



SIMPLY SATTVIC KITCHARI

Vata ↓, Pitta ↓, Kapha ↓

Serves: 3

Prep Time: 5 minutes (plus soaking time)

Cook Time: 25 minutes

INGREDIENTS

FOR THE DAL

- 1 cup mung dal, soaked overnight and strained
- 3 cups water, bone broth, or veggie broth; make sure broth is salt-free and ideally homemade (if broth is salted, reduce the salt in the recipe)
- 1 tablespoon ghee (or coconut, sesame, or olive oil—use olive oil for high Kapha)
- 1 teaspoon Agni Churna (or your favorite Kitchari Spice blend)
- 1/8 teaspoon cumin seed, whole
- 1/8 teaspoon fennel seed, whole
- 3/4 to 1 teaspoon pink Himalayan or Mineral salt
- 1/8 teaspoon freshly ground black pepper
- 3 large kale or collard green leaves, stemmed and chopped (substitute with your favorite leafy greens—about 1 packed cup chopped)
- 2” by 1” tube of fresh ginger, finely minced or grated (replace with 1/2 teaspoon powdered ginger, if needed)
- 1” by 1” tube of fresh turmeric, finely minced or grated (replace with 1/2 teaspoon powdered turmeric, if needed)
- Ghee for individual servings (optional; omit for Kapha)
- Fresh cilantro leaf, chopped for individual servings (optional)
- Fresh lemon for individual servings (optional; use lime for Pitta)

FOR THE GRAIN

- 1 1/2 cups water
- 2/3 cup basmati rice or quinoa (Kapha use quinoa)
- 1 teaspoon ghee (or oil of choice)
- 1/4 teaspoon Agni Churna (or your favorite Kitchari Spice Blend)
- 1/8 teaspoon salt

DIRECTIONS

PREPARING THE DAL

1. Soak the dal overnight in a large container of water. Strain, discard the water, and rinse before cooking.

NOTE: If a speed soak is needed, use boiling water and soak for 2 to 6 hours. If there is no time for soaking (not recommended), rinse the dal with warm water before cooking. This may increase the cooking time slightly.

2. Add the water or broth to a large saucepan and bring to a boil.
3. While it is heating, stir in ghee, Agni Churna, cumin, fennel, salt, and black pepper.
4. Once boiling, reduce the heat to low-medium and add the mung dal (soaked and strained); stir well.
5. Cook, partially covered, over low-medium heat for 15 minutes.
6. While the dal is cooking, prepare the rice (or quinoa). See “PREPARING THE GRAIN” below.
7. Once the rice and dal are cooking, prepare the greens, ginger, and turmeric.
8. Wash, de-stem, and chop the greens into thin strips.
9. Peel and grate the fresh ginger and turmeric (if using). If a grater or electric spice grinder is not available, you can finely mince with a sharp knife.

NOTE: For ease and quickness, I peel and chop the ginger and turmeric , then use my electric spice grinder, which pulverizes them in seconds.

10. After the dal has been cooking for 15 minutes, add the chopped greens and grated ginger and turmeric (or dried turmeric and ginger, if using).
11. Cook for an additional 10 minutes on low heat, mostly covered. Stir every 3 to 5 minutes. Add more broth or water if the consistency gets too thick for your liking (some individuals prefer thick kitchari, others more soupy).
12. Once done, cover and take off the heat until you are ready to serve.

PREPARING THE GRAIN

1. Soak or rinse the rice (or quinoa) before cooking. I typically soak my quinoa overnight, but only rinse (several times with warm water) when using Basmati rice.
2. Bring the water to a boil in a medium saucepan.
3. Once the water is boiling, reduce the heat to low and add in the rice (or quinoa), ghee (or oil), Agni Churna, and a pinch of salt and pepper. Stir well and cover, leaving a slight crack to avoid overflow.
4. Cook for 10 to 12 minutes, stirring and covering the lid completely around 6 minutes. The rice is done when only a little water remains. Please do not overcook to avoid a mushy rice result!
5. Once the rice is done, turn off the heat but leave the pan on the hot burner. Cover the pan and let it sit for 5 minutes to allow the rice to fluff and any excess liquid to absorb.

SERVING

1. Place a small amount of cooked rice into a bowl. Pour the dal over the rice and blend well. I usually do 2 parts dal to 1 part quinoa (give or take), but some may prefer a 1:1 ratio.
2. For added cleansing effects, garnish with cilantro, lemon juice (lime for Pitta), and/or extra ghee. Add more salt and pepper, if needed.
3. Sit comfortably, eat mindfully, breathe deeply, and enjoy in good company:)

STORAGE

- Kitchari is best on the first day; however, it will keep for up to 3 to 5 days in the refrigerator.
- Store any leftovers in an airtight glass jar or Tupperware.
- Store the rice (or quinoa) in a separate container to avoid the grains getting too mushy. Then combine each serving when it is time to reheat.

REHEATING

- To reheat, blend the dal and rice in a pan and place over a low heat.
- Heat until hot, stirring every 2 to 3 minutes.
- Since the ingredients tend to become dry after refrigeration, it is recommended to add a splash of water (or better yet, broth), extra ghee, and a dash of salt and pepper with each reheated serving.