

Kitchari Recipe

For 1 day 1 person (3 meals)



- ½ cup split yellow mung beans or 2 cups mung bean sprouts
- ¾ cup Basmati rice
(If suffering from diarrhoea use more rice than mung beans. When cleansing or constipated use more mung beans than rice – eg: 1 cup beans)
- 1 Tbsp fresh ginger
- 1 Tbsp ghee + more for garnishing when serving *(When active cleansing 3 days mono-diet don't use extra ghee on top but you can sauté spices in ghee to begin)*
- 1 tsp each black mustard seeds, cumin, coriander, fennel and fenugreek seeds, and turmeric *(mustard seeds and fenugreek are not essential but tasty and beneficial in their own right)*
- 1 pinch Hing (asafoetida) and cloves *(Hing is a smelly herb which tastes ok and eliminates the gas from eating legumes – it is not essential if you rinse or soak mung beans very well)*
- 3 bay leaves
- 6-8 cups water *(for thickness you prefer, less water is needed if soaking longer time)*
- Rock salt, sea salt or Bragg's aminos and black pepper to taste
- 1 cup chopped fresh coriander
- Lemon slice or spoon of fresh yoghurt

Wash 3-4 times and soak rice and beans overnight if possible or 2-8 hours. This is especially important for people with weak digestion, gas or bloating. If you can't soak overnight then par boil beans and rice, drain, rinse off the bean scum and repeat 2-3 times. Wash together until water runs clear.

Heat a large pot on low heat, melt the ghee. Add the spices (except bay leaves) and roast for a short while until fragrant, careful not to burn them so move them about with a spoon. Add dhal (mung) and rice and stir through. Add water and bay and turn up heat to medium to bring to a boil.

Boil for 15 mins on medium heat. Turn heat back to low, cover pot and continue to cook until dhal and rice become soft (30-40 mins). If you're adding in vegetables (2-3 cups) add in the ones that take longer cooking time first. Add leafy greens and other quick cooking vegetables during the last 10 mins. Add salt or other to taste. Garnish with fresh coriander, lemon or yoghurt. Add more water when you reheat it later in the day.

Why Kitchari?

Kitchari is the traditional detox food of Ayurveda because it fits with the detox principles. The body detoxes when it's given the opportunity. Light eating, ingesting all 6 tastes and nourishing the 5 senses create this place! Kitchari is a complete food. You can eat it for weeks, or a day. It's like baby food – simple to cook and digest. It's eaten for detox and rejuvenation. You can rely on it when you're stressed, sick, having unhealthy cravings, or too busy to prepare other food.