

# The Ayurvedic Approach To Pregnancy & Postpartum: Holistic Care for Healthy Life Transitions

## Mary Whitlock's Kitchari Recipe



### YOU'LL NEED

- 2 tbsp ghee
- 1/2 cup split yellow mung beans
- 1/2 cup basmati
- 1 tsp fennel seeds
- 1/2 tsp fenugreek seeds
- 4 cardamom pods
- 2 tsp cumin seeds
- 1 tbsp freshly grated ginger
- 1 tsp turmeric powder
- pinch of black pepper or pippali
- 1 pinch hing (optional)
- 7 curry leaves fresh or dried
- 1 heaped tsp salt
- 1 garlic cloves finely chopped
- 1 tbsp freshly chopped cilantro
- 4-8 cups of water (can be adjusted according to how long you soak for and desired consistency).

### DIRECTIONS

1. Combine the mung beans and basmati rice in a large bowl with water, cover and soak for at least six hours.
2. Rinse the mung and rice mixture with fresh water and strain.
3. Add the mixture to a medium pot with 6 cups of water
4. Cook covered on medium heat until it comes to a boil, then uncover and simmer on low heat. You may need to add more water to stop the consistency from getting too thick.
5. About 10 minutes into cooking the mung bean mixture, add the ghee to a separate pan on medium heat.
6. Sauté cumin, fennel, curry leaves, fresh ginger and any other herbs (not powdered herbs) in the ghee until the seeds start to pop.
7. Add the finely chopped garlic and cook until lightly browned (be careful not to burn it)
8. Then add the remaining spices to the pan – turmeric, a pinch of black pepper, salt, and hing and temper the additional herbs + ghee for a few more seconds.
9. Add tempered herbs to the dhal and rice and mix well.
10. Continue to cook and stir until the consistency is creamy, may need to add more water in till desired texture.
11. Add salt and fresh coriander to taste.