

Kitchari Tips

By Kim Trott

Kitchari is like chicken soup, everyone has a favourite recipe. It's the method that makes the kitchari a soup, stew or light fluffy main dish.

The first time I made kitchari, I was not happy; I had a mushy mess and I did not like the texture, taste or look of the dish. So I played with it and after a few more pots of mushy sticky paste, I figured out a way to create a light fluffy beautiful dish I'm happy to share with friends. Today rather than repeat the recipe, I will share my method. I use the same [recipe](#) we posted in the spring but feel free to use your own recipe.

Make sure you start by melting the oil or ghee in large pan, add the onion and lightly brown to a nice caramel colour.

Add the garlic, ginger and spices. You do not want to brown or burn the garlic; stir for 1 to 2 minutes to coat the onion mixture with the spices.

Add the rice and stir for 30 seconds to coat the rice with the oil and spice mixture. Add lentils and water or vegetable broth and mix well.

Bring to a boil. Reduce heat to low and simmer for 4 to 5 minutes. Add the well chopped vegetables you have chosen according to your recipe. Return to a boil, stir well and cover tightly with a well-fitting lid. Now **TURN OFF THE STOVE** and walk away. 10 to 15 minutes later you will have perfectly cooked light and fluffy Kitchari.

If you are using mustard seeds, whole cumin or other whole spices, in your recipe, I suggest you take the 2 to 3 minutes to pop them in a separate pan or do this in the same pan but remove after the popping or browning and add again at the time you add the other spices.

The key ingredient to healthy cooking is love!

On behalf of all of us at the CRLC, thank you all for your support and donations to the West Carleton Food Cupboard.

Kim