

Pancha Karma Kitchery Recipe

Important note: It is important that you use organic, non-irradiated, non-pesticide ingredients including all rice, beans, butter to make ghee and herbs. You can get these at your local co-op or health food store. PLEASE make sure you follow the instructions on your pressure cooker to avoid any injuries.

Soak 1/2 cup whole mung beans overnight or 6 hours.

Ingredients:

- 1/2 cup whole mung beans
- 1/2 cup white organic basmati rice
- 1/8 teaspoon ground coriander
- 1 tablespoon ghee
- 1/8 teaspoon ground cumin
- 1/4 teaspoon rock salt (optional)
- 1/8 teaspoon ground fennel
- 1 pinch asafetida or hingwastak
- 1/4 teaspoon ground turmeric
- 3 bay leaves
- 1/16 teaspoon ground cardamom
- 4 1/2 cups of water

Measure the rice. Rinse the soaked beans and rice until the water is clear.

Melt the ghee in a pressure cooker over a low to medium heat.

When melted add rock salt, 1 pinch asafetida or hingwastak, cumin, coriander, cardamom and fennel. Sauté' these herbs for 30 seconds, until the spices bubble a little. Be careful not to burn the spices.

Add turmeric and continue to sauté the herbs for another 15 to 20 seconds. Add the beans, bay leaves and rice, stirring until they are coated with the herbs.

Add water to the pressure cooker and stir. Place the lid (and the weight if you have a jiggle top) on the pressure cooker, making sure the lid is secure, and put the heat on medium to medium high heat.

When the pressure cooker weight gives off a steady sound of steam turn it down to low/medium keep it at a temperature where it lets out a gentle hiss for about 5 minutes, then turn off the heat.

Wait until the excess pressure is released (approximately 1 hour) before opening the lid.

Eat alone or with fresh cilantro; fresh chopped ginger root; fresh lime; basmati rice and cooked vegetables.

This recipe will make about 4 cups of kitchery it will serve one person about three bowls. If you double the ingredients on the recipe you can feed three people two bowls in one day. Enjoy!

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