

Indian Rice-n-Lentil 'Khichdi'

An Indian comfort food, 'Khichdi' is a basic combination of white rice (Basmati or any long/short grain) and split lentils (generally moong/mung or toor lentils), with minimum spices and aromatics, prepared in one pot till the rice and lentil grain is well cooked.



Prep Time

15 mins

Cook Time

30 mins

Servings: 4

Ingredients

- 1 tablespoon canola oil
- 1 teaspoon cumin seeds
- 1 teaspoon fenugreek seeds if you have it on hand
- ½ cup chopped red onion
- 2 teaspoons ginger garlic paste OR 1 teaspoon each of minced garlic & grated ginger
- 1 teaspoon ground turmeric
- 2 teaspoons salt
- 1 cup basmati rice
- 1½ cup yellow moong/mung lentils or 1 cup toor lentils
- 2 tablespoons chopped cilantro
- 2 tablespoon unsalted butter

Instructions

1. In a deep sauté pan or sauce pan, heat the canola oil with cumin seeds, fenugreek seeds, chopped onion and ginger garlic paste. Cook the aromatics and spices for 2-3 minutes.
2. Next, add the measured rice, lentils, turmeric and salt, along with 5 cups of water.
3. Give the Khichdi a stir and let it boil uncovered for 3 minutes. Then reduce the flame to medium-low, cook covered for 15-20 minutes till the rice and lentil grains are cooked to a soft texture.
4. Add chopped cilantro and butter. Cover the pan and let the steam bring all the flavors together for 10 minutes. Uncover and stir. Taste for salt, adding more if required.
5. Serve the steaming hot Khichdi in a bowl along with your favorite pickle or chutney, and Indian papad.

Notes

Note on Adding Vegetables to Khichdi:

Slower cooking vegetables like potatoes, carrots and Brussels sprouts can be added to the Khichdi along with the rice and lentils at the start of cooking. Quick cooking vegetables like frozen peas, zucchini, red peppers, spinach and kale should be added in the last five minutes of cooking.

Note on Consistency of Khichdi:

Consistency of Khichdi varies around India, with each region and ethnicity having their ideal texture and consistency. To reach your desired consistency, add water to the mixture as required and check for salt based on the liquid being added.