

BASIC WARMING KICHADI

Preparation time: 2 hours

— *Vata*, + *Pitta*, — *Kapha*

Serves: 2-3



- 1/2 cup *basmati* rice
- 1/4 cup split mung beans
- 6 cups water
- 1 tablespoon *ghee*
- 1 teaspoon cumin seeds
- 1/2 teaspoon *hing*
- 1 teaspoon coriander seeds
- 3/4 teaspoon cardamom seeds
- 1 teaspoon black peppercorns
- 1 bay leaf
- 2 more tablespoons *ghee*
- 3/4 teaspoon cinnamon
- 1/4 teaspoon ground cloves
- 1 teaspoon turmeric
- 3/4 teaspoon salt, rock salt if you can get it
- 1 tablespoon fresh ginger root, grated
- 1/2 small onion, chopped
- 1-2 cloves of garlic (optional)
- 1/2 teaspoon ground cumin
- 2-4 cups fresh vegetables: carrots, greens, string beans or zucchini are possibilities, chopped
- 2 more cups water, as needed

While this is an imposing list of ingredients, it's actually as easy to make as all the other *kichadis*. Wash the rice and split mung until the rinse water is clear. Warm as tablespoon of *ghee* in a medium saucepan and add the whole cumin seeds and *hing*. Lightly brown them. Add the rice, mung and water and bring to a boil. Cook for about 45 minutes.

Warm the last 2 tablespoons of *ghee* in a small skillet. Add the coriander, cardamom, peppercorns, and bay leaf and saute for 2 to 3 minutes. Then stir in the rest of the spices and the onion (and garlic, if you use it). Put the sauteed spices in the blender with a little (1/2 cup or less) water and grind well. Pour this spice mixture into the rice and mung. Rinse out the blender with the last 2 cups of water and add it to the *kichadi* as well. Add the vegetables. Cook for 20 minutes or more.

Comments: This healing brew is also good for stimulating digestion and circulation. Easy to eat. Based roughly on the proportions of a Punjabi *garam masala* in its spicing.

SAFFRON-ASPARAGUS KICHADI

Preparation time: 1 1/2 hours

— *Vata*, — *Pitta*, — *Kapha*

Serves: 4



- 1/2 teaspoon saffron
- 2 tablespoons *ghee*
- 1/2 teaspoon cumin seeds
- 1/4 teaspoon fenugreek seeds
- 3 to 4 neem leaves (curry leaves, available in Indian groceries, fresh if you can get them)
- 1 tablespoon onion, finely chopped
- 1/2 teaspoon *hing*
- 1/2 cup split mung dal
- 3/4 cup *basmati* rice
- 1 pound fresh asparagus (2-3 cups chopped)
- 1 teaspoon sea salt
- 6 cups water
- 1/4 teaspoon ground cumin

Dry-roast the saffron in the bottom of a heavy pan. Add the *ghee*, cumin and fenugreek seeds and warm over low heat until cumin is brown. Add the neem, onion, and *hing* and stir. Slow saute until onion is tender, a minute or two. Wash the dal and rice until the rinse water is clear, drain and add to the spice mixture. Add the water and salt and cook until tender, about an hour. While the *kichadi* is cooking, wash and chop the asparagus into 1 inch slices. Fifteen minutes before serving, steam the asparagus (see p. 148) and stir it and the ground cumin into the *kichadi*. If working only with *Vata*, the asparagus can be sauteed in an additional tablespoon of *ghee* until tender, then added to the *kichadi*.

Comments: This subtle dish is designed specifically to tonify both the female and male reproductive systems. Useful for fertility and healing of potency and menstrual issues. It is especially good during the summer.



ABOUT KICHADIS

Kichadis are at the core of Ayurvedic nutritional healing. They are a relatively simple stew of basmati rice and split mung dal, which are suitable for almost every dosha. Kichadis take on endless variations depending on the herbs, spices and vegetables used in them. They are the primary food in Pancha karma, Ayurvedic cleansing therapy, because of their ease of digestion and assimilation. The kichadis which follow are designed for specific purposes. They are best eaten fresh when used therapeutically. Let your own sense of the herbs and your constitution guide you as you create healing modifications.

