



**Many Hands Organic Farm and
Sustainability Center**
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Kichidi

From Roshni Prabakar

Roshni learned how to make the following dish from a former neighbor of hers in Bangalore, India. She says you can use any vegetables, but recommends spinach and greens. It's pronounced, "Kitch-ed-ee" and is a mildly spicy, soft textured vegetable dish that she serves by itself as the star of the table.

Ingredients:

- 1 stick butter
- Cumin seeds
- 2-3 cloves of garlic
- 1 large onion
- Curry powder (or other spice, chili powder is nice)
- Vegetables (spinach, other greens, or whatever you like)
- 1 cup dahl (lentils)
- 1 cup rice (any type)
- 4 cups water
- Salt

Directions:

1. Heat butter in a saucepan. Saute cumin seeds, garlic and onion till they turn golden brown.
2. Add curry powder (or whatever flavor spice you want) and vegetables. Stir them for one minute or less with the onions and garlic.
3. Add dahl (lentils), rice and water. Salt to taste.
4. Cook on low for 15 minutes. Serve and enjoy!