

Mung Dal

No. of people: 50

Whole Mung Beans 1½ quarts
Water (Cover the mung dal with 2 inches of water.
Keep at this level by adding more as it cooks if necessary.)
Turmeric ¾ tsp
Canola Oil ¼ cup
Coriander Powder 1 Tbs
Cumin Seed 1½ Tbsp
Paprika, Sweet, not smoked ½ Tbsp
Ginger, grated ¼ cup
Hing [Asafoetida] ¼ tsp
Tomatoes, Diced Fresh 4
OR Diced Tomatoes tinned ¼
Salt 1½ Tbs
Lemon Juice ½ cup
Cilantro Bunches, chopped 1

Prep:

Measure mung beans, rinse them thoroughly 3 or 4 times in a large bucket. Divide equally into two plastic buckets. Cover the beans with twice as much water and cover the buckets. Leave out overnight at room temp on the table nearest the stoves.
Grate Ginger, cover and store in the walk-in.

Cook:

AT BREAKFAST TIME (6:45 AM): Drain in a colander and thoroughly rinse the soaked beans. Divide into the two large heavy-bottomed pots on the stove top. Add turmeric, salt and water to cover by 4 inches. Turn on to high heat and bring to a boil, stirring frequently. *Be sure to scrape the bottom of the pot when stirring so beans won't stick and burn!* As soon as the beans come to a boil, turn off the flame and cover with a lid while you go to meditate.

After the 8-9 group sitting, return the beans to a boil. Reduce heat and simmer until beans are thoroughly cooked, on the verge of falling apart and much of the water is absorbed. Stir often and add more water during cooking if necessary. *Be sure to scrape the bottom of the pot when stirring so beans won't stick and burn!*

In a separate stainless steel saucepan heat oil over medium heat. When hot, add cumin seeds, stirring quickly as the seeds brown. Add coriander, paprika, ginger and hing

[asafoetida]. Sauté for 2-3 minutes, then add tomatoes. Stir and cook gently to mix flavors. Divide equally and add to the beans.

When beans are soft, stir in lemon juice & salt. Adjust salt as needed

Top with cilantro and Serve!