add dal paste into it.
Fry well till all water has dried up & dal turns light pink in colour.
Add milk and sugar to it. Keep stirring frequently.
Then add the rest and let cool.

Moong Dal Chaat

Ingredients

1 cup moong dal

Method

Soak moong dal for 6-7 hours and then tie it in a muslin cloth leave it overnight.

Boil sprouted moong dal with pinch of salt. Don't pressure cook moongdal.

Once boiled drain the excess water.

Now comes the interesting portion, you are free to add anything to this content.

The usual stuff being boiled and mashed potato, mixture, sev(any variety), chopped onion, grated carrot, dhania-mirchi chutney, tamarind chutney, potato chips.

If you are diet conscious, then instead of the fried stuff you can add chopped onion, diced tomato, grated carrot and cucumber and lemon juice.

Moong Dal Dosa

Ingredients

moong dhal 2 cups

urad dhal 1 cup

green chilli 4 or 6

ginger 1 spoon grated

salt 2 spoons

Method

Soak both the dhal previous day or soak it for 2 hours in warm water.

Then use your blender and blend all the ingredients together and add salt to it according to your taste.

You can also garnish it with fresh coriander leaves or curry leaves or both. And you can add chopped onions to it.

Take a pan and make your dosa.

Enjoy it with a Chutney or Ketchup or Sambar.

Moong-palak Pakoda

Ingredients

2 cups green gram (split)
15 leaves spinach
1 piece onion
3 pieces green chillies
1 pinch turmeric powder
salt to taste

Method

Soak Moong Dal for 2 1/2 hrs.

Dry palak after washing and cut them in medium size. Keep this aside.

Chop onion (not very fine).

In a mixer take Moong Dal, ginger, chilli and grind it. Don't add more water while grinding otherwise the bhajiyas mixture will be thin.

Take this mixture in a vessel and add Palak, onion, turmeric mix it well. Add salt to it.

Heat oil on medium high and deep fry the mixture in the form of pakoras until brown.

Serve it hot with Tomato Sauce.

Easy Moong Usal

Ingredients

2 cups moong
(split or whole)

1 onion, chopped

1 tomato, chopped

1 potato, boiled and chopped

1 tsp sambhar powder

1 tsp garam masala

1 tsp ginger-garlic paste

1-2 green chillies

1/4 tsp mustard seeds

1/4 tsp jeera seeds

a pinch of hing

oil to fry

salt to taste

Method

Soak the moong for half an hour in water

Drain the moong and pressure cook it for 3 whistles, with a little turmeric powder

In a kadai, put the oil, mustard seeds, jeera seeds and hing.

When they splutter, add the onions and fry till they are transparent

Add the tomatoes, green chillies and ginger-garlic paste, fry for a minute

Add the cooked moong, potato, sambhar powder and garam masala, mix well

Add salt and cook for some more time.

Garnish with coriander leaves.

Rice Lentil Kababs

Ingredients

1 boiled rice, cooled completely	1/2 cup fresh coriander
1 cup boiled red lentils fully drained	leaves finely chopped
3 green chillies	1 tbsp. cornflour
1" piece ginger, peeled	1/2 cup breadcrumbs
2-3 flakes garlic, peeled	salt to taste
2 sprigs fresh mint leaves finely chopped	1 tbsp. oil
	oil to shallow or deep fry

Method

Grind ginger, garlic, chillies, to a coarse paste. Either use a small mixie without water, or mash with pestle. Heat 1 tbsp. oil, add paste, stir for a few seconds

Add lentils, rice, salt, mix well. Take off fire, add mint and coriander leaves, mix. Cool mixture in a large plate, mash roughly with hand.

Sprinkle cornflour over mixture, mix gently. Make flattish round or patties of desired shape.

Roll each in breadcrumbs to coat all over. Keep in refrigerator till required.

To proceed:

Heat oil in a frying pan, or heat a skillet for shallow frying. When oil is hot, add patties one by one. Deep fry till golden and crisp, if deep frying.

Flip sides in between. Arrange patties on hot skillet, drizzle some oil. Allow one side to become crisp and golden.

Flip side to cook on other side. Drain on absorbent kitchen paper. Serve hot and crisp, with green and tamarind chutneys, or tomato ketchup.

