

matki chí usal (sprouted mung beans)

preparation time: 2 nights soaking
+ 35 minutes
cooking time: 25 minutes
chilli rating: medium

difficulty level: easy
serves: 4 as part of an Indian meal



Sindhu making this dish

ingredients

400 g mung beans
3 tbsp vegetable oil
1 tsp black cumin seeds
2 bay leaves
2 black cardamoms, crushed slightly
3 cloves (leave bud intact)
3 pieces cassia bark (½-inch long)
4 black peppercorns
3 green cardamoms, unopened
2 Spanish onions, chopped
1 tbs garlic, crushed and mixed with
1 tbs ginger, crushed
1 tsp turmeric powder
1 tbs chilli powder
1 tsp fenugreek seeds, ground
½ tsp asafoetida powder
4–6 tomatoes, cooked and puréed
salt, to taste
nilgiri's [vegetarian garam masala](#)
lemon juice, to serve (if desired)
coriander leaves, to serve (if desired)

method

To sprout mung beans: soak mung beans in enough water to cover (water should be at room temperature in summer and warm in winter). Cover and leave, undisturbed, overnight.

The next day, drain mung beans and place in muslin. Bring muslin together to form a bundle and cover. Place in a strainer and keep in a warm place overnight. The beans will have sprouted the next morning.

In a saucepan, steam sprouted beans until just soft (about 10–12 mins on medium heat) and set aside in their water. (See Sindhu's tips.) In a pan, wok or kadhai, heat oil until it starts smoking, then crackle each spice, one at a time, over medium heat.

Add onions and fold, cooking until onions are caramelised and oil rises to the surface. Fold in ginger mixture and cook until almost caramelised. Then, one at a time, add turmeric, chilli, fenugreek, asafoetida, folding after each addition.

Drain mung beans, retaining their water and fold into onion mixture, adding a little liquid to moisten beans whilst cooking. Add the tomatoes and fold, then add the salt and fold. Bring mixture to a boil then add the garam masala and let simmer for approximately 2 minutes.

Serve, sprinkled with lemon and coriander alongside hot poori.

Sindhu's tips Do not add salt after onions as it will drain moisture from the mung beans when added to the pan and make them 'hard'. Please use exact measurements for spices as too much makes the dish bitter. You do not need to steam sprouts, if you prefer them 'crunchy', however, the master chef of this recipe prefers them steamed as she is elderly and is only able to eat softened sprouts (see [Ajoy's blog!](#)).

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