



HOW TO MAKE KITCHARI

Ayurveda's Healing Meal

We love kitchari—and not just because it is delicious. Kitchari is one of the few foods that provides both nourishment for the body and benefits digestion due to its spice combination. This makes kitchari ideal during stress, illness, change of seasons, and it is the primary food during Ayurvedic internal cleansing.

INGREDIENTS

- ¼ tsp black mustard seeds
- ½ tsp cumin seeds
- 1 small pinch asafoetida (*hing*) powder
- ½ tsp turmeric powder
- ½ tsp cumin powder
- ½ tsp coriander powder
- 1 tsp rock salt
- **Note: You can use 1 tablespoon of Kitchari Spice Mix instead of the above.*
- 2 tablespoons ghee (clarified butter)
- ½ cup split yellow mung dal, rinsed well, soaked overnight, and drained
- 1 cup white basmati rice, rinsed well and drained
- 4-5 thin slices of fresh ginger root (*optional*)
- 6 cups of water

INSTRUCTIONS

1. Using a heavy-bottomed pot, heat the ghee on medium heat.
2. Sautee the Kitchari Spice Mix or just the mustard seeds, cumin seeds, and asafoetida.
3. Add the drained mung dal, turmeric, and salt and stir until the mix almost starts to stick to the bottom of the pan.
4. Add the rice, water, cumin powder, coriander powder, and ginger.
5. Bring the mixture to boil on high heat, then cover the pot and turn the heat down and let it simmer until both the rice and dal are mushy (approximately 30-45 minutes). Add water as needed to prevent scorching. The consistency should be that of a thick vegetable stew.
6. You may have to experiment with the amount of water you use to find the right consistency for you (the more water, the thinner the consistency).
7. You may also choose to add some of your favorite vegetables half way through the cooking process.
8. Serve hot. Enjoy!

GARNISHES

Try these garnishes for added flavor.

- Coconut (great for pitta, good for vata, best to avoid for kapha)
- Cilantro (great for pitta, okay for vata and kapha)
- Lime (great for everyone!)

VARIATIONS

Consider adding variety to your kitchari with these options for different textures and flavors.

1. Cook the dal in the same way as above, but cook the rice separately. This will give you a soupy dal to add to your rice, which is better formed and not as mushy.
2. Change the proportions of dal and rice. Add more dal and less rice for a heavier, protein-rich kitchari. Add more rice and less dal for a lighter, easier to digest kitchari.
3. Play with the amount of water. Adding more water (to the point that it is like a thin soup) is ideal for very weak digestion. Less water can give you a more solid dish that is heartier and more filling.
4. Be creative and use different lentils, beans, and dals like green mung beans, red lentils, urad dal, or toor dal. You can also substitute the rice for quinoa, amaranth, barley, or any other grain that is balancing for your constitution.



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