



THE WEDNESDAY CHEF

Tejal Rao's Khichdi

Serves 3 to 4

Note: If you are cooking for small children, leave the chile powder out of the khichdi and just add a very light dusting to your plate, but be careful, it's easy to overdo.

$\frac{2}{3}$ cup long-grain white rice, such as jasmine

$\frac{1}{3}$ cup yellow split moong beans

2 tablespoons ghee

$\frac{1}{2}$ teaspoon mustard seeds

1 small cinnamon stick

2 green cardamom pods

2 whole cloves

1 sprig curry leaves (optional)

$\frac{1}{4}$ teaspoon red chile powder

$\frac{1}{4}$ teaspoon turmeric powder

$\frac{1}{2}$ teaspoon kosher salt, plus more to taste

1. Combine the rice and beans and rinse several times. Drain and place in a heavy-bottomed pot with 1 $\frac{3}{4}$ cups water, and set over medium-high heat.
2. In another small saucepan, heat the ghee and mustard seeds. When the seeds start to pop, lower the heat and add the remaining ingredients, swirling them in the pan. Let the spices sizzle for under a minute, then carefully pour into the rice pot, along with the ghee. (Careful: The fat may splatter).
3. When the water comes up to a rolling boil, give it a good stir, scraping at the bottom of the pot, then cover tightly and turn the heat down to low. Cook for 15 minutes, then turn off the heat and let the rice rest for 10 minutes before opening the lid. Fluff gently with a spatula. Taste, season with salt to taste and serve.