

KHICHDI -THE BEST COMFORT FOOD – By Purnima Mahesh

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Recently our Indian media unofficially declared Khichdi as the national dish of India and it is globally promoted as the queen of all food. The reason being that it is prepared pan India in different forms and is eaten by the rich and poor irrespective of the caste and creed.

Let us know more about this dish. We all know that it's mostly made with rice and lentils and add on can be made , such as different vegetables .There are many variations of Khichdi: in Maharashtra they add prawns in Gujarat, it is mostly made from moong dal and served with Kari, sweetened to balance the taste. Depending upon the ingredients used and the time of the year or region where it is made Khichdi is of many types like

Sabudana Khichdi

Moong dal Khichdi

Bhaja Muger Khichdi

Bhajra Khichdi

Chana dal Khichdi

Samvrut rice Khichdi

These are just to name a few even down South Pongal and Bisi Bele Bhath are variations of Khichdi.

The most simple and common is the Moong dal Khichdi or Khichdi made with rice and green gram dal .It's also the first solid food given to the babies after 8 months as its nutritious as well as easy to digest. The best part is that Khichdi can be made with simple ingredients and there are no rigid recipes. It is up to you to use the vegetables you want according to availability and seasonal preference

A recipe of a moong dal Khichdi ,most commonly made is given below. As shown below

Moong dal Khichdi

Ingredients

1 to 2 tbsp Ghee or clarified butter

½ tsp cumin

1 bay leaf

½ cup rice

1/2cup moong dal

1 cup mixed vegetables of your choice like carrot, potato, beans

4 cups water

1 to 2tsp turmeric

2 Green chillies

Salt to taste

Method

- 1) Wash and soak the rice and dal for 15 to 25 min
- 2) Heat ghee in a pressure cooker, when it starts to heat add bay leaf and cumin.
- 3) Add vegetables which are diced and the green chillies, sauté them till the raw smell goes off.
- 4) Add drained dal and rice sauté again for 3 to 4 min.
- 5) If you are making for adults 3 cups are enough but if you like it mushy and porridge like consistency or if you are cooking for babies or convalescing individuals then use 4 to 5 cups.
- 6) Add 1 tsp turmeric and salt to taste to the water and pressure cook for 2 whistles and for babies and above mentioned people you can go up to 4 to 5 whistles.
- 7) When done after removing from pressure cooker add ghee on top.
- 8) Serve it with Raitha, curd, salad, Kadhi ,pickle as per your choice .

*Please note if you are making it for babies avoid bay leaves and green chillies and also make sure you mash the vegetables till soft and don't use too fibrous vegetables for them.

You can also modify with diet options like oats, flax seeds and if you want to avoid fat also you can just steam it .

So make a healthy diet Khichdi as per your needs and requirements.



Image source: Internet