

KITCHARI RECIPE (from the Ayurvedic Institute)

Kitchari means mixture, usually of two grains. This is one kitchari recipe that is particularly nourishing and easy to digest. Please note the options below for some alternatives and, after the recipe, read more about this ancient dish.

- Vegetables such as zucchini, asparagus, sweet potato, Swiss chard

Ingredients:

1/2 cup basmati rice
1 cup mung dal (split yellow)
6 cups (approx.) water
1/2 to 1 inch ginger root, chopped or grated
A bit of mineral salt (1/4 tsp. or so)
2 tsp. ghee
1/2 tsp. coriander powder
1/2 tsp. cumin powder
1/2 tsp. whole cumin seeds
1/2 tsp. mustard seeds
1/2 tsp. turmeric powder
1 pinch asafoetida (hing)
Handful of fresh cilantro leaves
1 and 1/2 cups assorted vegetables (optional)

PREPARATION

Carefully pick over rice and dal to remove any stones. Wash each separately in at least 2 changes of water. Add the 6 cups of water to the rice and dal and cook covered until it becomes soft, about 20 minutes.

While that is cooking, prepare any vegetables that suit your constitution. Cut them into smallish pieces. Add the vegetables to the cooked rice and dal mixture and cook 10 minutes longer.

In a separate saucepan, sauté the seeds in the ghee until they pop. Then add the other spices. Stir together to release the flavors. Stir the sautéed spices into the cooked dal, rice, and vegetable mixture. Add the mineral salt and chopped fresh cilantro and serve.