**Kitchari Recipe**

***Ingredients:***

* 2 tbsp Ghee
* 1 tbsp Cumin Seeds
* 1 small onion chopped finely
* ½ tsp finely chopped ginger
* ½ tsp finely chopped garlic
* ½ tsp black pepper or 2 Pippali
* ½ tsp Turmeric
* 2 tsp Salt
* 1 cup Moong Dhal
* 1 cup Basmati Rice
* 5-6 cups of water depending on consistency
* Fresh coriander, black salt, and lemon as garnish

***Method:***

1. Rinse dahl and rice and soak in warm water for ½ hr - 3 hrs.
2. Then rinse well until water runs clear and set aside to drain.
3. Heat ghee on medium heat, either in pressure cooker or heavy-bottomed pot.
4. Sauté Cumin seeds until they pop and turn light brown.
5. Add onion and cook until golden.
6. Add ½ finely chopped ginger and garlic and cook all 3 till golden.
7. Add rice and dhal and remaining spices and mix well.
8. Add water and cover,
9. If using a pressure cooker, turn heat up.  Once pressure has built to its highest point, reduce heat, and cook for 10-12 minutes.  If using a normal pot, cover and bring to the boil on high heat.
10. Then turn the heat down and simmer until both rice and dhal are completely soft.
11. If your kitchari becomes thick and sludgy, add hot water, stir well and cook a few more minutes.
12. Garnish with fresh coriander, a pinch of black salt and lemon juice.  Essential to complete the dish.  (Black salt you can get from Indian spice store).
13. Different chopped vegetables can be added when the rice and dahl are nearly broken to bring variety and additional nutritional value.
14. In cases of constipation, use 1 1/2 cups dahl and 1/2 cup rice.  For diarrhea, use 1 cup rice and 1/2 cup dahl.

Kitchari is a revered food in Ayurveda.  It harmonises all three dosha's general functioning.  It is soothing and healing and improves and helps to purify digestion. It is the best food for detoxification and cleansing systemic toxins.

Ayurvedic physicians often prescribe a kitchari diet before, during and after a deep cleanse as it also is a rejuvenative treatment that cleanses toxins stored in the bodily tissues as it restores systemic balance.  Kitchari provides solid nourishment while allowing the body to devote energy to healing.  You can safely subsist on kitchari anytime to build vitality and strength.  Kitchari is a potent blood purifier and supports proper kidney function.  In Chinese Medicine, mung bean is used to strip pesticides out of the system which is especially helpful for the reproductive organs, liver, and the thyroid.

Ayurveda believes that all healing begins with the digestive tract, and kitchari can give it a much-needed rest from constantly processing different foods while providing essential nutrients.  The blend of rice and split mung beans or red lentils offers an array of amino acids, the building blocks of protein.  Its mixture of spices is believed to kindle the digestive fire, the Ayurvedic description for your innate digestive power, which can be weakened by poor food combinations and choices.

An excellent cleanse is to eat Kitchari twice a day for seven days.  Try to remember the health benefits of eating Kitchari twice a day.  It is mainly the mind and emotions that rebel against such a routine.



**Cleansing Ayurvedic Tonic**

***Ingredients:***

2 litres of water

1 1/2 inch ginger diced

1 tablespoon ajwain seeds

2 tablespoon fennel seeds

1 stick cinnamon

8 smashed green cardamom pods (6 winter)

4 smashed brown cardamom pods (2 winter)

***Method:***

Boil up with lid off and reduce to 1 litre.

Sip warm throughout the day

Notes:  Great to choose one day each week or one week each month to just eat kitchari and drink this cleansing ayurvedic tonic.