Methi Dal is a nourishing, lightly spiced dal infused with the goodness of fresh fenugreek leaves (methi). It’s warming, grounding, and easy on the gut—making it perfect for everyday meals.

What Is Methi Dal?

Methi Dal combines moong or masoor dal with fresh methi leaves and mild spices like jeera, turmeric, and ginger. It’s cooked without onion or garlic, making it sattvic and suitable for Ayurvedic routines.

How to Make Methi Dal : The Traditional Way

Ingredients:

- ½ cup **yellow moong dal** or **masoor dal** (avoid toor, chana, and urad)
- 1 cup **fresh methi leaves**, chopped (lightly packed)
- 1 tbsp **ghee or cold-pressed sesame oil**
- 1 tsp **jeera (cumin seeds)**
- ½ tsp **grated ginger**
- ½ tsp **turmeric powder**
- ¼ tsp **jeera powder**
- A pinch of **pepper powder** (optional)
- Salt to taste
- 2 cups water (adjust for consistency)

Method:

1. Wash dal thoroughly and pressure cook with turmeric and 1½ cups water until soft. Mash lightly.
2. In a pan, heat ghee. Add jeera and let it splutter.
3. Add grated ginger and sauté briefly.
4. Add chopped methi leaves and sauté for 2–3 minutes until the raw smell reduces.
5. Add cooked dal, jeera powder, salt, and extra water if needed.
6. Simmer on low for 5–7 minutes. Finish with a pinch of pepper (optional).

Ayurvedic Benefits

1. **Methi** balances **Kapha** and supports **Agni** (digestive fire).
2. **Moong dal** is tridosha-balancing and easy to digest.
3. Ideal for improving metabolism and iron absorption.
4. Anti-inflammatory and supports joint and skin health.

Pro Tips from the Indian Kitchen

- Soak dal for 15 minutes beforehand for faster cooking.
- To reduce bitterness in methi, sauté it separately or blanch briefly.
- Avoid overcooking methi to retain its nutrients and aroma.

❤ Why We Love Methi Dal

- Bitter + sweet balance is deeply nourishing.
- Light, comforting, and gentle on digestion.
- Sattvic and suitable for spiritual diets.
- Great with rice or soft phulkas.

Ideal For

- Everyday lunch or dinner
- Detox days or post-festive balancing
- Kids and elders needing iron and gentle protein
- Anyone needing gut-friendly nourishment

