



Where Will Your Next Meal Take You?

What a Wonderful World!

Magnificent Mogul Mung Beans

GLUTEN
FREE

A real deal Indian meal!!! Moong (mung) beans are small olive-colored beans native to India. They are soft and sensationally sweet when cooked. The moguls were not only brilliant builders but wondrous chefs! Enter their world with this real deal Indian meal!

Sort lentils to remove any little stones and clumps of earth. Rinse until water runs clear, drain and soak lentils for 4 hours.

In a heavy-bottomed 6 quart pot bring 6 cups of water to boil. Add Moong and boil on high heat for 5 minutes, reduce to medium heat, cover and simmer for 30 minutes, until beans are soft, moist and soupy.

Heat a sauce pan and add olive oil. Fry onions until dark golden brown on medium heat. Add ginger, stir-fry for 1 min. Add turmeric, garam masala, and salt and stir-fry for 1 min. Add lemon juice and cilantro, cover. Turn heat off.

Gently mix the sauce and lentils in the lentil pot and simmer 10 minutes on very low heat. (If lentils are too thick add ½ cup broth or water bring it to boil and turn the heat off.)

Garnish with cilantro. Serve with pita bread, rice or salad and yogurt.

Serves: 4 side dishes

Prep time: 15 minutes

Cooking time: 30 minutes

1 cup mung beans
½ cup onion, finely chopped
1 tbsp ginger, minced
½ tsp turmeric
1 tsp garam masala
1 tsp salt
1 tbsp lemon juice
1 tbsp olive oil
1 tbsp cilantro, minced

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