

## Khichari Recipe

Khichari (“KHIH-chuh-ree”) is a stand-by of Ayurvedic medicine and South Asian comfort food: a nourishing, easy-to-digest one-pot meal that’s both mild and flavorful. In some parts of India, khichari is popular during the monsoon season, in others, during the winter.

The ideal consistency is lightly moist, only slightly wetter than normal cooked rice, with the grains of rice and still distinct. However, mushier, wetter versions are also possible (use more water and a longer cooking time).

This recipe can be steered in many directions through spicing, vegetable selection or the addition of extras like grated coconut.

### Ingredients:

- 1/2 cup media or long-grain rice rinsed, soaked for 20 min and drained
- 1/2 cup mung dal (split mung beans), rinsed, soaked for 20 min and drained
- 1 1/2 Tablespoons ghee, plus more for serving
- 1/2 small-medium red onion, sliced thin
- 1/4 teaspoon cumin seeds (optional)
- 1/4 teaspoon fennel seeds (optional)
- 1/4 teaspoon mustard seeds (optional)
- 3/4” fresh ginger root, minced/pulverized
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon ground coriander seed
- 1/2 teaspoon ground cumin
- 1 3/4 cups water, more or less, depending on desired consistency
- 1/2 teaspoon sea salt or rock salt
- 1 1/2 cups seasonal vegetables, chopped (cauliflower and root vegetables work well)
- Lemon/lime wedges and optional cilantro for serving.

*Serves 3-4*

### Instructions:

In a non-reactive, heavy-bottomed pot, heat the ghee over medium heat. Once it is hot, add the (optional) whole spice seeds, allowing them to sizzle and pop. Once their aroma has been released and the popping slows, add the onion slices and fry for a few minutes until starting to brown lightly, tipping the pan so the ghee and onions pool along one edge. Add ginger and fry for a moment. Add the turmeric and coriander, stir, and add the vegetables. Stir fry them in the spiced ghee mixture until they are coated with it, 1-2 minutes. Add the mung dal and stir fry until it too is coated and golden and fragrant, 2-3 minutes. Add the rice and stir once more until the rice is coated. Add the water and salt. Bring to a boil, stirring to make sure nothing sticks to the bottom, then reduce heat and simmer for 20-25 minutes, covered. You can add chopped greens (kale, spinach) or cilantro during the last few minutes of cooking.

Serve hot with more ghee and some lemon/lime wedges to squeeze. Eat slowly, as this stuff doesn't require much chewing and is easy to inhale. Your *agni* (digestive fire) thanks you!