



HEALTHY EATING MADE EASY

5-MIN GUIDE TO KHICHI

Ayurveda's #1 gut-healing comfort meal

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Khichdi—pronounced *kitch-er-ee*— is a soothing stew made with basmati rice, lentils, ghee, spices, and sometimes vegetables.

It has been revered as a healing food in India since ancient times for its wonderful virtue of being extremely easy to digest.

It also happens to be extremely tasty, as well as extremely easy to make. It is also extremely versatile. It can be made with different grains, different lentils, different spices, and with vegetable add-ins and toppings.

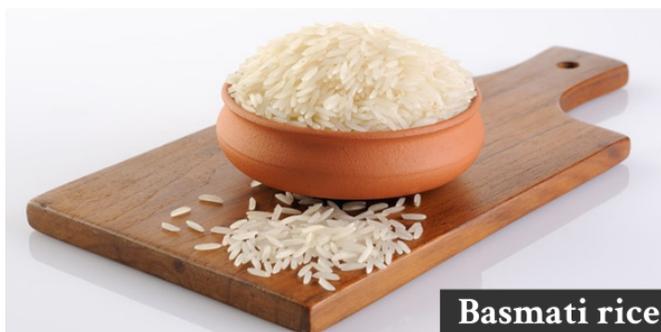
Meat isn't needed in the meal because it is already a complete vegetarian protein.

People with digestive issues especially appreciate how good eating khichdi makes them feel. Khichdi is the nurturing comfort food of India, similar to our chicken soup.

Khichdi is recommended for children, the elderly, the ill, and for anyone who's looking to support their health with real, healthy, home-cooked food.

Khichdi health benefits

- Soothes an irritated digestive tract
- Anti-inflammatory and alkaline
- Mildly cleansing
- A complete vegetarian protein
- High in fiber, low in fat, and gluten-free
- ... yet still incredibly satisfying



4 Superfood Ingredients

1. Basmati rice

In the Ayurvedic system of healthcare that I practice, basmati rice is highly recommended as a staple food. It's fragrant quality and low starch and lower glycemic index support balanced digestion compared to other rice varieties.

Where to buy:

You can buy basmati rice from most grocery stores.

Substitutes for basmati rice:

Use another type of rice, buckwheat, millet, oats, or quinoa. You may also use more than one type grain in a batch of khichdi.

2. Moong dal

Moong dal is considered to be the easiest to digest of all the dried lentils, beans, and peas in the world. Moong dal is the hulled and split form of the mung bean, which has a moss-colored skin.

Moong dal is tiny, and light yellow. Due to its not having a skin, it cooks quickly, and breaks down into a mush.

Where to buy:

Specialty and natural grocers may stock moong dal. If not, you might need to look at an Indian grocery store, or **buy it on Amazon**. Note that the Amazon price is around double what you would pay in an Indian grocery store.

Substitutes for moong dal:

You can also make khichdi with mung beans, red lentils, toor dal, yellow lentils, etc.

3. Ghee

Ghee is a form of clarified butter that has all the proteins and milk solids removed. Many people who are lactose intolerant, or don't otherwise consume dairy, find that they can tolerate ghee.

Ghee might just be the best thing you could add to your diet to support your gut health. It is anti-inflammatory, supports nutrient assimilation, repairs your gut lining (butyrate), rich in Omega-3s and CLA (conjugated linoleic acid), which are supportive for heart health.

Studies show that ghee does not increase cholesterol, when eaten in moderation, and according to the individual's digestive strength.

The best thing is that unlike vegetable oils, ghee is natural and free from additives. You can easily make your own. If you haven't tried ghee, this might be a good opportunity.

Where to buy:

You can find ghee at most grocery stores, but be aware that the texture and quality differs greatly among brands. I actually do not recommend buying ghee from the Indian store because the quality cannot be assured. There are many good US-based ghee manufacturers now. I am very particular about ghee, because I really don't like certain brands, and I fear that first-timers will get a bad impression of ghee from them.

My top recommendation for ghee is **Pure Indian Foods**.

Next, I'll recommend **Ancient Organics Ghee**, or **Organic Valley**.

If you can't find these brands, start with what you can find.

Substitutes for ghee:

There is really no substitute for ghee, but you can use olive oil, butter, or coconut oil for this recipe if needed.

4. Spices

Spices are essential for khichdi, and they are essential for a healthy diet. Spices play the role of supporting your body to digest and assimilate the nutrition from your food. Without spices, your food may feel cold in the body, dull, heavy, and stagnant.

Knowledge of how to use spices to support your individual body type is at the heart of Ayurveda, and what I do as a health coach.

Ayurveda offers spice masalas (mixture) that are suitable to specific body types, such as a Pitta masala to reduce heat, or you can buy a masala specific for khichdi.

Please know that there will be many different khichdi spice variations since the spices are used not only for flavor, but also for medicine. This is why it can be helpful to consult with an Ayurvedic practitioner.

In today's recipe, I have listed individual spices that anyone can use, and how to make khichdi with whatever you have on hand, so don't worry.

Where to buy:

The very best place to buy spices is at an Indian grocery store, because this is where they will be the freshest, and the least expensive.

Of course, you can also find spices at any grocery store.

If you go to Amazon, I recommend **SWAD brand** or **LAXMI brand** spices.

For the freshest spices, you can purchase the seeds of coriander, cumin, and fennel, and then grind them yourself into powder using a coffee grinder reserved for that purpose.

Substitutes for spices:

This recipe calls for 1-2 teaspoons of spices. Maybe start with 1 teaspoon, then add more if you feel it is necessary.

