

# Tridoshic Yam Kitchari

By Alakananda Ma

Good for all body constitutions (Tridoshic).

Yams have an earthy and hardy taste and a good source of energy. Yams provide adequate daily requirements of vitamin B6, vitamin B1, riboflavin, folic acid, pantothenic acid and niacin. They contain good amount of vitamin-A and beta carotene levels and are rich in minerals like copper, calcium, potassium, iron, manganese and phosphorus.



## Ingredients

- 1 cup whole or split mung beans (avail. in Asian/Indian stores)
- 1 cup basmati rice
- 3 Tbsp ghee
- 1½" minced, fresh ginger
- 2 Tbsp shredded coconut
- 1 tsp turmeric
- handful of cilantro leaves
- 8 green cardamom pods
- 8 whole cloves
- 11 black peppercorns
- 3" cinnamon stick
- 3 bay leaves
- 1 large yam cut into cubes
- Salt to taste

## Directions

1. Soak mung beans overnight, then rinse well with water.
2. Rinse basmati rice well and soak while the beans, spices and yams are cooking.
3. Add ginger, coconut, turmeric, cilantro and water in a blender or food processor and blend. Use enough water to blend the spices well.
4. In a large pot, melt ghee over medium heat and sauté cardamom pods (allow them to split open), cloves, peppercorn, cinnamon stick, and bay leaves for a few minutes. Then add the blended spices and sauté for a few more minutes until lightly cooked. Please take care when adding blended spices as the water may cause the hot ghee to splatter momentarily.
5. Add mung beans and yams; cook for a couple more minutes.
6. Add enough water so the beans are covered with at least 3 inches of water and bring to a boil. Turn heat down to the lowest temperature at which it will slow boil. Cook for about 45 minutes or until beans are completely broken apart. You may need to add more water so that the beans do not burn.
7. When the beans have completely broken apart, add the rice making sure it is covered by 1½ inches of water.
8. Cook until the rice is completely broken apart. At this point, you should not be able to distinguish the rice from the beans. If needed, add more water to cook the kitchari to this consistency.
9. Salt to taste and enjoy.