

Kichadi (Kih-chuh-dee)

East Indian Recipe

to promote a healthy and balanced digestive system

Ingredients

1 Tablespoon Feungreek Seeds
1 Tablespoon Brown Mustard Seeds
1 Tablespoon Cumin Seeds
1 Tablespoon Corriander Seeds
1 Tablespoon Ground Tumeric
 $\frac{3}{4}$ Teaspoon Himalayan Sea Salt
1-2 Serrano peppers
1.5 cups White Jasmine Rice
1.5 cups of Mung Dahl Beans
5 cloves fresh Garlic
3-4 Tablespoons of freshly minced ginger
6 Rounded Tablespoons of Ghee (clarified butter)

Preparation

1st thing minced your ginger and garlic and place together in a bowl. Next cut lengthwise along each Serrano pepper then cut each half into 1/8" slices and add to ginger and garlic (this can be done the night before to save you some time). If you have a big enough bowl, you can use a pestle and mortar to release the juices of the three to add more flavor to your dish!

In a medium sized pot, pour mung dahl beans, 1 Tablespoon of Ghee and fill $\frac{3}{4}$ full with water. Place on stove on high heat till boiling, then cover and reduce heat to low/simmer. While that is cooking...

In a rice cooker or a separate Medium sized pot, cook the Jasmine Rice with 1 Tablespoon of ghee. Follow the instructions on the rice bag, or wait till rice cooker is done and keep on "Warm" until the mung dahl beans are cooked through (mung dahl beans are done when they look puffy and are easily mashable. You may soak the mung dahl overnight to expedite cooking time.)

While beans and rice are cooking, in a separate small pot, melt the remaining 4 Rounded Tablespoons + of ghee on medium-high heat. Once melted dump the Feungreek seeds and brown mustard seeds. Stir occasionally until they are done (the mustard seeds will start to pop when they are done. Be careful,

they can FLY out of the pot, so hold the lid close to the surface of the pot while you stir.) Once they are popping add the Cumin seeds and stir for 10 seconds. Next add the coriander seeds until they change color (they will turn slightly darker than they were when you put them in~ about 10 seconds). Lastly add the Ginger, Garlic, and Serrano into the melted spice bath, remove from heat and stir together. Dump entire contents into the mung dahl pot and recover.

After the spices have been mixed with the Mung Dahl beans for 10 mins, remove the cover and add the sea salt and tumeric. Stir vigorously, then recover until the mung dahl beans are done.

When both rice and beans are finished, dump all contents together in a very large bowl and stir. You want the consistency of the Kichadi to be a little bit soupy like a stew (you don't want it too dry in other words). If it looks a little dry and sticky, boil some water and pour it into the bowl and continue stirring until it reaches the appropriate consistency.)

This recipe makes around 6-8 servings and will keep for several days in an airtight container. To reheat your kichadi, simply dish out the desired amount into a frying pan and add some water and cook on high heat until heated through...again shoot for the stew-like consistency.

ENJOY!

Toppers:

Fresh chopped cilantro (super good for digestion)

Coconut flakes

Avocado

Black sliced olives

Pepita seeds (toasted are tastier)

Shredded cheddar cheese (not the best for digestion but oh so good)