

KITCHARI

FOOD OF THE GODS



serves 4
prep time: 30 minutes
tridoshic = pacifies all doshas

1-2 Tbsp ghee
1 Tbsp finely chopped fresh ginger root

1/2 tsp cumin seed
1/4 tsp ajwan (optional)
1 cup presoaked, cleaned moong dahl (split yellow mung beans)
1/2 tsp coriander powder
1/2 tsp turmeric powder
1 pinch (1/16-1/8 tsp) asafoetida powder
1/2 cup washed, cleaned white basmati rice
3 cups pure water

- Melt ghee in medium-sized thick-bottomed pot on medium heat.*
- Add ginger and stir until lightly brown.*
- Add cumin and ajwain (opt.) seeds.*
After seeds pop, add strained moong dahl.
Stir for a few minutes over medium heat.
- Add coriander, turmeric and asafoetida and stir.*
- Add strained rice. Stir until all grains are coated.*
- Add water, bring to a boil, simmer until all water is absorbed,*
(about 20 minutes.)

Serve hot with garnishes of your choice:
Dr. Bronners Mineral Bouillon
4-5 Tbsp finely chopped fresh cilantro
4-5 Tbsp finely grated coconut (fresh or dry)
1 lime (cut in quarters)-squeeze over top
chutneys