
– Kitcheree –

serves: 4 + This recipe is tri-doshic.

Ingredients

1 c. mung dal	1 tsp. turmeric
1 c. basmati rice	1 pinch asafoetida (aka hing)
sesame oil	1 tsp. cumin powder
1/2 tsp. black mustard seeds	1 tsp. coriander powder
1/2 tsp. cumin seeds	4 c. water
1 tsp. rock salt	1 piece of grated ginger

Directions

Soak the mung dal in water for a half hour or longer, then drain. Wash the rice in 2–3 changes of cool water until the water runs clear.

Cover the bottom of a dutch oven pot with enough sesame oil to coat the bottom. Warm the oil until a drop of water on the oil causes a sizzle. Add the black mustard seeds and cumin seeds. Heat the seeds until they begin to pop and you can smell them, then add the drained mung dal. Cook, stirring often, for a few minutes. Add the rock salt, turmeric, and asafoetida. Let cook for a few minutes, stirring often to avoid the dal sticking to the bottom of the pot.

Add the water, rice, and remaining herbs and ginger. Bring to a boil, then reduce to a simmer, partially cover, and cook until all of the water has cooked off, approximately a half hour.

Serve with steamed vegetables. Enjoy!

You may alter this recipe in any number of ways:

- add one can of coconut milk (balancing to Vata and Pitta)
- add dried fruit (balancing to Vata and Pitta)
- add nuts (balancing to Vata and Pitta)
- add vegetables such as carrots, onions, shallots, garlic, broccoli
- use vegetable or chicken stock (balancing to Vata)
- add more water for a more soupy kitcheree (balancing to Vata)
- use warming spices such as cinnamon and black pepper (balancing to Vata and Kapha)
- use cooling spices and herbs such as peppermint and cilantro (balancing to Pitta)
- increase that amount of dal relative to rice to be more Kapha-balancing (ie: ½ cup rice to 1½ cups dal).



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