

Kitchari

Kitchari is an Ayurvedic superfood; it is very easy on digestion, and it is nutrient-dense and filled with nourishment and has cleansing benefits. It is a simple porridge-like blend of pulses and grain, it is high in protein, and it is incredibly comforting to your digestive tract and intestinal mucosa. Traditionally one will use white rice and split mung beans. I used in my recipe red lentils and Job's tear grain for added nutrient density. It makes a perfect protein; 20 amino acids combine to make the protein the body needs. Ten of them the body can synthesize them on its own; the other ten is called essential amino acids. These need to be sourced from the foods we eat as the body is not able to make them. Grains, in general, are low on lysine, yet they are high in methionine, tryptophan, and cysteine. Legumes are high in lysine; thus, combining grain and legume will result in the complete protein.

Job's tear (*Coix lacryma-jobi* of the Poaceae family) is an ancient grain ancient heirloom pseudo-grain - it looks like a plump back tooth or molar. Technically, Job's tears come from a grass that produces these edible, ivory, bead-like seeds. It is nutritionally significant, with a high protein to carbohydrate ratio, and is consumed in many cultures -- India, Japan, Korea, Burma, Thailand, the list is long -- to promote a wide range of benefits and to support wellness in general.

Recipe – this will yield 8-12 meals

Ingredients:

- 2 cups red lentils soaked*
- 1 cup Job's tear grain soaked*
- 1 yellow onion, diced
- 3 carrots, sliced in ½ moons
- 3 stalks of celery, small slice
- 1 parsnip, sliced in ½ moons
- 1 medium sweet potato, small dice
- 1 Tbsp. ginger, fresh minced
- 1 tsp each: turmeric, cumin powder
- ½ tsp each: coriander and fennel powder
- 2 bay leaves
- 2 cloves
- 1 teaspoon of Celtic salt
- 8 cups of water or vegetable broth
- 1 bunch of cilantro or parsley, chopped for garnish
- 1 large avocado, diced for garnish

Method of preparation:

*For best results soak red lentils and Job's tear overnight in clean filtered water with a pinch of salt. In the morning, rinse thoroughly until the water is clear and allow it to drain completely. I like to make this in the Instant Pot as you can sauté your vegetables in the pot, and it is done in 30 minutes.

1. Add ¼ cup of extra virgin olive oil to the pot. Allow to heat up. Add the onions and slightly caramelize it for about 5 minutes.
2. Add the remaining vegetables and sauté for another 3 minutes.
3. Add the spices and make sure that all the ingredients are well coated with the spices then add the well-drained legume grain combination.
4. Add the liquid of your choice
5. Season with salt and fresh cracked pepper
6. Place the lid on the Instant Pot and push the grain mode (30 minutes). Once the time is up, allowing for the pressure to be released before opening the pot.
7. Add your fresh herb like cilantro or parsley and serve with diced avocado

Enjoy! Bon Appetite!

If you don't have an Instant Pot, then you can cook it on the stovetop, covered, please monitor until all the liquid is absorbed and you have a porridge-like dish. It might take longer on the stovetop, perhaps 45-50 minutes.

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