

# Songwriter's Kitchari

## AYURVEDA RECIPE

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Kitchari means mixture, usually of basmati rice and yellow mung dal. This tasty dish is nourishing, and easy to digest. I combine eastern and western spices for a special mix of savory flavors.

It's called Songwriter's Kitchari, because I've made it for some of Nashville's finest like Emmylou Harris, Rodney Crowell, Will Jennings, and Griffin House, who all call it a "hit".

### Ingredients:

1 cup White Basmati Rice  
2 cups Mung Dal (yellow split or whole green\*)  
6-8 cups Water  
2 inch Ginger Root, chop or grate  
1 tsp Mineral Salt  
2 TBSP. Ghee (or Sesame or Coconut Oil)  
1/2 tsp. Ajwan Seeds  
1/2 tsp. Cumin Powder (or seeds)  
1/4 tsp. Black Mustard Seeds  
1/2 tsp. Turmeric Powder  
1/2 tsp. Marjoram  
1/2 tsp. Thyme  
3-4 Cloves of Garlic  
1-2 Bay Leaves  
1 pinch Asafoetida (Hing)  
About 3 cups Assorted seasonal vegetables\*\*  
Handful Fresh Cilantro Leaves to garnish

\*Soak whole green mung dal overnight for easier digestion

\*\* Favor carrots, celery, green beans, zucchini, sweet potatoes, peas, and greens like chard or kale. Avoid eggplant, tomatoes, spinach, onion.

**Note:** Spice measurements are suggestions. Increase/decrease amount based on your taste.

### Preparation:

1. Sort through rice and dal to remove any stones.
2. Separately rinse each in strainer for about minute under water.
3. In a large stainless steel pot, warm oil on medium heat for one minute. Add mustard seeds. When they pop, add and sauté other spices, stirring until blended.
4. Add ginger and garlic. Mix well with spices and herbs.
5. Add mung dal. Sauté for 1-2 minutes, covering oil over dal.
6. Add water. For thicker stew, use less water. Bring to boil. Simmer for 15 minutes.
7. Add rice and vegetables.
8. Return water to boil, then simmer for 15-20 minutes with lid on pot. Cook until rice and vegetables are fully cooked. Frequently stir. There should be minimal water in pot.

*Serve with naan bread or chapatis.*

*Option: Cook rice separately, then serve dal and veggies over rice.*

*Leftover tip: Next day easy lunch- make kitchari burritos.*