

How to Make Khichdi in 5 Minutes

with Andrea Hayley-Sankaran

GOOD GUT
AYURVEDIC NUTRITION



Khichdi—pronounced *kitch-er-ee*

A soothing stew made with basmati rice, lentils, ghee, spices, and sometimes vegetables.

- Easy to digest
- Tasty
- Easy to make
- Versatile
- A complete vegetarian protein



Basmati rice



Moong dal



Ghee



Spices

Feels really good

- Nurturing and comforting
- The “chicken soup” of India
- Recommended for children, the elderly, the ill, and for health and healing in general



Health benefits

- Soothes an irritated digestive tract
- Anti-inflammatory and alkaline
- Mildly cleansing
- A complete vegetarian protein
- High in fiber
- Low in fat
- Gluten-free
- ... **incredibly satisfying**



4 Superfood Ingredients

Basmati rice

#1

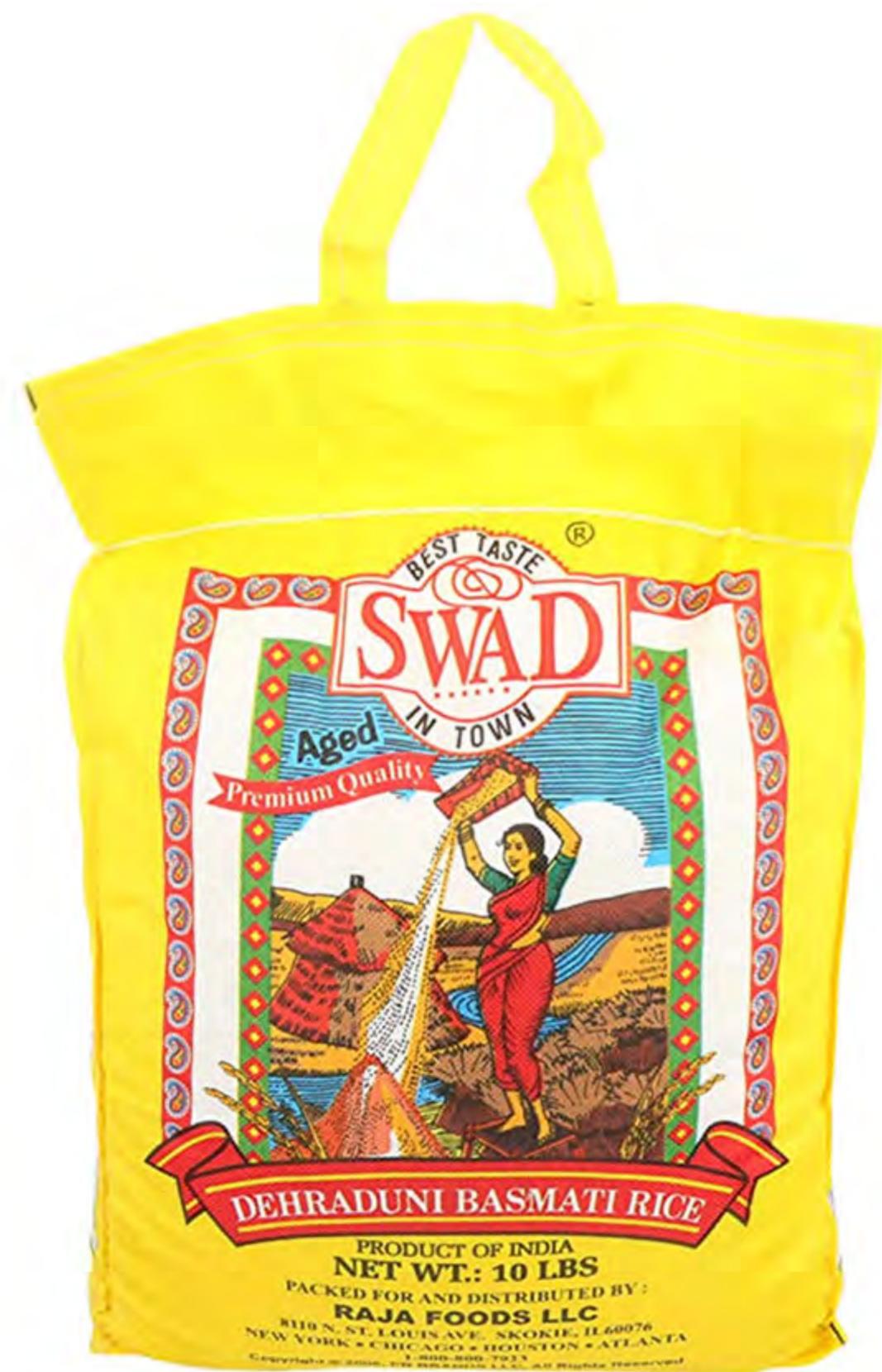
- Fragrant
- Low starch/low glycemic
(compared to other rice varieties)

