Split Mung Dal Kitchadi

In Ayurveda Kichadi has an important place. It is seen as very nourishing and balancing for all constitutions. Kichadi is an excellent fasting dish, as light to digest, nourishing and cleansing. The below recipe is ideal for the changing season of winter towards spring, when our digestion is vulnerable.

1 cup rice	**Spice Mix**
1/2 cup yellow split mung dal	2 tbsp. ghee
3 1/2 cups hot water	1 tsp. cumin seeds
1 tsp. salt	1 tsp fennel seeds
1 cm fresh ginger grated	1/2 tsp. turmeric
	black pepper
	Lemon, optional

- Wash rice and mung dal together till water runs clear, drain and set aside for about 10 minutes.
- In a medium-sized saucepan heat the ghee, fry the cumin seeds until fragrant, then quickly add fennel seeds, turmeric, grated ginger roast for a couple of moments.
- Add the rice/dal mixture to the spice mixture and sauté for a few minutes until rice becomes translucent. Add the hot water, salt, and bring to the boil. Boil with an open lid until you can see the kitchadi mixture.
- Close the lid and turn the heat to very low and allow simmering for about 10 minutes until both rice and split beans are cooked. The mixture should be very soft. If it appears too dry, or some grains are still hard, add some more hot water over the surface, cover and allow simmering a few minutes longer. The cooked kitchadi should be moist with a slightly soupy, stewy consistency. It will absorb water afterwards as well.
- Serve hot sprinkled with fresh, chopped coriander and a spoonful of ghee per portion. Very good with a hot vegetable soup or on its own

As a variation try a few chopped vegetables (zucchini, potatoes, carrots, green beans) in the spice mixture before adding the rice/dal mixture, spinach also works well, adding just before the Khichadi is cooked. Or steam the vegetables and add them as side dish. Both Yummy!

Please make sure that the kitchadi has the above-mentioned consistency. If too dry, it will create constipation!