DietCloud – Recipe

Recipe Name: MOONG DAL RICE
Diet Type: Vegetarian
Course: General Course
Cuisine: Indian
Quantity:



Description

Essential Preparation Steps
Washing & Soaking: Rinse 1 cup of rice and ½ cup of moong dal until the water runs clear. Soaking for 20–30 minutes is recommended for better digestion and fluffier texture.
Rice Choice: While Basmati rice is used for a more fragrant version, local varieties like Sona Masoori or Gobindo bhog are popular for a softer, creamier consistency.
Water Ratio:
For separate grains (Pulao style): Use a 1:2 ratio (1 part rice/dal mix to 2 parts water).
For soft/mushy texture (Standard Khichdi): Use a 1:3 or 1:4 ratio.
Simple 2025 Recipe (One-Pot Method)
Tempering: Heat 1 tbsp ghee or oil in a pressure cooker. Add 1 tsp cumin seeds, a pinch of asafoetida (hing), and 1-2 green chilies.
Aromatics: Add chopped onions and ginger-garlic paste. Sauté until translucent. Optionally, add tomatoes and turmeric.
Combine: Add the soaked rice and dal. Sauté for 1 minute to coat with spices for enhanced flavor.
Cook: Add water and salt.
Pressure Cooker: Cook for 3 whistles on medium heat.
Instant Pot: Cook on "Rice Mode" or "High Pressure" for 6 minutes with natural pressure release.
Finish: Garnish with fresh coriander and a dollop of ghee

Ingredients

Ingredient	Quantity
• Need to Fill	

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
400	15	70	10	10	2