BASIC FORMAT:

Ghee: for lubrication and assimilation

Warmed with: Spices, any of the following:

Asafoetida (hing): calms Vata, aids assimilation, potent carminative

Bay leaf: warms, digestive

Black mustard seeds: digestive with pronounced warming effects

Black peppercoms: warms, digestive, carminative

Cardamom: calms and stimulates digestion

Cinnamon: warms and sweetens, a digestive

Cloves: quite healing, digestive

Coriander: cooling, soothing, carminative and digestive

Cumin: carminative, digestive, balances all doshas

Fennel: cools, sweetens, digestive, tonifying to the stomach

Fenugreek: warming, digestive, tonifier, reducer of mass

Garlic: warming, strengthening, reduces ama

Ginger: warms, potent digestive stimulant

Kombu: non-traditional (a seaweed); digestive, removes heavy metals

Neem (curry leaves): cooling, bitter, clears and removes wastes

Saffron: cooling, tonifying, digestive, balances all doshas

Turneric: tridoshic, specific for aiding protein digestion

Combine these with: Split mung dal, basmati rice, and vegetables. This is sometimes varied; other beans and grains can be used for specific healing purposes, if they are very well-cooked. For example here we use aduki beans in the kidney kichadi, as adukis are outstanding in their ability to support the kidneys. Similarly, we utilize non-traditional herbs or spices when they are especially useful, e.g., dandelion root to promote the excretion of fluids, or burdock root to cool and purify the blood. Again, allow your intuition and self-knowledge to guide you in these adventures.

Cook: Cook until both beans and grain are very soft, but not gummy.



COOLING KICHADI

Preparation time: about 2 hours

O Vata, - Pitta, - Kapha

Serves: 5-6
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- 1/2 cup basmati rice
- 1/4 cup split mung dal
- 1/2 burdock root, (about 8 inches)
- 1 1/2 cup green beans
- 2 tablespoons ghee
- 1/2 teaspoon fennel seeds
- 1 teaspoon cumin seeds
- 1 tablespoon amaranth (optional)
- 1 stick kombu
- 6 to 10 cups water
- 1/2 teaspoon sea salt
- 1 tablespoon coriander powder

Garnish: chopped coriander leaves

Wash rice and mung until the water is clear; drain. Wash burdock root and peel it; then slice in inch slices like a carrot. Wash green beans; chop into 1 inch pieces.

Warm ghee in medium saucepan. Add fennel and cumin seeds and saute for 1 to 2 minutes. Add rice and mung and saute for another couple of minutes. Put burdock and green beans in immediately after the rice and beans, stir saute for 1 minute. Add 6 cups of water and bring to a boil. Put kombu, amaranth and salt in once the kichadi has come to a boil, and reduce to medium-low heat. Cover and cook until tender, 1 to 1 1/2 hours, adding water as needed to keep the mixture moist. Before serving, add the coriander powder, stir well. Garnish with fresh chopped coriander (cilantro) leaves.

Comments: This dish is a potent blood purifier. Burdock clears the kidneys and blood, while the green beans act as a diuretic. A good one for summer skin breakouts, or excess water retention. Useful in diabetes, as well as in increased Pitta states.



SPLEEN-PANCREAS KICHADI #1

Preparation time: 2 hours

— *Vata*, *O Pitta*, *mildly* — *Kapha*

Serves: 4-5
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- 1 teaspoon sunflower oil
- 1/4 teaspoon black mustard seeds
- 1/4 teaspoon cumin seeds
- 1/2 teaspoon turmeric
- 3/4 teaspoon sea salt
- 3 *neem* (curry) leaves (available in Indian groceries)
- 1 teaspoon fresh grated ginger root (or to taste)
- 1/4 cup split mung beans ("yellow dal")
- 1/2 cup Texmati rice, *basmati* rice or bulgur
- 1/2 onion, finely chopped
- 3 carrots, sliced
- 6 cups water

Garnish: fresh coriander leaves, chopped (optional)

Warm oil in a medium saucepan; add black mustard seeds and cumin. Warm until the mustard seeds pop, then add turmeric, onion, salt, *neem*, and ginger. Stir well and saute onion until tender. Wash beans and grain until the rinse water is clear. Add them to the sauteing mixture, stirring well. Add water, bring to boil and let cook covered over medium heat for an hour or more. Add carrots and cook another 15 minutes. Garnish with chopped coriander leaves to enhance digestion.

SPLEEN-PANCREAS KICHADI #2

Preparation time: 2 hours

O Vata, — *Pitta*, *O Kapha*

Serves: 4-5
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- Same spices as above through ginger root
- 1/2 cup split mung dal
- 1 cup dry pearl barley
- 1 onion, chopped
- 2 parsnips, chopped
- 1 cup string beans, chopped
- 1/2 stick kombu
- 8 cups water

Garnish: green onion, chopped (optional)

Prepare spices as above. Saute onion with spices until tender. Again, wash beans and barley until rinse water is clear. Stir them into the sauteed onions and spices. Add water, bring to boil and add rest of ingredients except scallions. Cook covered for 1 1/4 hours. Garnish with scallion.

