

Brahmi dal fry (brain food)

Prep Time:00:15 Cook Time:00:20 Total Time:00:35
Serves 3



For cooking dal

1. 50 gm moong dal
2. 2 green chilies
3. 1/4 tsp turmeric powder
4. 1/4 tsp asafoetida powder
5. 1 tsp oil
6. 1&1/2 cup of water
7. 1 large bunch of vallarai keerai / brahmi leaves
8. 10 shallots or 1 medium sized onion
9. 2 red chilies
10. 2 tsp ghee
11. 1 tsp oil
12. 1/2 tsp mustard and urad dal
13. 1/2 tsp cumin seeds
14. Salt to taste
15. A few curry leaves

Instructions

- Wash the moong dal and soak it in water for 30 mins.
- In a pressure cooker, add the soaked moong dal along with the water, turmeric powder, oil, 2 slitted green chilies and asafoetida, cook it for 2 whistles or until fully cooked.
- Meanwhile, pick the Brahmi leaves from their stem and wash it twice.
- Then chop the onion finely.
- Heat a pan with oil over medium heat, when the oil heats, add Brahmi leaves, stir-fry for 1 minute.
- Then add 1/2 cup of water, cover the pan with a lid and cook for 2 mins over low heat. Switch off the stove and let it cool down.
- When it cools, place them in a blender and blend until a smooth paste.
- Meanwhile, heat a pan with ghee, when the ghee melts, add mustard and urad dal, heat until it splutters.
- Then add cumin seeds, red chilies, curry leaves and chopped onion, stir-fry until the onion becomes golden brown.
- Finally, add the cooked dal, vallarai paste and salt, mix it well until well combined and cook it for another 2 mins. Switch off the stove and add some ghee.
- Now healthy brahmi dal fry is ready to serve, Serve with white rice or rotis.