

Khichadi Recipe-Basic

MUNG BEANS AND RICE

- 1 cup Yellow split mung beans (Moong Dal)
- 1 cup basmati rice
- 6 cups water
- 1 table spoon ghee
- 2-3 Green Cardamom
- 1 stick of Cinnamon
- 1 table spoon minced ginger root
- 2-3 cloves garlic, minced
- 1 heaping teaspoon turmeric powder
- 3-4 whole black peppercorns
- 1 t. crushed green chiles (to taste-optional)
- 1 Teaspoon Mustard Seeds
- 1 Teaspoon Cumin seeds
- Cilantro and grated coconut to garnish
- ½ tsp Asafetida (Hing)
- 7-8 Curry Leaves
- Salt to taste

Wash dal and rice at least three times till the water is translucent. In a heavy sauce pan or pressure cooker, add ghee and let it heat for few minutes. Add Mustard seeds and wait till they start cracking. To that add Cumin seeds, hing, Turmeric , all spices, Ginger, Garlic, chili if using, curry leaves and washed lentil-rice mixture. Lastly add water. If making in a sauce pan Bring water to boil and then simmer over medium high flame. Stir often to prevent scorching.

If Making in pressure cooker, wait for three whistles and then turn off the heat. flame, stirring often. The consistency should be rich, thick, and soupy, with ingredients mixed.

Serve with Ghee and Raita

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