

Kitchari (tridoshic)

- 1 cup yellow mung dal (orange split lentils)
- 1 cup basmati rice
- 1 inch piece fresh ginger (peeled and chopped fine)
- 2 tablespoons shredded unsweetened coconut (optional)
- 1 small handful fresh cilantro leaves
- ½ cup water
- 3 tablespoons Ghee (vegans use olive oil or coconut oil)
- 1 ½ inch piece cinnamon bark
- 5 whole cardamom pods
- 5 whole cloves
- 10 black peppercorns
- 3 bay leaves
- ¼ teaspoon Turmeric
- ¼ teaspoon salt (note: rock salt vpk, sea and mineral salt v,
- 6 cups water

Wash Mung dal and rice until water is clear. Soak dal overnight for digestibility.

Blend ginger, coconut, cilantro, ½ cup water.

Place all ingredients except ghee in rice cooker. Once ready, add ghee and mix it in.

VEGETABLES can be added to the stew to avoid constipation and add nourishment. Add the denser veggies (like diced squash, roots veg carrots, beets, parsnips) during the last 20 minutes of cooking. Spinach, arugula and sprouts can be stirred in at the last minute along with the ghee or oil of choice.

I like to add cayenne or hot peppers for extra zing.

