

BASIC KITAREE RECIPE

½ cup basmati rice
¼ cup split mung beans
6 cups water
1 tablespoon ghee
1 teaspoon cumin seeds
1/8 teaspoon asafoetida
1 teaspoon coriander seeds
¾ teaspoon cardamom seeds
1 teaspoon black peppercorns
1 bay leaf
2 more tablespoons ghee
¾ teaspoon cinnamon
¼ teaspoon ground cloves
1 teaspoon turmeric
¾ teaspoon rock salt
1 tablespoon fresh grated ginger root
½ small onion, chopped
1-2 cloves garlic (optional)
½ teaspoon ground cumin
2-4 cups fresh vegetables to suit your doshic type
2 more cups water, as needed

Wash rice and split mung until the rinse water is clear. Warm a tablespoon of ghee in a saucepan and add whole cumin seeds and asafoetida and lightly brown. Add rice, mung and water and bring to the boil. Cook for about 45 minutes.

Warm the last 2 tablespoons of ghee in a small frying pan and add the coriander, cardamom, peppercorns and bay leaf and sauté for 2 to 3 minutes. Then stir in the rest of the spices, onion and garlic. Put the sautéed spices in a blender with ½ cup of water or less and grind well. Pour this spice mixture into the rice and mung. Add the vegetables and cook for a further 20 minutes or more.

There are many different variations of kichadi but this is a good one.