

KICHARI (Babaji's recipe)

Feeds 4-6



- 1 C. split moong dal**
- ½ C. basmati rice**
- 7 cups of water**
- 1/2 tsp. Turmeric**
- 2 T. Ghee**
- ¼ tsp. Hing (asafetida)**
- 2-3 small dried red chili peppers**
- 1 tsp. cumin seed**
- 1 T. chopped garlic**
- 1 tsp. salt**

Wash the dal and rice together 2 or 3 times until water is fairly clear. Drain and set aside

Set a heavy bottomed pot over a medium flame, add ghee and test heat by dropping a cumin seed. When the seed sizzles add the chilies and shake or toss till they are scorched. Add the cumin seed and the asafetida. Toss or shake the pot for 30 seconds and then add the chopped garlic. Stir around or shake the pot until the garlic is cooked and evenly golden.

Add the drained dal and rice, water, turmeric and salt. Bring to a boil for a few minutes. Reduce to low simmer and cook without stirring, for about 40 minutes with the cover cocked. After 30 minutes, insert a metal spoon down the center, without stirring, just to see if it is sticking. If it is lower the heat or turn it off and let it rest for 10 minutes and then continue cooking for about another 5 minutes. Kichari is ready to serve. You can garnish with toasted cashew and cilantro.