

Kicharee (also known as Kichari)

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This is one of the most satisfying and healing foods used traditionally to bring very sick people back to health with the belief that if one eats only kicharee for 10 days all disease can be cured. Kicharee pulls toxins from your body, is high in protein and is extremely healing to your digestive tract and intestinal mucosa. It can be taken as a complete food for detoxification, purification, weight loss, weak digestion or recovery from illness. You may modify it as you wish, adding vegetables, using stock, adding fish, and so on. However, it is complete unto itself. Depending on the type of healing you would like to do, you may choose to have it once, twice or for all three meals of the day.

Prep Time: 10 minutes

Cook Time: 1 hour, 20 minutes

Serves: 6-8

- 1/2 cup dried split mung dahl (also called split mung beans or moong dahl/split yellow lentils), available at Caputo's & Woodman's
- 1/2 cup uncooked brown rice, prefer organic basmati
- 2 tablespoons ghee (clarified butter) from grass-fed cows, or substitute sesame (untoasted), raw coconut or extra virgin olive oil
- 1 teaspoon ground cumin seeds
- 1 teaspoon ground turmeric
- 1/2 teaspoon ground coriander seeds
- 3 bay leaves (or neem leaves)
- 3 whole cloves
- 6 cups filtered water
- 1/2 teaspoon sea salt or Bragg's liquid aminos
- 1 stick kombu (a type of dried sea vegetable available at Soup to Nuts or WF), crumbled
- 1" knob of fresh ginger, grated (approx 1 tablespoon)
- 3 cups diced fresh vegetables, suggestions are onion, garlic, cabbage, carrot, parsnip, burdock root (gobo), cauliflower, peas, summer or winter squash, green beans, shiitake mushroom, etc – follow the season
- optional spices: cayenne or other hot pepper, fennel seed, oregano, black mustard seed

Instructions:

1. Wash the beans and rice until the water runs clear.
2. Warm the ghee or oil in a medium saucepan; add the cumin, bay leaves, coriander, and oregano. Brown slightly until their aroma is released.
3. Stir in turmeric, rice, and mung dahl beans.
4. Add water, salt, kombu, and ginger. Simmer, covered, over medium-low heat for about 1 hour, or until the beans and rice are soft.
5. Add vegetables and cook 15 minutes more, or until tender.
6. Serve and garnish with fresh chopped cilantro or parsley.