# Tridoshic Kitchari

Kitchari is a stew-type meal that is prepared from basmati rice and split mung dal. During a cleanse, appropriate vegetables provide texture, flavor, and an important source of fiber. Kitchari is very easy to digest, which makes it a wonderful food for any cleansing regimen. It allows the digestive system to rest, allocating extra energy to the body’s natural detoxification processes. The quantities in this recipe provide a good starting point for a day’s supply of kitchari, but as you learn your preferences and habits, you are welcome to adjust the quantities to better fit your needs.

\*\*\* From Banyan Botanicals.

Modifed by Tara Seeley for various Doshas

This is a Vata / Kapha recipe…

Ingredients

* ½ cup [white basmati rice](https://www.banyanbotanicals.com/basmati-rice/) \*organic , ( quinoa for kapha) ( 1 cup rice for Vata or Pitta),

1 cup [yellow mung dal](https://www.banyanbotanicals.com/yellow-mung-dal-11/)

* 2 tablespoons [ghee](https://www.banyanbotanicals.com/organic-ghee/)
* Spices (or 1 tablespoon [kitchari spice mix](https://www.banyanbotanicals.com/kitchari-spice-mix/))
	+ ¼ teaspoon black mustard seeds
	+ ½ teaspoon [cumin seeds](https://www.banyanbotanicals.com/cumin-whole/)
	+ ½ teaspoon [turmeric powder](https://www.banyanbotanicals.com/turmeric-powder/)
	+ 1½ teaspoons [coriander powder](https://www.banyanbotanicals.com/coriander-powder/)
	+ ½ teaspoon [fennel powder](https://www.banyanbotanicals.com/fennel-powder/)
	+ 1 pinch hing (asafoetida) – omit for Pitta
	+ 1 teaspoon fresh grated ginger
* 1 teaspoon [natural mineral salt](https://www.banyanbotanicals.com/salt-natural-mineral/)
* 6 cups water
* 2 cups easily digestible vegetables (such as asparagus, carrots, celery, green beans, summer squash, sweet potato, winter squash, or zucchini)
* If cleansing, omit the vegetables or choose just celery and/or carrot

Soak the split mung dal overnight (or for at least four hours). Strain the soaking water, combine with the rice and rinse the mixture at least twice, or until the water runs clear, and set aside. In a medium saucepan or soup pot, warm the ghee over medium heat. Add the black mustard seeds, cumin seeds and sauté for a couple of minutes, until the mustard seeds begin to pop. Add the turmeric, coriander, fennel, hing, and fresh ginger. Stir briefly, until aromatic. Stir the rice and dal mixture into the spices and sauté for a few moments, stirring constantly. Add the 6 cups of water, turn heat to high, and bring to a boil. When the soup comes to a boil, stir in the salt, reduce heat, cover, and simmer for about forty minutes. Meanwhile, cut your vegetables into small, bite-sized pieces. About halfway

through the kitchari’s cooking process, stir in the vegetables and allow the stew to return to a boil. Continue to simmer until the rice, dal, and vegetables are fully cooked. Remove from heat, cool, and serve. Note: some vegetables, such as sweet potatoes and winter squash, might require more cooking time and may be added earlier, if necessary.

While you want the beans, rice, and vegetables to be thoroughly cooked, excess water and over-stirring can cause the ingredients to become thick and gummy. Garnish the kitchari with your choice

# Fresh Coriander Chutney

This is an easy thing to make in the blender. I’ve seen various variations of it. I’ve modified it to reflect my most favourite version.

Ingredients

* 2 bunch (¼ pound) fresh coriander leaves and stems (also known as cilantro or Chinese parsley)
* Juice from one fresh lemon or lime
* 1/4 cup water
* ¼ cup coconut milk
* ¼ cup grated coconut
* 2 tablespoons fresh ginger root, chopped
* 1 teaspoon barley malt or raw honey
* 1 teaspoon [natural mineral salt](https://www.banyanbotanicals.com/salt-natural-mineral/)
* ¼ teaspoon fresh ground black pepper

Blend the lemon/lime juice, water and fresh coriander until the coriander is chopped. Add the remaining ingredients and blend until it is like a paste.

Use copious amounts. This chutney can be stored in a covered container in the refrigerator for up to one week. For a silkier texture, use only the leaves and the tops of the fresh coriander stalks.

# Sesame Seed Chutney

This tridoshic recipe fro[m Ayurvedic Cooking for Self-Healing](http://www.amazon.com/Ayurvedic-Cooking-Self-Healing-Usha/dp/1883725054) by Usha and Vasant Lad, is especially good for people with vata and kapha imbalance.

