

KITCHARI

Kitchari, also called Khichdi, is a traditional Ayurvedic dish made with a mixture of yellow split mung beans, Basmati rice, and spices. This authentic recipe is made at least once a week in an Indian home, ideal when recovering from illness.

Ingredients

1 cup basmati rice, can substitute with jasmine, brown rice, or quinoa

½ cup lentils, ideally toor dhal (pigeon pea), may substitute with moong dhal, yellow split peas

4 cups water or vegetable broth

1 teaspoon cumin seeds

½ teaspoon ground ginger

½ teaspoon turmeric

1 teaspoon salt

1 tablespoon oil

1 tablespoon ghee, may substitute with vegan butter, coconut oil, or avocado oil



Method

1. Wash lentils till water runs clear, allow to soak for 2 hours (optional)
2. Warm oil in a pot, carefully add the cumin seeds and cook until the seeds start to brown and become fragrant, which takes about 1 minute. Add the ginger and ground turmeric and all spices.
3. Add the rice and lentils. This can be transferred to a rice cooker.
4. Add water, season with salt and pepper, and stir
5. Increase the heat to medium-high to bring the mixture to a boil. Immediately turn the heat down medium-low to a gentle simmer. Cook uncovered for 30 minutes, stirring occasionally until you get a porridge-like consistency. It should be soft and creamy.
6. Adjust the seasoning to suit
7. Garnish and serve with a dollop of ghee

Serving suggestions

Serve with a drizzle of ghee or yoghurt

Garnish with freshly chopped cilantro

Enjoy with a tomato and onion salad

Store after cooled, can be frozen and reheated