

BENGALI KHICHURI

*A delicious one-pot meal of rice,
moong dal and vegetables*



INGREDIENTS

150 gm moong dal

150 gm gobindobhog rice
(Can be substituted with any short grain rice)

80 gm potato (medium cube)

25 gm mustard oil

100 gm cauliflower florets

60 gm tomatoes

80 gm green peas

80 gm carrot (medium cube)

2 gm cumin seeds

4 pcs cardamom

2 pcs cloves

2 pcs bay leaves



INGREDIENTS

½ tea spoon garam masala

50 gm diced onion (optional)

45 gm ginger paste

Hot water (as required)

15 gm freshly sliced coconut

3 pcs whole red chili (keep 1 pc for garnish)

1 long cinnamon stick

1 tea spoon turmeric powder

1 tea spoon cumin powder

5 pcs green chili

15 gm sugar

30 gm ghee



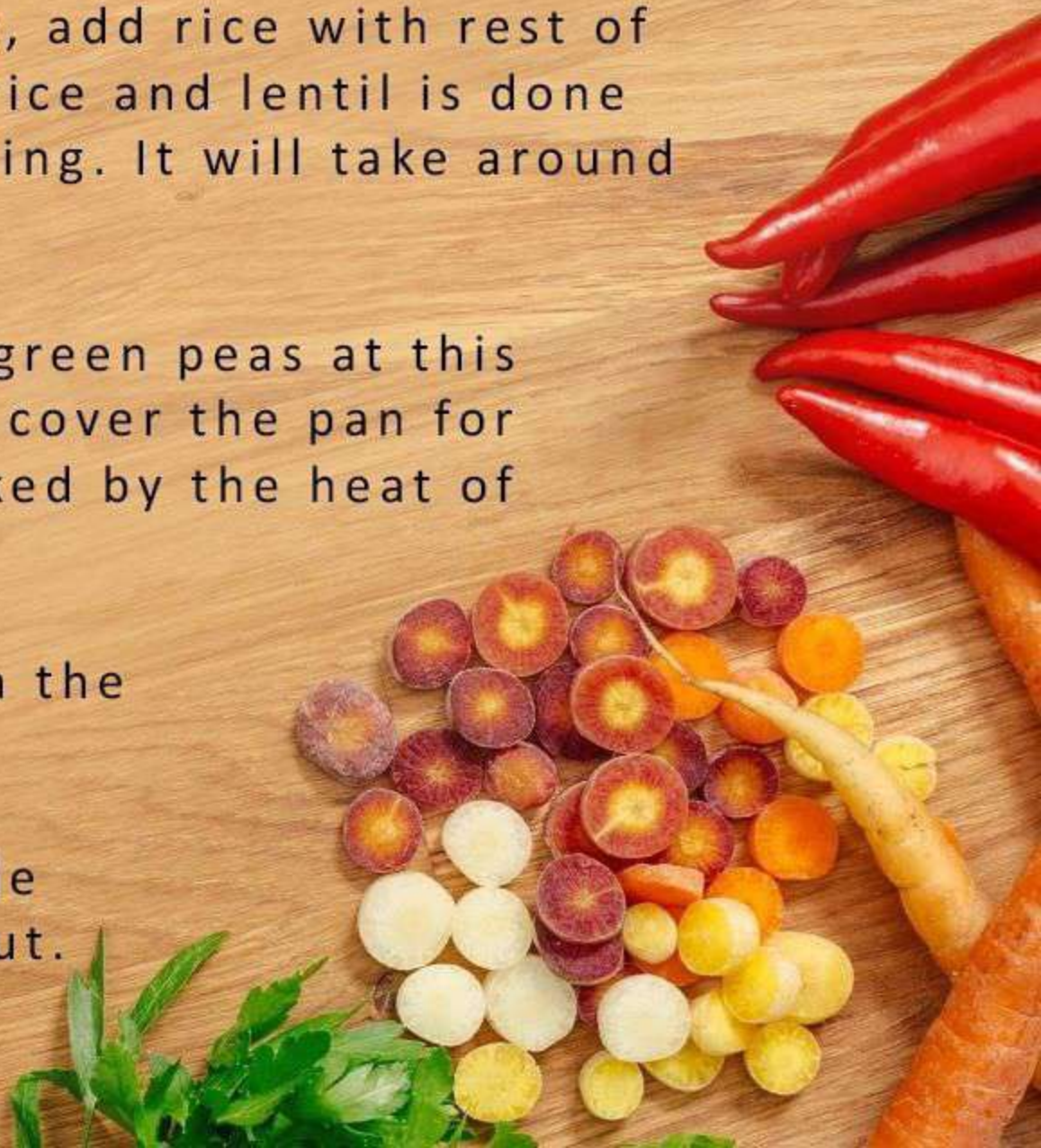
METHOD

1. Dry roast moong dal on medium low flame until fragrant and wash under running cold water carefully. Soak dal for 1 hr. and then drain water. Wash rice and set aside.
2. Heat mustard oil in a large, heavy bottomed pan and temper with whole spices, cumin seeds, cardamom, cinnamon and red whole chili.
3. Once spices start spluttering, add ginger paste; except garam masala, add ground spices in the pan and mix lightly with a dash of water for 10-15 secs or until oil separates from masala and cook for 2-3 mins.



METHOD

4. Add lentil, carrot, cauliflower, potato and mix well; add 4 cups of hot water with salt and sugar and bring it to boil. Cover the pan with a lid and cook the lentil until it's half cooked.
5. Once lentil is half done, add rice with rest of the water and cook until rice and lentil is done completely. Adjust seasoning. It will take around 10-12 mins to be done.
6. Add garam masala and green peas at this point of cooking, mix and cover the pan for 10 mins. Peas will be cooked by the heat of the khichuri.
7. Finish the khichuri with the melted ghee on the top
8. Garnish with fried whole red chili and sliced coconut.



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A personal favourite,
the khichuri brings back
fond memories of my
grandmother during my
growing up years in Kolkata.

Chef Sujoy Gupta,
Taj Bengal, Kolkata

