

Kitchri Recipe

(Savory Rice and Lentils Recipe)

Ingredients: Serves 4-6

1 cup long grain rice
1 cup red lentils
2½ tablespoons ghee
2 medium onions, peeled and finely sliced
5 cups hot water
2½ teaspoons salt
1½ teaspoons garam masala

Method:

Wash rice and drain well. Wash lentils well, removing any that float to the surface, then drain thoroughly. Heat ghee in a saucepan and fry onion gently until golden brown. Remove half the onion and reserve. Add rice and lentils to pan and fry, stirring constantly, for about 3 minutes. Add hot water, salt and garam masala. Bring to the boil, cover and simmer over very low heat for 20-25 minutes or until rice and lentils are cooked. Do not lift the lid or stir during cooking time. Serve hot, garnished with reserved fried onion.

Note: This is a soft kitchri with the consistency of porridge. If a drier, fluffier result is desired, reduce water to 3½ cups. Also, whole spices, ie. small cinnamon stick and a few whole cloves, cardamoms and peppercorns may be used instead of garam masala.

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