

Kitchri

Eaten before 9th of Ab fast and other times.

Ingredients:

2 cups rice_
1 cup red lentils_
4 cups water_
2 ground cloves of garlic_
1½ tsp. cumin seed_
½ tsp. turmeric_
2 tsp. salt_
5 tbsp. flour

Directions:

Wash the lentils and soak for 1 hour. Rinse the rice thoroughly and drain.
Warm the oil and fry the cumin seeds till sizzling, then add the turmeric and salt.
Add the rice and fry for a few minutes, turning over with a wooden spoon.
Add the drained lentils, ground garlic and water and salt.
Bring to the boil.
Turn the flame down and allow to simmer while covered, for about 45 minutes.
Kitchri is traditionally served with Yogurt.
Prior to the fast of Tish'ah Be Ab, however, while permitted, it is better not to add yogurt to the kitchri, as we wish to lessen our pleasures before the fast.