Ingredients

* 1 cup roasted and ground sesame seeds
* ¼ teaspoon cayenne pepper
* ¼ teaspoon [natural mineral salt](https://www.banyanbotanicals.com/salt-natural-mineral/)

Blend ingredients together and garnish kitchari with about 1 teaspoon of the mixture.

**Cooked Apple or Pear -Pre Breakfast**

Divya Alter – What to eat for how you feel

Eat alone, with no other foods.

2 whole cloves

1 medium organic apple

Pinch of cinnamon

Boil ½ cup water and cloves in small sauce pan,

Meanwhile chop the apple, and remove the core.

Add apple to hot water

Bring to a boil, cover and simmer for 5 minutes until soft but not mushy.

Drain and eat, sprinkle some cinnamon.

**Teas to favour:**

Ginger, chamomile, mint, licorice, tulsi

Or CCF Tea ( see recipe below)

ayurvedic turmeric detox tea

*Ayurvedic Turmeric Detox Tea is a daily drink to help flush out toxins in the body and help rev up the metabolism.*

* **Author:** Sylvia Fountaine | Feasting at Home Blog
* **Prep Time:** 2 mins
* **Cook Time:** 10 mins
* **Total Time:** 12 mins
* **Yield:** 8-16 cups
* **Category:** A daily dipping tea
* **Cuisine:** Detox

 ingredients

* 1 Quart boiling water
* 1-2 teaspoons [***coriander seeds***](https://amzn.to/2t7bF50)
* 1-2 teaspoons [***cumin seeds***](https://amzn.to/2D6pkOy)
* 1-2 teaspoons [***fennel seeds***](https://amzn.to/2GsDqwG)
* 1-2 bags (or Tablespoon), tusli tea, mint tea, ginger tea,
* squeeze of lemon
* Other additions: 1-2 Tablespoons thinly sliced ginger
* 1 Tablespoon thinly sliced fresh turmeric ( or ½ -1 tsp ground)

 instructions

1. Boil water.
2. Place seeds, turmeric and ginger and tea in a french press, let stand 5 minutes before plunging.
3. Refill french press reusing same ingredients. Try to drink a total of two quarts in a day.
4. Alternatively, simmer all ingredients together for 5 minutes in a large pot. Strain, before drinking.

# Groceries Favour organic for everything, where possible.

* Optional: (1½–3 cups apple, or pear)
* Organic [White Basmati Rice](https://www.banyanbotanicals.com/basmati-rice/), (21 ounces)
* Organic [Yellow Mung Dal](https://www.banyanbotanicals.com/yellow-mung-dal-11/) (12 ounces)
* Organic [Ghee](https://www.banyanbotanicals.com/organic-ghee/), Clarified Butter—available at most health food stores (6 ounces)
* Optional: Organic Roasted Sesame Seeds (1 cup per batch of sesame seed chutney)
* Vegetables for [Kitchari](https://www.banyanbotanicals.com/info/ayurvedic-living/living-ayurveda/cleansing/a-very-simple-three-day-cleanse/#tridoshic_kitchari) (6 cups total), such as:
	+ Asparagus
	+ Carrots
	+ Celery
	+ Green Beans
	+ Sweet Potato
	+ Winter Squash
	+ Zucchini
	+ Cauliflower ( omit or have very small amounts for now until elimination return to normal)
* Spices and garnishes to have on hand
	+ Black Mustard Seeds
	+ Black Pepper
	+ Optional: Cayenne Pepper (for sesame seed chutney)
	+ Cilantro (¼ pound per batch of fresh coriander chutney)
	+ [Cinnamon powder](https://www.banyanbotanicals.com/cinnamon-powder/) (for warm fruit snack)
	+ Cloves Whole ( for apple-pre breakfast)
	+ [Cumin seeds](https://www.banyanbotanicals.com/cumin-whole/), whole
	+ Coconut, unsweetened and shredded
	+ [Coriander powder](https://www.banyanbotanicals.com/coriander-powder/)
	+ [Coriander seeds](https://www.banyanbotanicals.com/coriander-whole/), whole
	+ [Fennel powder](https://www.banyanbotanicals.com/fennel-powder/)
	+ [Fennel seeds](https://www.banyanbotanicals.com/fennel-whole/), whole
	+ Optional: [Ginger powder](https://www.banyanbotanicals.com/ginger-powder/) (for warm fruit snack)
	+ Ginger root, fresh
	+ Hing (Asafoetida)
	+ Lemons
	+ Limes
	+ Mint, fresh, or dried Peppermint
	+ [Natural Mineral Salt](https://www.banyanbotanicals.com/salt-natural-mineral/)
	+ Optional: Nutmeg (for warm fruit snack)
	+ Sweeteners: Raw Honey
	+ [Turmeric powder](https://www.banyanbotanicals.com/turmeric-powder/)

Herbs:

Tripahla Powder ( organic)