

# Recipe Card

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## Breakfast Kitcheri

Recipe written by: Kelsey Perusse

Serves 2

### Introduction:

Ayurvedic medicine respects different bodies types, referred to as constitutions. The three constitutions, called doshas, are vata, pitta, and kapha, and all living things are a combination of the doshas. Vata is quick, mobile, cold, and dry. Pitta is hot, sharp, oily, and spreading. Kapha is slow, dense, and cool.

Every body has a different doshic constitution and therefore different nutritional requirements are needed to establish health. Kitcheri is a wonderful dish to share with loved ones in the morning because it provides delicious sustenance and balanced energy to all body types without needing to alter the recipe. Another way to describe the recipe below is tridoshic. Ghee is a great fat of choice because it is high in omega-3 and omega 6 fatty acids. It is considered the best medicine for all body types. Ginger not only tantalizes the taste buds but also aids in digestion. Rice and mung beans are easy for the body to digest, allowing access to the folate and B12 needed to sustain energy throughout the day.

The mixture of spices will warm the chill kapha, cool down the fiery pitta, and slow down the mobile vata. If one has a family of kapha people, add more ginger or even add in some chili powder to warm the dish further. For those creative and slender vata people, add another two tablespoons of ghee to your rice to add lubrication to the dry body. If you have the strong headed pittas in your house, cool the body and mind with some fresh yogurt dolloped on top! The recipe below can be enjoyed and benefits are reaped for all doshic constitutions without alterations. Breakfast kitcheri is a wonderful way to start a day with balance and peace. Written by: Jessica Bedi

### Ingredients:

- 2 Tablespoon ghee
- 2 teaspoons mustard seeds
- 1 teaspoon turmeric powder
- 1 teaspoon cumin
- 1 Tablespoon chopped fresh ginger root
- 1/2 cup sprouted mung beans
- 2 cups water
- 1 inch strip of kombu, cut into small pieces
- 1 tsp sea salt
- 2 cups organic basmati rice (cooked)
- ½ lemon
- 1 cup loosely packed chopped, fresh organic cilantro

**Instructions:**

1. In a medium size sauce pan heat ghee with mustards seeds, turmeric, cumin and ginger. Cook for 2 -3 minutes until the mustard seeds turn from grey to black.
2. Next add in mung beans, water, kombu and salt. Bring the beans to a boil and then reduce to a simmer. Allow beans to cook for 15 – 20 minutes until creamy.
3. Remove from heat, then squeeze in half a lemon and add in cilantro.
4. Serve over rice.