Nutritious Beancurd Straw Salad

Ingredients

1 boiled rice, cooled completely	1/2 cup fresh coriander
1 cup boiled red lentils fully drained	leaves finely chopped
3 green chillies	1 tbsp. cornflour
1" piece ginger, peeled	1/2 cup breadcrumbs
2-3 flakes garlic, peeled	salt to taste
2 sprigs fresh mint leaves finely chopped	1 tbsp. oil
oil to shallow or deep fry	

Method

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Flip side to cook on other side. Drain on absorbent kitchen paper. Serve hot and crisp, with green and tamarind chutneys, or tomato ketchup.

Spicy Lentil Rice

Ingredients

1 cup rice, washed and soaked in water for 30 minutes
1/2 cup whole red lentils, soaked overnight
1 onion sliced thinly
4 green chillies chopped
2 stalks curry leaves
2 tbsp. coriander leaves finely chopped
1 tbsp. coconut scraped
salt to taste
3 tbsp. oil

1 lemon juice extracted
1/4 tsp. sambhar masala
1/4 tsp. turmeric powder
1/4 tsp. each mustard
cumin seeds
1/2 tsp. urad dal white
2-3 pinches asafetida powder

Method

Boil rice in salted water till cooked but each grain is separated.

Drain out excess water, cool in a large plate.

Pressure cook lentils for 4 whistles, drain and add to rice.

Sprinkle salt, masala, turmeric, over rice.

Mix well with hand, without breaking grains.

Heat oil in large pan, add urad dal, allow to sizzle.

Add cumin & mustard seeds, asafetida, allow to splutter.

Add curry leaves, chillies, onions.

Stir and cook till onions are transparent.

Add rice, sprinkle lemon juice, coconut, coriander leaves.

Mix gently, but completely with a large spatula.

Cover and allow to heat for 3-4 minutes, stirring in between.

Serve hot, sprinkled with more coriander leaves.

Red Lentil Soup

Ingredients

1 cup split red lentils
skinned
(masoor dal)

1 onion sliced thinly

1 small potato
chopped

1 carrot chopped finely

2 tbsp. cabbage chopped finely

1 sprig spring onion chopped finely

1 small green chilli chopped

1 small flake garlic chopped

8-10 fresh mint leaves

3 cups hot water or vegetable stock

salt to taste

pepper to taste

1 small blob butter

1 tbsp. olive oil

Method

Heat butter in a pan, add sliced onions.

Add potato, lentils, stir for a minute.

Transfer to a pressure cooker, add stock or water.

Heat for 4-5 whistles, allow steam to subside.

Cool, add chilli, garlic.

Blend well in electric mixer, strain, keep aside.

Heat oil in a pan, carrot, stir.

Add cabbage, spring onion, stir fry for a few seconds.

Add blended lentils, bring to a boil.

Add salt, pepper, mix well.

Pour in individual bowls, garnish with mint leaves.

Serve piping hot.

Lentil Pasta Salad

Ingredients

1/2 cup whole red lentils, soaked overnight
1 cup boiled spirullini or macaroni
1 tomato chopped
1 onion chopped
1 yellow capsicum chopped (optional)
1 sprig celery chopped
1 tbsp. coriander leaves finely chopped
1 tbsp. crisp cornflakes
1 tsp. olive oil
1/2 tsp. salt

For dressing:

1 small flake garlic
1 tbsp. white vinegar
1/4 tsp. prepared mustard paste
1 tsp. sugar ground
1 green chilli finely chopped
1/4 tsp. carom seeds
1/2 tsp. cumin seeds powdered
1/4 tsp. pepper freshly ground

Method

Check soaked lentils if they are all right to bite.

If they still feel hard, then cook in boiling water for 5 minutes.

Drain, pour cold water, press out all excess moisture in colander.

Transfer to a large glass salad bowl.

In a screw top bottle, add all dressing ingredients.

Screw on lid, shake well to blend flavours.

Refrigerate till required.

Add all chopped veggies and pasta to lentils.

Add dressing, toss very well.

Refrigerate and chill till required.

Garnish with a sprinkle of cornflakes on top, just before serving.

Red Lentil Dal

Ingredients

1 cup split red lentils (masoor dal) washed and soaked for 20-30 minutes	1 tsp. red chilli powder
1/4 tsp. fenugreek seeds	1/4 tsp. turmeric powder
1 small tomato finely chopped	1/4 tsp. coriander seed powder
1 flake garlic, crushed	1/4 tsp. garam masala powder
1 stalk curry leaves	1/4 tsp. cumin powder
1/2 lemon juice, extracted	1/2 tsp. each cumin & mustard seeds
1 tbsp. coriander leaves finely chopped	2-3 pinches asafetida powder
2 green chillies, halved	salt to taste
	2 tbsp. ghee or oil

Method

Put 1 litre water to boil in a deep vessel.

