

GUJARATI KARI KITCHRI



Serves 4

Ingredients for the rice

3/4 cup basmati rice

3/4 cup split mung dahl with husks (if you can't find this, use chana dahl)

Salt to taste

Splash of extra virgin olive oil

50g unsalted butter

Method for the rice

Mix the rice & dahl in a large bowl. Wash & rinse the mixture a couple of times, and leave to soak in plenty of water for a couple of hours.

When you're ready to cook the rice mixture, add 3 cups of cold water in a large saucepan, plus the oil and salt to taste (as you would usually for rice). Bring to the boil, then drain the rice mix and add to the boiling water. Leave on a high heat and cover. Once nearly all the water has been absorbed, take off the heat and add the butter. Mix thoroughly into the rice mix, leaving the rice creamy & sticky. Put the lid back on and leave to steam on a very low heat for about 20mins.

At this stage, make the Kari...

Ingredients for the Kari

Two tablespoons gram flour

Six tablespoons natural yoghurt

1 tsp salt

1.5 tsp turmeric

0.5 teaspoon ground coriander

Juice of half a lemon

1 tablespoon extra virgin olive oil

1 tsp cumin seeds

1 small onion, finely chopped

2-3 green chillies, finely chopped (remove seeds if you don't want the heat)

2 keffir lime leaves

Method for the Kari

In a large bowl, mix the gram flour & yoghurt and ensure no lumps remain. Now add 200ml of water, the salt, turmeric, coriander & lemon juice. Mix really well ensuring all the gram flour is mixed in well.

In a saucepan, add the oil, onions, chilli, cumin seeds and lime leaves. On a high heat, warm the mixture and cook until the onions are soft but not browned. Turn the heat down, and add the yoghurt mix. Stir well, and cook until the sauce thickens and starts to bubble (it'll only take a few minutes). Keep stirring throughout, to ensure it doesn't burn or bubble over. Once the yoghurt sauce has thickened, it's ready.

Serve the rice in a bowl, smothered with the Kari sauce. Top with sweet onions, chilli sauce, or even carrot pickle to give extra crunch!

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