

KITCHARI

“Pronounced KI-chah-REE and sometimes spelled khichadi, or kitcheri, in India the word describes any dish made with rice and beans. This creamy, porridge-like blend has been used to nourish the sick and the healthy, babies and the elderly, for regular meals or during special periods of detox.” -Divya Alters

“Kitcharis are the core of Ayurvedic traditional healing. They are a relatively simple stew of basmati rice and split mung dal which are suitable for almost every constitution.... (they) take on endless variation depending on the herbs, spices and vegetables used in them. They are the primary food in pancha karma, Ayurvedic cleansing therapy, because of their ease of digestion and assimilation.”

- The Ayurvedic Cookbook, p. 118, by Amadea Morningstar



Find 3 Recipes on the pages that follow from very simple, to more complex. Use a pre-made spice mix (churna) or use individual spices as called for in the recipes. Substitute as needed. Let these recipes become your own in time. Let the entire process be relaxing and nourishing.

Basic Spiced Kitchari

2 - 3 Servings

1/2 C basmati rice

1/2 C split mung dal

6 C water

1 T. ghee

1 t. ground cumin or cumin seeds

1 t. ground coriander

1/2 t. rock salt

1/2 t. black pepper

- Soak the rice and beans overnight, then drain and rinse well.
- Put rice, dal, ghee and water into a medium saucepan and bring to a boil. Boil for 5 minutes uncovered.
- Reduce the heat to low, cover and leaving the lid ajar.
- After 15 minutes add the spices and cook until tender, 25 - 30 minutes.
- **For ease, instead of the individual spices listed, use 1 - 2 T of kitchari spice mix** and add salt and pepper to taste. **Optional:** garnish with a squeeze of fresh lime, chopped coriander leaves and a little ghee.

-From Eat, Taste, Heal, p.147, By, Brannigan, Rhoda, Yarema

Basic Warming Kitchari

2 - 3 Servings

1/2 C basmati rice
1/2 C split mung dal
6 C water
1 T ghee
1 t. cumin seeds
pinch hing
1 t. coriander seeds
3/4 t. cardamom seeds
1 t. black peppercorns
1 bay leaf
2 more T ghee
3/4 t. cinnamon
1/4 t. ground cloves
1 t. turmeric
3/4 t. rock salt
1 T fresh ginger root (grated or chopped)
1/2 t. ground cumin
2 - 4 C fresh vegetables + 2 more cups water as needed.

- Soak the rice and mung separately over night, drain and rinse.
- Warm 1 T ghee and add cumin seeds and hing and lightly brown
- Add rice, mung and water and bring to a boil and cook for 45 min.
- Warm the last 2 T ghee in a skillet then add the coriander, cardamom, peppercorns, and bay leaf and sauté for 2 - 3 minutes. Add the rest of the spices and stir.
- Pour spices into a blender with a little water and grind well.
- Pour the spice mixture into the rice and mung.
- Rinse out the blender with the last 2 C of water and add it to the kitchari too.
- Add the vegetables and cook for 20 more minutes.
- **Optional** garnish with a slice of lime, fresh chopped cilantro leaves and a little ghee.

-from The Ayurvedic Cookbook, p. 18. by Amadea Morningstar

Divya Alter's Simple Kitchari

4 Servings

¼ cup yellow split mung dal
¼ cup red lentils
¼ cup white basmati rice
¼ cup white quinoa
2 tablespoons ghee
½ teaspoon turmeric powder
6 fresh curry leaves or 2 dried cassia leaves
1 tablespoon minced fresh ginger
1 teaspoon ground fennel seeds
1 ½ teaspoon rock salt
2 cups diced vegetables: carrots, zucchini, green beans, broccoli, daikon radish, asparagus, to name a few

Garnishes:

drizzle of ghee or olive oil
a few cracks of coarse black pepper
fresh cilantro leaves
chopped fresh basil leaves
a slice of lime per person

- Soak the mung dal, red lentils and grains separately in water overnight. Drain and rinse.
- Heat 1 tablespoon of the ghee in a heavy 4-quart saucepan over low heat.
- Add the turmeric and toast for 10 seconds, then add the curry leaves, ginger, and chile and continue to toast until they crisp up, about 30 seconds.
- Add the lentils, split mung dal, quinoa and rice and stir frequently until they are almost dry.
- Add the ground fennel, salt, vegetables, and 4 to 5 cups water. (Add quick-cooking vegetables such as zucchini, asparagus, or leafy greens 30 minutes into the cooking.)
- Bring to a full boil, then cover, reduce the heat to low, and simmer, stirring occasionally, for about 40 minutes, until the lentils begin to dissolve, the rice is

soft, and the vegetables are cooked. If the khichari dries out too much and begins to stick to the bottom of the pot, add more water; you're looking for a creamy, moist consistency.

- Turn off the heat and stir in the ghee and black pepper.
- **Optional** garnish: fresh cilantro and basil leaves and a slice of lime.

Notes:

-Both fresh curry leaves and cassia leaves (aka Tej Patta) are available in Indian grocery stores.

-**For more grounding and richer texture**, add one more Tablespoon of ghee with the vegetables

-**For weight loss**, reduce the ghee in step 2 to 1 Tablespoon for the whole dish.