If you do not have a spice masala, use a combination of spices that you do have, but do not use more than 1/2 teaspoon of turmeric.

You might have “curry powder” or “garam masala” in your cupboard. You can use curry powder as a direct substitute, but no more than 1/2 teaspoon garam masala, because it is heating.

Basic Recipe for Khichdi

Prep time: 5 min

Cook time: 30 min

Serves: 2

Ingredients

add to the saucepan or Instant Pot

1/3 cup split moong dal (see notes)

1/3 cup basmati rice

1 teaspoon ghee

1-2 teaspoons (equal parts coriander, cumin, fennel and turmeric powder OR Ayurvedic spice masala; see notes)

pinch salt

stir in after the khichdi is cooked

1/4 teaspoon salt

lemon, freshly squeezed

cilantro, roughly chopped

to garnish

pinch freshly ground black pepper, to taste

dab ghee

Method for Saucepan

1. Place moong dal in a bowl and cover with cold water to rinse. Rinse 4-5 times, until the bubbles reduce and the water runs clear.
2. Combine rinsed moong dal with all remaining ingredients, including the ghee and spices, in a medium saucepan, and add enough water to cover by about 1 inch.
3. Bring to a boil, then reduce the heat, and let simmer until the lentils are soft and falling apart (about 30 to 45 minutes), stirring occasionally. Check periodically to see if more water is needed. The water should not fall below the lentils. You can make this dish as thick or as thin as you like, depending on how much water you add.
4. Turn off the heat then stir in salt, freshly squeezed lemon, and cilantro.
5. Serve in a bowl and garnish with a pinch of black pepper and an extra dab of ghee

Method for Instant Pot

1. Place moong dal in a bowl and cover with cold water to rinse. Rinse 4-5 times, until the bubbles reduce and the water runs clear.
2. Combine rinsed moong dal with remaining ingredients, including the ghee and spices, in the Instant Pot, along with **3 cups of cold water**. Cover with the lid, and select “PRESSURE COOK” on “HIGH.” Set the timer for 10 minutes.
3. Allow the pressure to release naturally for 15 minutes, check for residual pressure, then open the lid safely.
4. Turn off the heat then stir in salt, freshly squeezed lemon, and cilantro.
5. Serve in a bowl and garnish with a pinch of black pepper and an extra dab of ghee.

Recipe Notes

Soak and rinse moong dal

It is not necessary to soak moong dal because it cooks quickly, but soaking enhances digestion and reduces cooking time, so make it a habit to soak whenever possible. Either way, I recommend rinsing the moong dal 4-5 times in cold water to remove saponins (a protective coating that can sometimes interfere with digestion).

Substitutes for moong dal

You can also make khichdi with mung beans, red lentils, toor dal, yellow lentils, brown/green lentils etc.

Substitutes for spices

- Use 1-2 teaspoon of any spices you like.
- Powders of equal parts coriander, cumin, fennel, and turmeric will give you an anti-inflammatory choice that will not generate excess heat in the body.
- If you only have 2 out of the 4 spices, use 1/2 teaspoon of each.
- If you do not like spices, try garlic or Italian herbs.
- You can use any spices you like, between 1-2 teaspoons, but do not exceed 1/2 teaspoon of turmeric.

Substitutes for basmati rice

Use another variety of rice, or substitute with quinoa, buckwheat, millet, oats. You can also use combinations.

Optional: Cook vegetables WITH the khichdi

Add 1-2 cups chopped vegetables and cook together with the rice and dal.

Optional: Add cooked vegetables ON TOP of the khichdi

Make a separate vegetable side (either roasted, steamed, or braised), and enjoy as a topping. Cook your vegetables with a little ghee and spices for great flavor and nutrient assimilation.

Optional: Top with a chutney or pickle

Try with a bit of **ginger-lime pickle**, **cilantro chutney**, or any Indian pickle, such as mango chutney. You could also grate some raw carrot, beet, or radish and enjoy it as a fresh, raw topping.

Optional: Top with chopped nuts or seeds

Lightly roast nuts or seeds and enjoy as a topping.

Seasonal Add-ins and Toppings

SPRING Khichdi topping ideas

- steamed beets, carrots, baby turnips
- braised spring onions and greens
- braised beets and Swiss chard
- braised fennel bulb in lemon and honey
- roasted vegetables (radishes,
- raw spring radish slices
- fresh chives
- chopped cilantro
- fresh lemon juice
- a small scoop of ghee (1/2-1 teaspoon)

herbs & spices

Ginger, turmeric, red chili, and black pepper
Dill, parsley

SUMMER Khichdi topping ideas

- steamed beets and greens
- stove-top lightly braised carrots, onions, and zucchini
- avocado with a little salt and lime
- shredded coconut (gently toasted in a skillet)
- chopped tomatoes or salsa
- toasted nuts or seeds
- dried cranberries
- spicy Indian chutneys
- chopped cilantro
- fresh lime juice
- a small scoop of ghee (1/2-1 teaspoon)

herbs & spices

Ginger, fennel, coriander, cardamom, cilantro, coconut flakes
Dill, mint, parsley, basil, oregano, rosemary, sage, tarragon

FALL/WINTER Khichdi topping ideas

- roasted vegetables
- cauliflower and bell peppers
- Brussels sprouts and kale
- stove-top lightly braised root vegetables
- toasted nuts or seeds
- spicy Indian chutneys
- chopped cilantro
- fresh lemon juice
- a small scoop of ghee (1/2-1 teaspoon)

herbs & spices

Ginger, turmeric, black pepper, cinnamon, clove, garam masala, cumin, black mustard seed