



How to Make Kitchari



Lakshmi Ayurveda
Free Downloadable

About Kitchari

Kitchari is widely regarded in Ayurvedic nutrition as being a complete protein meal. Kitchari is easy to digest and helps nourish the tissues of the body. The recipe is suitable for all body types, delicious and very easy to prepare.

A mixture of basmati rice, yellow split mung dal, ghee and spices - this Ayurvedic recipe is quite tasty.

Kitchari helps to correct the digestive fire, sharpen the mind, increase energy and promote balanced weight.

Kitchari means 'mixture'. Our recipe is a mixture of basmati rice and mung dhal. Based on suggestions from a practitioner, other grains may be suggested in substitution for the rice.

Additional Notes:

- If you are prone to acidity, inflammation and excessive heat in the body, omit mustard seeds.
- If you suffer from slow digestion, adding a bit more ginger will be beneficial.
- Hing, also known as Asafoetida, is essential in this recipe as it helps the body digest the gaseous quality of lentils.
- We love adding celery, carrot, sweet potato, pumpkin, beetroot and green leafy vegetables to our recipe. Just 3 vegetables is enough for variation.

Kitchari Ingredients

- 1 Tbsp ghee
- 2 bay leaves
- 1/2 tsp of cumin seeds
- 1/2 tsp fennel seeds
- 1/2 tsp mustard seeds
- 1/2 tsp coriander powder
- 1/2 tsp turmeric powder
- 1/2 tsp freshly grated ginger root
- 1 pinch of Himalayan salt or rock salt
- 2 pinches of asafoetida (hing)
- 1 cup basmati rice
- 1 cup split mung dal (yellow/green/whole mung beans soaked overnight)
- 4-6 cups water
- 60gm diced organic and seasonal vegetables
- Fresh lemon juice
- Chopped coriander leaves to serve



Directions

- Wash the rice and dhal separately in at least 2 changes of water, or until the water runs clear.
- Sauté the mustard seeds in the ghee until they pop.
- Add the seeds and sauté for one minute.
- Add the remaining powders, being careful not to burn.
- Add the mung dhal and rice and sauté for 2 minutes.
- Add boiling water, bring to boil and simmer for 30 minutes.
- Prepare seasonal vegetables that suit your constitution by cutting into small pieces. If you are unsure which vegetables are best for you, we suggest seeing an Ayurvedic Practitioner for guidance.
- Add vegetables, salt and extra water if required.
- Simmer for another 20 minutes or until fully cooked.
- Aim to have minimal water remaining.
- Serve with some fresh lemon juice and garnish with coriander leaves.

Disclaimer: Before incorporating any of the information offered in this EBook, we strongly recommend you visit an Ayurvedic Practitioner to properly assess your health history and conditions.

Please note that our claims about kitchari have not been approved by the TGA. The information provided is not meant to be used to diagnose or treat anyone and should not be taken without consultation with an Ayurvedic physician. We do not guarantee and assume no legal liability or responsibility for the accuracy, currency or completeness of information contained in these materials.

If you have any questions, please email us at info@lakshmiayurveda.com.au.

With love from the Lakshmi Team, we
hope you enjoy your kitchari.