LUNG KICHADI #1

Preparation time: about 2 hours

— *Vata*, + *Pitta*, — *Kapha*

Serves: 2-3
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Follow the recipe for BASIC WARMING KICHADI (p. 118) with the following changes:

Wash 2 medium sweet potatoes and dice into 1/2 to 1 inch pieces. Add 1/2 teaspoon *ajwan* and saute with the cumin and *hing*. Add the sweet potato plus 1 stick of kombu when you add the mung, rice and water. Again, cook for about 45 minutes.

Omit the bay leaf and fresh ginger and cut the cardamom to 1/4 teaspoon (about 1 pod). Cut the ghee or oil in the second step to 1 tablespoon and add the coriander, cardamom, peppercorns, and 1/4 teaspoon of dry ginger. Saute for 2 to 3 minutes. Then stir in the rest of the spices and the onion and 4 cloves of garlic. Follow the rest of the recipe as described. If you like, you can add 1 tablespoon flaxseed in the last 15 minutes of cooking to enhance clearing of the lungs. Simply mix it into the *kichadi* as it is cooking.

Comments: This is an excellent *kichadi* for fighting winter colds, flus and rampaging bronchitis. It is also tasty enough to be served as a company dinner. *Ajwan* and ginger work to decongest the lungs, while the onion and garlic warm and stimulate the immune system and circulation. Sweet potato is rich in vitamin A, which soothes the lung membranes and bronchioles, and supports the immune system. Kombu assists in removing heavy metals like lead, if you are living in a polluted or urban environment. The dish is relatively hot and spicy.



LUNG KICHADI #2

Preparation time: about 1½ hours
O Vata, O Pitta, – Kapha

Serves: 4-5
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- ½ cup dry garbanzos
- 6 cups water
- ¾ teaspoon *hing*
- 1 to 2 tablespoons *ghee*
- ½ teaspoon black mustard seeds
- 1 teaspoon cumin seeds
- 1 teaspoon turmeric
- 1 large onion, chopped
- 2 cloves garlic, minced (omit for *Pitta*)
- 1 tablespoon dry sage, crumbled
- 1 cup *basmati* rice
- 2 to 4 more cups of water (as needed)
- ½ stick *kombu*
- 1 parsnip, chopped (optional)
- 1 carrot, chopped
- 1 cup cabbage or broccoli, chopped (omit for *Vata*)
- ¾ teaspoon sea salt
- 1 teaspoon ground coriander
- 1 tablespoon sesame seeds

Wash the beans and rice. Put the garbanzos, water and *hing* in a pressure cooker and bring to pressure. Cook for 30 minutes on 15 pounds pressure or medium heat. While the beans are cooking, warm the *ghee* in a medium-sized skillet and add the mustard and cumin seeds. When the mustard seeds pop, add the turmeric, onion, garlic, and sage. Stir over low heat for 2 to 3 minutes. Add the rice and stir. Set aside until garbanzos are done.

When the garbanzos are cooked, open the pressure cooker and add the spiced rice mixture. Add the *kombu*, parsnip, and extra water. Cook for 45 minutes or until rice is tender. Add rest of vegetables and spices and simmer covered for another fifteen minutes.

Comments: The garbanzos cool and dry irritated inflamed lungs. Sage dries hyper-secreting lung mucosa, while warming a touch. The carrot, cabbage and broccoli add vitamins A and C respectively. Good for lungs exposed to irritating chemicals or pollution, or a body recuperating from a cold or cough. Nice for children.

DIGESTIVE KICHADI

Preparation time: 1½ hours
*– Vata, + Pitta, – Kapha**

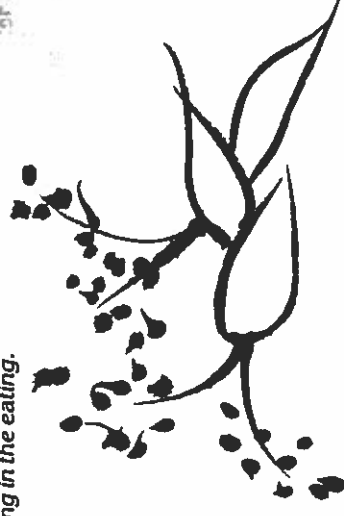
Serves: 3-4
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- ½ teaspoon cumin seeds
- 2 tablespoons *ghee* or sunflower oil
- 3 bay leaves
- 1 teaspoon coriander seeds
- ½ teaspoon turmeric
- 1 teaspoon oregano, dry
- ½ teaspoon sea salt
- 1 stick *kombu*
- 1 teaspoon fresh ginger root, grated
- ½ cup *basmati* rice
- ¼ cup split mung *dal*
- 4 to 6 cups water
- 3 cups fresh vegetables, such as carrots, zucchini, or summer squash, diced

Wash the rice and beans until rinse water is clear.

