



## The Ayurvedic Center of Vermont

### Kitchari Recipe

#### Ingredients:

- ½ cup organic yellow split dal
- ½ cup organic white basmati rice
- 5 cups of water
- 2 inch knob of ginger root- peeled and coarsely chopped
- 2 inch knob of turmeric root- peeled and coarsely chopped
- 1/3 cup unsweetened shredded coconut
- 1 tsp turmeric powder
- 1 ½ tsp of curry powder or garam masala
- 1 tsp ground coriander
- 1 tsp ground fennel
- 1 tsp ground cumin
- 2 curry leaves
- 1 tsp fennel seeds
- Seasonal vegetables – beets, carrots, sweet potatoes, zucchini, bok choy, kale, swiss chard, etc.
- 1 Tablespoon ghee
- 2 tsp salt (or to taste)
- Additional Toppings: Cilantro, fresh lime and shredded coconut

#### Method:

1. Combine rice and dhal in a large stainless steel pot. Rinse with cold water, drain and repeat twice more.
2. Add 5 cups of water and bring to a boil, scrape off foam that rises to the surface.
3. Once the rice/dahl is boiling, reduce to medium heat and add ginger root, turmeric root and coconut, simmer for 5 minutes. Add any root vegetables (beets, carrots, parsnips) and spices.
4. Allow kitchari to sustain at a low boil for about 25 minutes, stirring and scraping the bottom of the pot frequently to prevent sticking. Add more water as needed.
5. Add any softer vegetables such as zucchini, summer squash, green beans, chard stems or kale stems and allow to cook for 5 more minutes.
6. Turn off heat and add ghee, salt and any greens. Top with fresh lime juice, cilantro and a sprinkle of coconut.

Serves: 3-4