



Chori and Mung "Powerhouse" Curry

Prep : 5 mins
Cooking time: 25 mins

Base ingredients

100 g Red Chori (Aduki Beans)
100 g Green Whole Mung Beans
1 litre water

Ground Spices & Herbs

3/4 tsp Turmeric (Haldi)
2 tsp Corriander & Cumin powder (Dhana-Jeeru)
1 tsp Salt
2 Tbsp finely chopped corriander
1.5 tsp finely grated/chopped ginger
1 Green Chilli, Finely chopped
1.5 tsp Lime juice
1 tsp sugar

Spices for Vaghar

1tsp veg ghee (or 1 tblsp veg oil)
4 whole cloves
4 small twigs of cinnamon bark
1 tsp Mustard seeds (Rai/Rye)
1 tsp cumin seeds (Jeeru/Jeera)
1 tsp carom seeds (Ajwain)
3/4 tsp Asafoetida (Hing)

** Optional crushed clove of garlic or finely chopped onion*

Method

1. Add 1 litre of water to pressure cooker, start heating the water.
2. Add Chori & Mung into a sieve and wash with cold water then it into the pressure cooker.
3. Place lid on pressure cooker & Heat on full until pressure built (approx 3 mins)
4. Reduce heat to between Low and medium; cook for 20 minutes
5. Place pressure cooker under tap and run cold water (apprx 1 minute) until pressure dropped (This helps keep the flavour inside the cooker and not escaping as steam!)
6. Open pressure cooker. Make sure Heat/Gas is on Low.

Spice the Chori Mung

7. Add Turmeric, Corriander & Cumin powder, Salt; Stir round
8. Add Fresh Corriander, Ginger, Chilli; Stir round
9. Remove the pressure cooker from heat

Prepare the Vaghar (*spicy mixture*)

10. Turn heat to medium-high and put a small pan on.
11. Using a small pan, Add Veg Ghee (or oil) in small pan.
12. Add Cloves, Cinnamon bark - wait until it fries
13. Add Mustard seeds (wait a little until they pop)
14. Add Cumin, Carom & finally Asafoetida

(optional; add a crushed garlic clove or finely chopped onion now)*

15. Add all of the spicy mixture (*Vaghar*) to the Chori & Mung in the pressure cooker
16. Add Lime juice & sugar. Stir round well.

Ready! Serve with...

Rice, Pasta, in a jacket potato, with Pittas, Cous Cous or even on toast!