



## Kutu Daro khichdi ( OP I )

Serving: 1

Veg

### Ingredients

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- $\frac{1}{2}$  cup buckwheat (kutto or kutti no daro)
- 1 cup buckwheat (kutto or kutti no daro)
- $\frac{1}{2}$  cup curds (dahi)
- 1 tbsp oil
- 1 tsp cumin seeds (jeera)
- $\frac{1}{2}$  cup raw potato cubes
- 1 tbsp ginger-green chilli paste
- rock salt or table to taste
- 2 tbsp roasted and coarsely powdered peanuts
- $\frac{1}{2}$  tsp lemon juice
- For The Garnish
- 1 tbsp finely chopped coriander (dhania) optional
- 1 tsp roasted sesame seeds (til)

### Preparation Method

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- 1. Clean, wash and soak the kutu daro in enough water for 2 hours. Drain and keep aside.
- 2. Combine 1 cup of water and curds in a deep bowl and whisk well. Keep aside.
- 3. Heat the oil in a deep non-stick pan and add cumin seeds.
- 4. When the seeds crackle, add the potatoes, mix well and cover and cook on a medium flame for 2 to 3 minutes or till the potatoes are half cooked, while stirring occasionally.
- 5. Lower the flame, add the ginger-green chilli paste, buckwheat, curds-water mixture and rock salt, mix well and cover and cook on a slow flame for 5 to 6 minutes, while stirring occasionally.
- 6. Add the peanuts and lemon juice, mix well and cook on a medium flame for 1 minute
- 7. Garnish with coriander and sesame seeds
- 8. serve hot with kadhi or buttermilk (chaas)