Add washed, drained, dal and fenugreek seeds.

Cover and simmer for one hour, or till dal is mushy.

Or pressure cook for 3-4 whistles, till soft.

Heat ghee in a pan, add seeds, asafetida, allow to splutter.

Add garlic, curry leaves, tomatoes, stir.

Add all dry masala powders, salt, and 2 tbsp. water.

Stir and cook for a few seconds.

Add cooked dal, stir and bring to a boil.

Cover and simmer for 2-3 minutes.

Take off fire, add lemon juice.

Stir well, add coriander leaves.

Serve hot with steamed or jeera rice.

Roasted Tofu

Ingredients

1 8 oz pake of firm tofu
7 2 t.spoon fresh curd
3 big tomatoes
3 onion thinly sliced
1 t. spoon garam masala
2 t. spoon crushed coriander
cumin powder

1 1/2 t spoon red chili powder
1/4 t spoon haldi powder
1/4 cup fresh cream
2 t spoon butter
4 t spoon ghee
salt
(or you can add masala
as per your taste)

Method

For frying :

ghee

fresh thinly cut coriander leaves

Cut Tofu in finger length size and fry it in Ghee until it is little brown.

Spread curd on fry Tofu.

Put Tomatoes in warm water for 5 minutes & then cut it roughly.

Heat the pan and put Ghee in it. Put onions and saute till it become transparent.

Add Garam Masala, Coriander & Cumin Powder, Red Chili Powder, Haldi & Salt , Saute for one minute.

Add Tomatoes and saute for 5 minutes or until Ghee leaves the sides of pan.

Add one cup of water and cream. Leave it on slow fire for some time and then add butter

Add Tofu in it and leave it for 2 minutes.

Remove from the fire and decorate with fresh coriander leaves.

Soyachunks Rice Casserole

Ingredients

1 cup brown or round rice,
washed, soaked for 15 minutes
100 gms. soya nuggets
1 capsicum sliced into strips
1 tomato chopped fine
1 onion sliced into strips
1 potato julienned
(cut into 2" long fingers)
1 carrot julienned
1 spring onion with head
cut into 1" pieces
1 zucchini sliced into rounds
1 tbsp. coriander leaves finely chopped
salt to taste

Grind to a paste:

1" ginger
8-10 flakes garlic
4 green chillies
2 tbsp. grated coconut
4-5 soya nuggets
1 tbsp. soya sauce
1 tbsp. tomato sauce
1/2 tsp. chilli sauce
salt to taste
2 tbsp. oil
1 tbsp. butter
2 tbsp. milk

Method

Drain water from rice. Heat a large heavy pan, add oil. Add drained rice and roast gently stirring all the time. Allow rice to get a light brown colour. Add 3 cups boiling water and salt to taste Allow to cook till each grain is separate and soft.

Empty and keep aside. Boil nuggets in water for 5 minutes, drain and keep aside. Wash and reheat pan, add butter. Add paste and fry for a minute. Add all chopped vegetables except coriander, and stirfry for 2 minutes.

Add salt as required. Check taste and adjust sauces or salt. Add 1/2 cup water and continue to simmer till veggies are soft. Add soya nuggets, and stir gently. Take off fire. In an ovenproof casserole, add half the rice, spread all over base of dish.

Spread 3/4 of the cooked masala vegetable over rice. Top with remaining rice. Pile remaining vegetable over rice in center. Sprinkle 2 tbsp. milk all over. Cover loosely. Bake in preheat oven at 300C for 5-7 minutes.

Serve piping hot.

Crunchy Fried Soychunks

Ingredients

250 gms. soya nuggets

1 spring onion with greens
finely chopped

1" piece ginger

4 flakes garlic

3-4 fresh red or green chillies

1-1/2 tbsp. cornflour

1/2 tbsp. rice flour

1 tsp. soya sauce

1 tsp. tomato ketchup

1 tbsp. vinegar

salt to taste

oil for deep frying (optional)

Method

Grind together chilli, garlic and ginger.

Mix in chopped spring onion, flours, ketchup, vinegar, salt to taste.

Add flours and make a thickish paste.

Boil nuggets in water for 3-4 minutes or till soft but not soggy.

Drain, add to paste and marinate for 30 minutes.

Either bar-b-que, grill, or deepfry marinate chunks till crisp.

