

Recipe Name: Maakhmi Dal Recipe-Sindhi Style Moong Dal

Diet Type: Vegetarian

Course: Main Course

Cuisine: Sindhi

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 cup Yellow Moong Dal (Split) - washed and soaked	4
• 1 tablespoon Ghee	
• 1 inch Cinnamon Stick (Dalchini)	
• 2 Cloves (Laung)	
• 1 Cardamom (Elaichi) Pods/Seeds	
• 2 Onions - finely chopped	
• 2 Tomatoes - pureed	
• 2 teaspoon Ginger - chopped	
• 1 Green Chilli - finely chopped	
• 2 teaspoon Red Chilli powder	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 2 teaspoon Coriander Powder (Dhania)	
• 2 teaspoon Cumin powder (Jeera)	
• 2 teaspoon Garam masala powder	
• 2 tablespoons Mint Leaves (Pudina) - chopped	
• Salt - to taste	
• 1 cup Water	

Preparation

- To begin making the Maakhmi Dal, wash and soak the moong dal for 30 minutes.
- In a pressure cooker, heat ghee on medium flame, add the cinnamon, cloves and cardamom.
- To this add onions and fry until they turn into a nice deep golden brown colour.
- Once the onions get the nice brown colour, add the turmeric powder and red chili powder.
- Mix well.
- Add the tomato puree at this stage and cook well, until the onion-tomato mix comes together.
- To this onion-tomato bhuna masala add coriander powder, cumin powder, garam masala, chopped



podina leaves and add salt as required.

- Add the soaked and drained dal, and water and close the pressure cooker.
- Pressure cook for 2 whistles and turn off the flame.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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