

ROYAL KITCHARI

INGREDIENTS:

- 1/2 cup split dahl
- 1/2 cup rice, barley, millet or quinoa
- 2 cups chopped vegetables*
- 1 TBSP ghee
- 1/2 tsp mustard seeds
- 1/2 tsp cumin seeds
- 1 tsp fennel seeds
- 1 dry red pepper (optional)
- 8 curry leaves (optional)
- 1/8 tsp asafoetida/hing
- 1 TBSP shredded coconut, unsweetened
- 1 TBSP dhana jeera (equal parts coriander/cumin powder)
- 1/2 tsp turmeric
- 1 tsp masala spice
- 1 tsp soma salt
- 3 cups water, more if needed for cooking

DIRECTIONS:

Wash dahl and grain until water runs clear. Soak in fresh water for minimum 30 minutes. Over heat, melt ghee in a large pot. Once melted, add mustard, fennel and cumin seeds, red pepper and curry leaves.

Once seeds begin to pop, mix in asafoetida. Immediately turn heat down and add coconut, dhana jeera, turmeric, masala and salt. Blend together coconut, seeds and spices.

Add dahl and grain, stirring to coat with all the spices. Add water and vegetables.

Bring to slow boil, then reduce heat to medium and cover. Cook until grain, dahl and vegetables are tender. Add more water as needed.

Serve with lime and cilantro garnish.

* Suggested vegetable options:

carrot, zucchini, brussel sprouts, sweet potato, daikon radish, and summer squashes.