You may even spread out in a shallow dish, drizzle butter and bake.

Serve hot.

Soya Strawberry Icecream

Ingredients

1 1/2 cups strawberries, cleaned.

3 tbsp. sugar, ground

500 ml. soymilk plain

2 tbsp. fresh cream or malai (optional)

vanilla essence

strawberry essence

Puree strawberries in an electric blender till smooth.

Add sugar run a bit again, to mix.

Add soymilk, and 4-5 drops each essence.

Blend till smooth.

Pour into icecream churner, and churn for 20 minutes or till set.

Method

Alternatively:

Pour into icecube trays, allow to set till firm.

Empty into a large container.

Mash coarsely with a mallet or wooden spoon.

Beat till smooth with an electric or manual hand blender.

Transfer to an airtight container, store in freezer.

Allow to set firmly, before serving.

If it get too hard, keep outside for a few minutes before serving.

Or defrost in microave for a few seconds.

Variations:

One can use vanilla flavoured soydrink (then do not use vanilla essence) instead of plain soymilk.

You can change the flavour by adding a fruit of your choice.

Change essence accordingly too.

Soykababs

Ingredients

3 potatoes boiled
1 cup mixed boiled vegetables
1 tbsp. coriander finely chopped
5 green chillies
1" piece ginger
8-10 flakes garlic
1 cup soya flour
2 tbsp. processed cheese grated
salt to taste
2 tbsp. semolina
oil to deep fry

Method

Mash potatoes well.
Crush ginger, chillies and garlic to a paste.
Mix together everything except oil and semolina.
Knead into a not-too-soft dough.
Shape into round 2" wide thick patties.
Roll each one in semolina.
Deep fry in hot oil, on medium heat, till golden.
Flip and fry other side.
Serve hot with tomato sauce, salsa, or chutney.

Variations:

Semolina can be substituted with fine vermicelli run in the mixie and crushed.
If flour is unavailable, soaked, boiled soyabean can be mashed and used instead.
Use 1/3 cup beans (dry measure) in place of 1 cup flour.
Note that beans must be soaked overnight and pressurecooked till tender.

Soya Parotha

Ingredients

soya flour 1 cup
wheat flour 1 cup
any greens such as spinach, methi
or grated carrots/cabbage/zuccuni
yogurt 1/4 cup
oil to shallow fry
salt to taste
ginger, garlic, green chillies paste to taste
sugar
turmeric powder. 1/2 tsp.
till 1 tbsp.

Method

Mix both flour and mix with 2 tblsp. of oil.
Add whatever vegetables you have, lets as spinach which is chopped nicely.
Mix all the ingredients.
Knead the atta just like parotha atta.
Make parothas and fry in the frying pan.
Serve with yogurt.

Soya Tomato Dosa

Ingredients

soya flour- 1 cup
rice flour - 1/2 cup
grated tomatoes- 1 cup
grated green chillies-1 tsp
dhaniya patta- 1 tsp
saboot jeera- 1/2 tsp
salt to taste

Method

In a bowl add all the ingredients and mix well.

Make a semi thick batter with 1 1/2 cups water. See that there are no lumps.

In a small kadai heat 1 tsp ghee. Add 1/2 tsp mustard and once done add to dosa batter.

Rest covered for 15 mins.

Take a tawa. Heat on medium gas. Season it with a little oil.

Take a ladle of the batter and swirl on tawa. Add a little oil. When done turn over.

Add a little oil. Cook till done. It is important that the dosa cooks on low/medium heat.

Serve hot with Chutney of your choice.

Spicy Pepper Soya

Ingredients

soya granules - 200 gms
(soak in hot water and squeeze till almost dry)
green peas (boiled) - 150 gms
onions (peeled and chopped) - 2 large
tomatoes (chopped fine)- 2 medium sized.
coriander leaves - for garnishing
salt- to taste
oil - 50 ml

For the Masala:

pepper - 2 tsps(heaped)
saunf - 1/4 tsp
dhania seeds - 1/4 tsp
onion (chopped) - 1 small
cloves - 2
cinnamon - 1" stick
garlic - 6 cloves
ginger - 1" piece

Method

Grind all the masala ingredients to a fine paste.

Heat oil in a frying pan and add the chopped onions fry well till golden brown.

Then add the tomatoes and cook till tender adding salt.

Add the ground masala paste fry well and add soya granules and green peas and fry well till dark brown in colour.

Chilli powder can also be added according to taste.

