

Some meals feel like a warm hug—and this is one of them. The rich aroma of ghee, the earthiness of jeera rice, and the gentle, satisfying warmth of dal tadka made with **masoor or moong dal** (skipping the heavier dals like toor, channa, or urad)—all combine to create a light, sattvic, yet deeply nourishing experience. It's **Ayurveda-approved comfort food** that soothes the body and soul.

What Is Jeera Ghee Rice With Dal Tadka (Masoor or Moong Dal Only)?

This dish pairs fragrant, ghee-laced jeera rice with a simple dal tadka made from easily digestible dals—**masoor or moong**. No overpowering spices, no heavy legumes—just balanced flavours and mindful preparation. It's a dish that nourishes without aggravating doshas, and is gentle enough for everyday healing.

How to Make Jeera Ghee Rice With Dal Tadka: The Traditional Way

□ Ingredients:

For the Jeera/Ghee Rice

- 1 cup basmati rice
- 1 tbsp ghee
- 1 tsp cumin seeds
- 2 cups hot water
- Salt to taste

For the Dal Tadka

- ½ cup **masoor dal or yellow moong dal**
- ¼ tsp turmeric powder
- Salt to taste
- 3 cups water

Tadka (Tempering)

- 1½ tbsp ghee
- 1 tsp cumin seeds

- 1 pinch hing (asafoetida)
- 1 dry red chili (optional)
- 1 sprig curry leaves (optional)
- 1-2 cloves garlic, finely chopped (*skip for sattvic version*)
- A pinch of red chilli powder (optional)
- Fresh coriander leaves for garnish

▢ Method:

Jeera/Ghee Rice

1. Rinse and soak rice for 15-20 minutes. Drain well.
2. Heat ghee in a pan. Add cumin seeds and let them splutter.
3. Add the rice and sauté gently for 1-2 minutes until it's well coated.
4. Add 2 cups of hot water and salt. Cover and cook on low flame until rice is fluffy and water is absorbed. Rest covered for 5 minutes, then fluff with a fork.

Dal Tadka

- Rinse masoor or moong dal well. Pressure cook with 3 cups water, turmeric, and salt for 2-3 whistles (or boil until soft).
- Mash lightly to desired consistency.
- For tadka, heat ghee in a small pan. Add cumin, hing, red chili, curry leaves, and garlic. Let sizzle.
- Add a pinch of red chilli powder at the end and immediately pour the tadka over the dal. Garnish with coriander leaves.

▢ Ayurvedic Benefits

1. **Moong and masoor dal** are light on digestion, tridoshic, and support **tissue repair and Agni balance**.
2. Ghee improves **absorption and ojas** while calming [Vata](#) and [Pitta](#).
3. Cumin and hing in the tadka **stimulate Agni and reduce bloating**.
4. Turmeric is anti-inflammatory and purifying.
5. This combination is **grounding, nourishing, and sattvic**—ideal for healing or everyday balance.

□ Pro Tips from the Indian Kitchen

- Use **yellow moong for even lighter digestion**; masoor adds earthy depth.
- Add a few drops of **lemon juice or fresh ginger** to the dal after cooking to brighten flavour.
- Always use **hot water** when adjusting dal consistency to avoid thickening or curdling.
- Fry cumin in **hot ghee** till it golden brown—it releases the full aroma.
- For sattvic preparation, **skip garlic and red chilli** completely—use only hing and cumin.

□ Why We Love Jeera Ghee Rice With Dal Tadka combination

- **Simple yet deeply satisfying**—perfect for those looking for clarity in meals.
- Ghee and cumin elevate even the plainest rice.
- Dal is full of protein, but **gentle on the gut**.
- Adaptable to both **healing and festive** contexts.
- Comforting, nostalgic, and timeless.

□ Ideal For

- **Everyday lunch or dinner** that doesn't overload the system
- **Post-detox meals** or days of Ayurvedic cleansing
- **Kids, elderly, and those recovering from illness**
- When you want to **eat light but feel full**
- **Festive thalis or simple sattvic feasts**