Warm the *ghee* in a medium saucepan. Add the cumin seeds, bay, coriander and oregano. Brown slightly, until aromatic (you can smell them). Stir in turmeric, rice and *dal*. Add water, salt, *kombu*, and ginger. Simmer covered over medium heat until beans and rice are soft, about 1 hour. Wash and dice vegetables. Add them and cook until tender, 15 to 20 minutes more.

* *Pitta* can garnish generously with fresh chopped coriander leaves to neutralize this effect. If *Kapha* is making this *kichadi* for themselves alone, the *ghee* or oil can be cut to 1 teaspoonful. Additional *ghee* can be added after cooking if other doshas, especially *Vata*, are to be sharing in the eating.



KIDNEY KICHADI

Preparation time: about 1½ hours, with pressure cooker

—Vata, —Pitta, —Kapha

Serves: 5-6



- 1 burdock root (12 inches) (available in the produce section of Asian or natural groceries)
- ½ cup dry aduki beans
- ½ stick kombu
- 6 cups water
- 2 tablespoons ghee
- 1 teaspoon cumin seeds
- ¼ teaspoon fennel seeds
- 1 large onion, chopped
- 1 teaspoon turmeric
- 2 bay leaves
- ½ teaspoon hing
- 3 curry leaves (also called *meetha neem*, available in Indian groceries) (optional, to be added if you can get it)
- ½ teaspoon cinnamon
- 2 carrots (or 1 acorn squash)
- 1 cup basmati rice
- ¾ teaspoon sea salt
- 2 more cups of water (as needed)

Wash and peel the burdock root. Slice it in inch slices. Wash aduki beans. Put adukis, 6 cups water, burdock, and kombu in pressure cooker. Bring to pressure and cook at 15 pounds pressure 25 to 30 minutes. (You can do this step without a pressure cooker; it takes an extra 2½ hours of cooking.) While the beans are cooking, heat the ghee in a medium skillet and add the cumin and fennel seeds. Then add the onion, turmeric, bay leaves, hing, curry leaves, and cinnamon. Saute until the onion is tender; set aside.

Wash the carrots (or squash) and slice or chop into small pieces (¼ inch for the carrots, 1 inch for the squash). Wash rice well. Saute the rice and vegetables in with the onion and spices for 1-2 minutes.

When the beans are done, pour the sauteed rice and vegetable mixture with spices into the opened pressure cooker (or pot). Add an extra 2 cups of water. Put the pressure cooker back on the heat, but use it as a pot, not a pressure cooker. Let it simmer covered, but not sealed for another 20 to 30 minutes. Add salt and serve.

Comments: Garnish with dry ginger and yogurt for Vata and coriander leaves and/or soy milk for Pitta. This sounds strange, but tastes quite good. If making strictly for Kapha, you can cut the ghee to 1 teaspoon and leave all else as is.

LIVER-GALLBLADDER KICHADI

Preparation time: 1½ hours

0 Vata, —Pitta, —Kapha

Serves: 5-6



- 1 tablespoon sunflower oil or ghee (or less)
- 1 teaspoon cumin seeds
- ½ teaspoon black mustard seeds
- ½ teaspoon whole coriander seeds
- 1 teaspoon turmeric
- ⅓ cup dry split mung dal (yellow dal)
- 1 cup dry pearl barley
- 6 inch burdock root, peeled and chopped (available in produce sections and Asian stores)
- 1 parsnip, chopped (optional)
- 1 tablespoon dry dandelion root, chopped (available in herb sections of stores)
- 1 teaspoon fresh grated ginger root
- ½ stick kombu
- ½ pound fresh broccoli and/or
- 1 bunch fresh dark leafy greens (dandelion greens are especially good if you can get them)
- ¾ teaspoon sea salt
- 1 tablespoon coriander powder

Warm ghee in 4 quart saucepan. Add cumin, mustard and coriander seeds. Saute until mustard seeds pop. Add turmeric and split mung beans and stir-saute 30 seconds. Add 6 cups water and barley, then burdock, dandelion, ginger, and kombu. Bring to a boil, then cook covered over medium heat for 50 minutes or until barley is tender. Add additional water (about 4 cups) to keep the kichadi moist, stirring occasionally to prevent it from sticking on the bottom. Wash and chop the broccoli or greens. Fifteen minutes from serving, add the vegetables, salt and coriander powder. Stir, cover again and cook another 10 to 15 minutes more.

Comments: This kichadi is mildly laxative and diuretic, as well as being a cholagogue (liver-bile stimulator). If you are on a "zero fat" diet, the spices and mung can be dry roasted in the saucepan before the water and other ingredients are added. Shiitake mushrooms can be added if you are recovering from an infection. The parsnips are added primarily to sweeten and cool the dish.