Remove from fire and garnish with coriander leaves and serve hot with Chapathis or Rice with dhal. This is also an excellent filling for sandwiches.

Soya Chunks Kurma

Ingredients

1 cup soya chunks	coriander leaves for garnish
1 cup french beans	1 tbsp coriander powder
1 cup potato	1 tbsp chilli powder
1 cup small cauliflower flowerettes	1/2 tbsp tumeric powder
1 cup ginger garlic paste	1 tsp jeera
3 tbsp grated coconut (ground to a fine paste)	1 tsp saunf powder
coconut milk 1 cup	1 inch cinnamon
3 tomatoes	2 or 3 cloves
1 onion finely chopped	2 or 3 cardamom
curry leaves a few	1 or 2 bay leaves

Method

Soak the chunks in hot water for a few hours. Drain & wash with cold water. Drain & squeeze out the water. Keep aside.

Fry in oil bay leaf, curry leaves, cinnamon, clove, cardamom & jeera. Add the onions fry well. Add ginger/garlic paste. Fry this till the raw smell goes.

Add the chilli powder, coriander powder, salt & tumeric. Fry well. Add the chunks & mix well till its coated with the masala.

Add the potato & beans & let it cook. When the chunks & veg. are cooked add the cauliflower. When the cauliflower is cooked add tomatoes. Fry well & add water. Let it thicken. When done add saunf powder & ground coconut. Boil for a few minutes & garnish with coriander leaves.

Soya Nugget Cutlet

Ingredients

1 cup soya nuggets	a few sprigs coriander leaves
1 small onion (optional)	salt to taste
half cup cooked rice (leftover)	dry bread crumbs or 1/4th cup rava
2 to 3 green chillies	oil for shallow frying

Method

Cook the Soya nuggets in salted boiling water for about 5 minutes. Rinse under running water, drain and squeeze dry.

In a blender grind together the boiled Soya nuggets, onion (if using), leftover rice, chillies and coriander. Add salt to taste.

The above mixture will have a dough-like consistency. Shape into cutlets. Coat with breadcrumbs or rava (semolina). Shallow fry on both sides till crisp. Serve with ketchup or pudina chutney.

Fried Masala Soyabeen

Ingredients

soyabeen (big) - 100 gms

corriander leaves - one bunch (big)

cumin seeds - one table spoon

turmeric powder - two tea spoons

dhaniya powder - three tsp

red chilly powder - two tsp

tomatoes (big) - two

salt to taste

oil for frying - five table spoons

Method

Soak soyabeen in the water say for 15 to 20 minutes, then boil in the pressure cooker. One whistle will be enough, take out the soyabeen from water and keep aside. Add salt while boiling.

Now first heat the oil in frying pan and then put cumin seeds, fry till it becomes brown in colour, then put the tomatoes finely cut into small pieces again fry for some time then you put turmeric, dhaniya and chilly powder. Mix it well and then put soyabeen.

Fry say for ten minutes and put coriander leaves finely cut just after two three minutes.

You can serve along with dal-rice. All this frying process is to be done on low shallow. Hope this will give you a great taste. Please try and write me on my e-mail

Claypot Soya Bean Paneer

Ingredients

3 soft beancurds
cut into six rectangular pieces each.
2 cloves garlic, minced
1/2 cup boneless chicken
half carrot (shredded)
2 young corn(sliced thinl)
2-3 stalks spring onions
(cut into 2cm lengths)
1 red chilli (sliced thinly)

Sauce ingredients:

1 1/2 cup chicken stock or water
a few drops sesame oil
1 tsp oyster sauce
1 tbsp sweet plum sauce (optional)
1/4 tsp salt
1/2 tbsp sugar
1 tbsp thick soya sauce
1 tsp cornflour mix with 2 tbsp water
oil for deep frying

Method

Heat a wok or kadhai, leave it for a few minutes until it's hot, add in enough oil to fry the bean curd. Put the bean curd once the oil is hot. Fry in low fire. Once the beancurd is slightly brown in all side, dish out.

Combine the sauce ingredients except the cornflour mixture together and stir well.

In a claypot , heat 2 tbsp of oil and saute the minced garlic, once the the smell arise, add in chicken pieces and stir, add in carrot, young corn and the sauce. Stir well.

Leave it to simmer until the vegetables are cooked. Add in salt, sugar and the cornflour mixture finally. You can pour the sauce over the beancurd or mix the beancurd into the sauce. Close the lid.

Garnish with spring onions and sliced chilli before serving.