BUY

- at most grocery stores

SUBSTITUTES

- any rice variety, buckwheat, millet, oats, quinoa



Moong dal

#2

- Easiest to digest of all legumes (dried lentils, beans and peas)
- The hulled and split form of mung beans
- Tiny, light yellow; cooks quickly

BUY

- specialty or natural grocers, Indian stores, online

SUBSTITUTES

- mung beans, red lentils, toor dal, yellow lentils, green/brown lentils



Ghee

#3

- Clarified butter with all milk proteins and solids removed
- Incredible for gut health: anti-inflammatory, supports nutrient assimilation, repairs gut lining (butyrate), rich in Omega-3s and CLA for heart health.
- Does not increase cholesterol (when eaten in moderation)
- Unlike vegetable oils, ghee is natural and free from additives; you can make it yourself.



Ghee

#3

BUY

- Most grocery stores or online

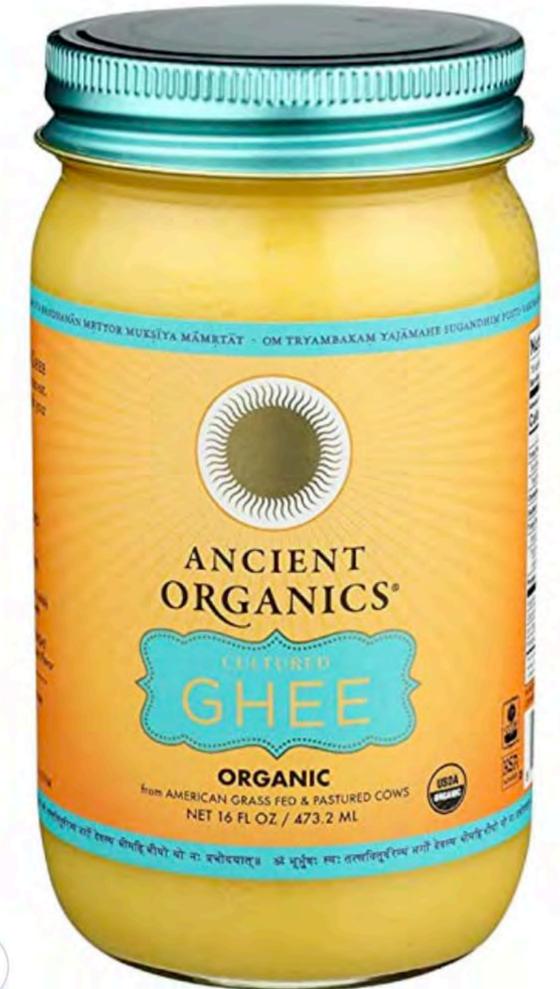
> Pure Indian Foods

> Ancient Organics

> Organic Valley

SUBSTITUTES

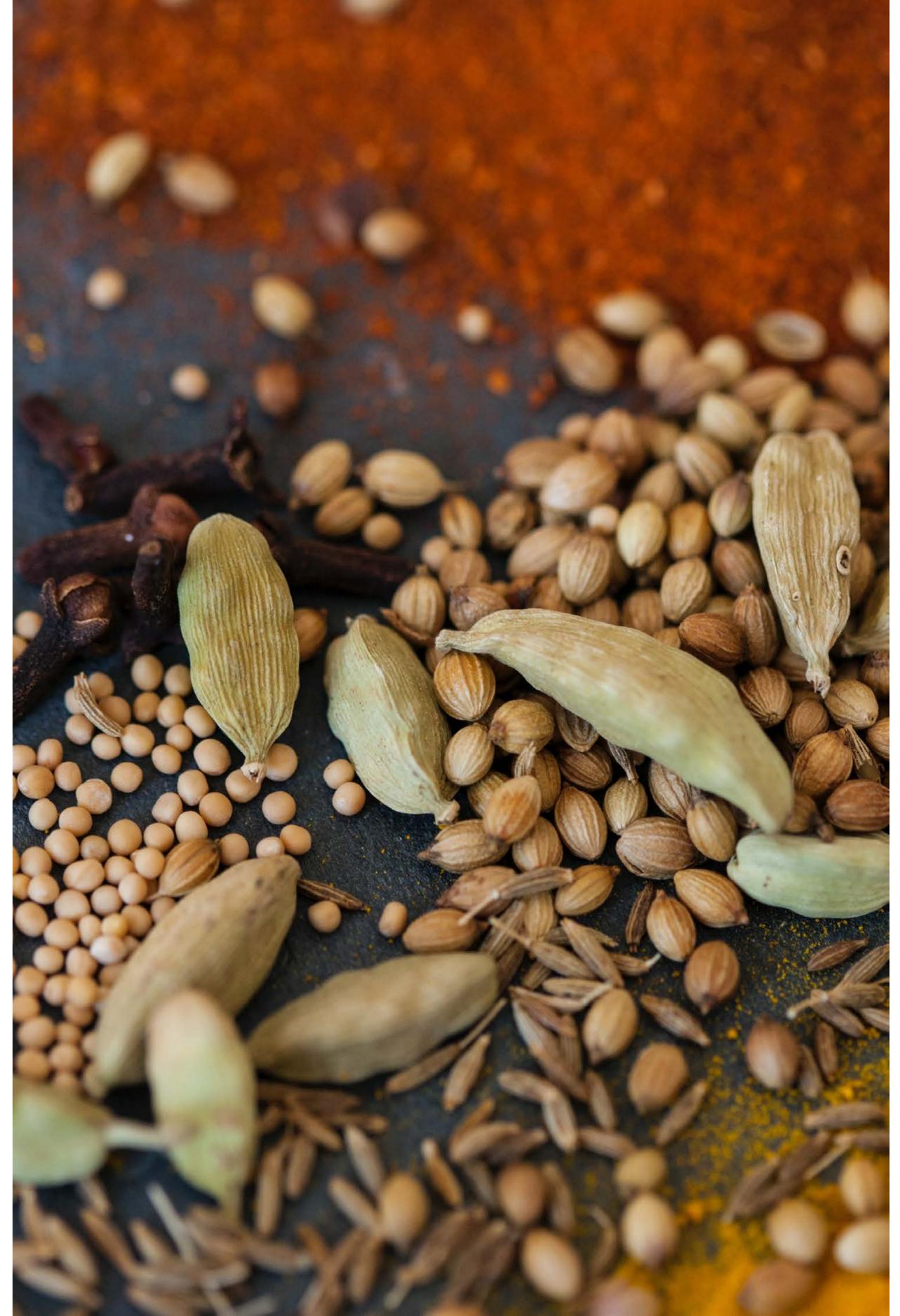
- no substitute, but olive oil, butter, or coconut oil can be used



Spices

#4

- Essential for a healthy diet
- support your body to digest and assimilate the nutrition from your food
- the 💕 of Ayurveda



Ayurvedic Spice Masalas



Spices

#4

BUY

- Indian grocery stores, any grocery store, or online

SWAD or LAXMI brands

* Purchase seeds and grind yourself using a coffee grinder

SUBSTITUTES

- Use combination of what you have
- Curry powder can be used
- Garam masala and turmeric will be heating, so no more than 1/2 teaspoon



Basic Recipe

Ingredients

Prep time: 5 min

Cook time: 30 min

Serves: 2

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 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.

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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

Recipe Notes

Soak and rinse

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

mung beans



toor dal



brown/green



red lentils



yellow lentils



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.

Coriander



Cumin



Fennel



Turmeric



Substitutes for basmati rice

- any variety of rice
- quinoa
- buckwheat
- millet
- oats



Cook vegetables with khichdi

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



Cook vegetables separately

- and serve as a topping
- any vegetables will taste amazing
- Cook them with a bit of ghee and spices for great flavor and nutrient assimilation



Seasonal variations

- See your download:
“5-Min-Guide-to-Khichdi”
for topping and spice ideas that are suitable for Spring, Summer, Fall and Winter.
- As a general rule, you can never go wrong when you choose vegetables that are in season.

