

Recipe for Khichari

Brought to you by Yoga Gyan Jyoti



Khichari is a seasoned mixture of rice and moong daal and is basic to the Ayurvedic way of life. This dish is considered tridoshic and is very gentle on digestion while also providing excellent nutrition and nourishment to the body. Generally, khichari is prepared of two parts rice and one part daal but this can be adjusted based on the preferences of the consumer. This recipe for khichari serves 4-5 people.

Ingredients

- 1 cup basmati rice
- ½ cup split moong dal
- 2 tbsp ghee
- 1 tsp cumin
- ½ tsp turmeric
- 2 pinches hing (asafoetida)
- 4 cups water
- 1 medium sized onion chopped into small squares
- 1 Zucchini peeled and cut into chunks
- 1 carrot peeled and cut
- ½ bunch Cilantro cleaned and cut
- Kale or any other greens cut into ½ inch strips

Preparation

1. Wash rice and moong daal well. Set aside.
2. In a cooker or saucepan over medium heat, ghee is heated and cumin seeds are added. Stir for a minute until the seeds begin to brown.
3. Add onions and fry until golden
4. Add moong daal, rice, vegetables, turmeric, hing and stir until well blended with the spices
5. Add the water and bring to a boil. Turn down the heat to low and cover, leaving the lid slightly ajar. Cook until tender, about ½ hour.
6. Garnish generously with cilantro. Serve hot with yogurt, green chatni or plain.

Note: This recipe does not include salt. If desired, please augment this dish with different types of salts including: common table salt, Sea Salt, Himalayan Salt and Black Salt.

Questions, comments or concerns? Let us know!

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