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## Moong dal pudding

serves 4

### Ingredients

Moong dal, measured to 125ml in a measuring jug  
Dark muscavado sugar, measured to 125ml in a measuring jug  
300ml of coconut milk  
Quarter teaspoon of ground ginger  
Quarter teaspoon of ground nutmeg  
Quarter teaspoon of ground cumin  
Quarter teaspoon of ground cardamom  
1 tablespoon of unsalted butter  
1 tablespoon of fresh coconut, cut into small 1cm slivers (or 1 tablespoon of desiccated coconut)

### Method

1. Set heavy (preferably cast-iron) frying pan or wok over a medium-high heat. When hot, put in moong dal and dry roast.
2. Stir and roast for around 5 mins or until it turns reddish.
3. Remove dal and rinse in several changes of water.
4. Drain and empty into heavy, medium sized pans.
5. Add 375ml of water and bring to boil.
6. Turn heat to low, cover partially and let the dal cook for 40-50 mins or tender.
7. Meanwhile, mix the sugar with 60ml of water in a small pan.
8. Heat the sugar and water over a medium heat, until it becomes syrupy
9. Add this syrup to the dal. Also add around 240ml of the coconut milk, making sure to stir it thoroughly into the mixture.
10. Cook the mixture over a low heat, stirring frequently, until you have a rich, porridge-like consistency. This could take 20 or 30 mins.
11. Add the rest of the coconut milk, as well as the ginger, nutmeg, cumin and cardamom, stirring well into the mixture.
12. Cook (and continue to stir) for a further 5 minutes.
13. Heat the butter in a small frying pan over medium heat. When hot, add the coconut slivers/desiccated coconut. Fry until lightly browned.
14. Sprinkle coconut over the pudding before serving.

Submitted by Jenny Jackson.

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