

**Allie's Kitchari**  
**January LOVEFIT**

**Ingredients**

**Grains and legumes**

*1 cup rices (well rinsed and drained)*

*3/4 cup split mung beans (well rinsed and drained)*

*\*you can also soak your grains & legumes the night before to enhance digestion*

**Oil**

*1/2 cup ghee (used throughout)*

**Aromatics**

*1 onion finely chopped*

*3 garlic cloves finely chopped*

*1/2 cup chopped scallions*

*2 tbsp ginger finely chopped*

*2 leeks finely chopped*

**Spices**

*1 tbsp sumac*

*1 tbsp turmeric*

*1 tbsp cumin seeds*

*1 tbsp coriander seeds*

*Tbsp fennel seeds*

*1 tbsp cardamom pods*

*2-3 cloves*

*1 tsp sea salt*

**Liquids**

*2 cups of vegetable stock*

*3-4 cups water (add more as needed)*

**Optional Toppings**

*parsley*

*Cilantro*

*Lime wedges*

*Jalapenos*

*Dried shallots*

*White and black sesame seeds*

## **Directions**

*Start by placing a large, heavy bottom pan on medium heat. Once your pan gets warm, add your ghee and spices. It is important to maintain a medium heat as opposed to high here when blooming or releasing the oils of your spices, so that we do not scorch these delicate powders and pods. Once the smell of your spices fill the room and have made a toasty paste with your ghee, add the aromatics; Cook until the aromatics become translucent and are pungent to the nose. At this point, add your rinsed rice and mung beans. Now will begin the process called parching; the grains will adhere to the pan and the ghee/aromatic blend to create a “fond,” or a coagulation of protein and starch to build upon the flavor profile before adding the liquid. The goal of building a slight fond is to add flavor, not color, to a dish, therefore maintain a steady heat and if you begin to add too much color, lower your pans heat slightly.*

*Now is the point at which we add the veggie stock and/or water. \*Vegetable stock is a super easy way to add subtle flavor and nutrients to your food, simply by tossing your vegetable scraps into a pan with water.\* There will be a beautiful, sizzly symphony as you add the liquid to your spiced, parched grains. This is a great time to give your grains and the entirety of the pan a nice stir, gently releasing some of that fond from the bottom of the pan. Here we let the kitchari come to a simmer. Once steadily simmering, lower your heat and allow it to cook, trying not to stir too much; add small amounts of warm liquid as needed until the grains of rice are fully cooked, yet still toothsome and individualized.*

*Once your kitchari is done cooking, scoop into a bowl, add your favorite toppings, and enjoy! Maybe while it cools, say a sweet blessing or meditation over the delicious meal YOU just made!*

