



Across the Fence Recipes – September 2025

Mung Bean Dal

45g (¼ cup) cup ghee	1½ tsp. coriander seeds, ground
14 oz. mung beans, soaked overnight and drained	1 tsp. fenugreek seeds, ground
120g onion, finely chopped	½ tsp. Kashmiri chili
20g garlic, minced	½ tsp. turmeric
10g fresh ginger, minced or grated	1 Tbsp. salt + 1 tsp.
1½ Tbsp. curry powder (7.5g)	6 cups water (1 liter, 1000 ml)

For tadka:

2 Tbsp. (22.5g) ghee
2 tsp. cumin seeds (2.5g)

1. Soak mung beans in 6 cups of water for 4-12 hours or overnight. Drain soaking liquid and set mung beans aside.
2. In a large pot, heat ghee over medium heat. Sauté onion for 8-10 minutes until translucent.
3. Add garlic and ginger to the pan and cook until fragrant, 3 to 5 minutes. Add spices (coriander, fenugreek, turmeric, chili powder, and curry powder with 1 Tbsp. salt) and cook until fragrant, 1 to 3 minutes.
4. Add 6 cups of water to the pot. Bring to a boil. Reduce heat, cover, and simmer on low for 20 to 25 minutes until the mung beans are tender and creamy.
5. For the tadka, heat the ghee over medium low heat in a sauté pan. Add the cumin seeds and cook, stirring all the time until the seeds darken in color and become fragrant. Add tadka to the pot of dal immediately to avoid burning the seeds, add final 1 tsp. salt, and stir to incorporate.

Recipe courtesy of The Climate Kitchen Mung Bean Research Project.

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