

# Whole mung beans curry

Cooking time: 30 minutes

## INGREDIENTS

Boiled whole Mung beans 2 cups Teaspoon of Salt One piece of Malabar tamarind 2 teaspoon of roasted red curry powder One inch stick of Cinnamon Two pods of Cardamom One teaspoon of Sri Lankan black curry powder Half a teaspoon of Cayenne pepper Tablespoon of coconut oil One inch piece of ginger	One clove of Garlic 10 curry leaves Two green chilies One medium size red onion Teaspoon of mustard seeds 1 teaspoon of Turmeric 1 teaspoon of cumin powder Half a cup thick coconut milk Half a teaspoon of crushed black pepper
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## PREPARATION

Rinse and soak whole mung beans overnight. Boil mung beans for 10 to 15 minutes with Malabar tamarind.

Puree red curry powder, onions, garlic, ginger, green chili, cumin powder, turmeric, cumin powder, salt, and pepper together, with little boiled mung bean water, to make seasoning base.

Heat coconut oil in the pan and add mustard seeds when it crackles add the pureed seasoning and sauté for a minute. Add Malabar tamarind, curry leaves, cinnamon, bruised cardamom pod and a cup of the whole mung bean liquid. Bring to boil and add boiled mung beans. Cook for 5 to 10 minutes until flavors are absorbed and sauce is thick.

## ADD TEMPERING TO THE CURRY (OPTIONAL)

- two teaspoons of sliced onions
- Thinly sliced garlic clove
- Thinly sliced ginger
- Two or three curry leaves
- Dry red chili broken in half
- One tablespoon of coconut oil
- Pinch of mustard seeds

Heat the oil in small wok and add everything to hot oil. Sauté about 10 seconds until fragrant and carefully turn everything over curry and mix it up.