

Kichari

Kichari is a simple and nutritious one-pot dish from Indian cuisine. It's made with a combination of rice and lentils, seasoned with mild spices. Here's a basic recipe for making kichari:

Ingredients:

- 1/2 cup white rice
- 1/2 cup split yellow moong dal (lentils)
- 1 tablespoon ghee (clarified butter) or oil
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon mustard seeds
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon cumin powder
- 1/2 teaspoon coriander powder
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- A pinch of asafoetida (hing)
- 1-2 green chilies, finely chopped (adjust to taste)
- 1 small onion, finely chopped
- 1 small tomato, finely chopped
- Salt to taste
- 4-5 cups water
- Fresh cilantro leaves for garnish

Instructions:

1. Wash the rice and moong dal together under running water until the water runs clear. Drain and set aside.
2. In a large heavy-bottomed pot, heat ghee or oil over medium heat. Add cumin seeds and mustard seeds. Let them splutter.
3. Add asafoetida (hing), green chilies, and chopped onions. Sauté until the onions turn translucent.
4. Stir in the chopped tomatoes and cook until they soften.
5. Add the turmeric powder, cumin powder, and coriander powder. Sauté for a minute to let the spices bloom.
6. Add the washed rice and lentils, and mix them with the spices for a couple of minutes.
7. Pour in 4-5 cups of water and season with salt. Adjust the amount of water based on your preferred consistency (thicker or soupy).
8. Bring the mixture to a boil, then reduce the heat to a simmer. Cover the pot and let it cook for about 20-25 minutes, or until the rice and lentils are soft and the khichdi has a porridge-like consistency.
9. Check the seasoning and adjust the salt and spices if needed.
10. Garnish with fresh cilantro leaves.
11. Serve hot with yogurt, pickle, or a side of your choice.

Kichari is not only delicious but also easy to digest and a comfort food. You can customize it by adding vegetables or adjusting the spice level to suit your taste. Enjoy!

