

KITCHARI RECIPE

Ingredients:

1 cup white rice
1 cup whole mung beans (soaked overnight)
3/4 Tbsps Himalayan Salt
½ Tbsp turmeric powder
2 Tbsps grated fresh ginger
¼ cup ghee
1 Tbsp cumin seeds
1 Tbsp fennel seeds
½ cup raw cashews
Additional: _____



Directions:

- 1) Dry roast the rice in a frying pan to make it lighter to digest.
- 2) Rinse the roasted rice and put it into a pot. Add water to about 4 inches above the rice level.
- 3) Add salt to the water to speed the cooking time. Bring the rice to a boil.
- 4) Rinse the mung beans and add them to the pot of boiling rice. Add the turmeric and ginger.
- 5) In a separate pan, brown the cumin, fennel seeds and cashews in the ghee.
- 6) Add the browned ingredients to the pot and mix together until everything is soft and warm and the flavors are well blended. Serve warm.