

# DAL KHICHDI

## INGREDIENTS

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1/2 cup Mung Dal

- 1/2 cup rice
- 1/4 cup finely chopped onions
- 1 bay leaf
- Hing (Asafoetida)
- 1 teaspoon jeera (cumin seeds)
- 1 Diced green chilli
- 1 small onion – chopped
- 1/2 cup or 1 medium tomato
- 1 teaspoon crushed/grated ginger
- 1 1/2 cup vegetables finely diced (carrot, peas, beans, etc).
- 1 tsp Ghee/butter/cooking oil (as per availability/preference)

## STEPS

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1. *Step 1: Put the rice and mung dal in separate pots and soak.*
2. *Step 2: Cut vegetables as they soak and heat the pressure cooker. Add ghee, butter or oil*
3. *once it has absorbed some heat. Keep a low flame, add the jeera and bay leaf. Saute till*
4. *you get the aroma and add a pinch of hing.*
5. *Step 3: Add the ginger and saute it so that it doesn't burn, after a minute add the onions*
6. *and the green chilli. Once the onions get a golden brown colour, add the tomato,*
7. *turmeric and salt. If you like, you can also add a pinch or two of chilli powder.*
8. *Step 4: Saute till everything becomes mushy and add the vegetables you have chosen.*
9. *You can go ahead without any vegetables too.*
10. *Step 5: At this point, the dal should be ready, drain it out and add it into the pressure*

- 11. cooker. Saute for a few minutes till the aroma comes out.***
- 12. Step 6: Next, drain the water from the rice and add it into the cooker, followed by 4***
- 13. cups of water. If you want a soft mushy texture instead of a porridge-like texture, add 3***
- 14. cups. Taste the water as you cook, it should be a little salty. Add more salt if needed.***
- 15. Step 7: Cover the pressure cooker and wait until 4 whistles. If you would like a more***
- 16. whole consistency, then cook for 2 whistles. After that, turn the flame off and let it sit***
- 17. until the pressure releases on its own.***
- 18. Step 8: Your khichdi is ready to eat. Garnish with ghee if you like and serve.***