

Moong Dahl/Moong Soup

Thermomix recipe



Total cooking time is around 35mins to 40mins.

Ingredients

- 1 cup whole green mung beans (although I often cook only 1/2 cup)
- Water - fill to 2L mark
- 1 Tbsp Ghee
- 1/2 tsp Fenugreek seeds
- 1 tsp Mustard seeds
- 2 tsp Cumin seeds
- 2 Cloves optional
- 1/2 green Chilli
- Curry leaves
- 1/2 pinch Asafetida (hing)
- 2 tsp Tumeric
- 2 tsp Coriander powder
- 1 tsp ground Cumin powder
- 1 inch grated Ginger
- 1 tbsp Rapadura or Jaggery
- 1 tsp Sea Salt or Himalayan Salt
- 1 tbsp fresh Lemon or Lime juice
- freshly cut Coriander

Method

1. Soak the Moong overnight or for around 4-5 hours minimum.
2. Drain and wash beans twice with fresh water.
3. Place ginger in bowl and grate for 4 sec/Sp 8 - Remove and set aside
4. Place 1tbs ghee in base of TMX jug on Varoma, 1.5 mins, reverse, speed soft, MC on.
5. Add Fenugreek seeds to bowl and continue to cook on Varoma, 2 minutes, reverse, speed soft or until they start to "sizzle" then add in Mustard seeds and Cumin seeds and cook for another 1 minute.
6. Add in Curry leaves, hing, cloves, chillies and grated ginger. Cook on Varoma, 1.5 mins, reverse, speed soft.
7. Add Moong and Water (Fill to 2 litre mark), Add all other spices - Tumeric, Coriander and Cumin powder, Salt and Sugar and resume cooking on Varoma, 30mins, reverse, speed soft.
8. Continue cooking until finished. Try moong to ensure it is cooked adequately.

9. Serve with freshly squeezed Lemon or Lime juice and freshly cut Coriander according to your taste.

Benefits of cooking moong in thermomix

- Retention of flavours in the one bowl.
- Very easy to clean - everything can go in the Dishwasher.
- Put the dish on and it cooks whilst you tend to other important things like having a cup of tea!
- Vegetables can be steamed in the Varoma whilst cooking Moong Soup.
- Spices can be processed from seeds to powder in the Thermomix ensuring that you use the freshest of spice powders and also reduce spice costs.