

Kitchari

The
Cooking
Club

You will need:

Serves: 2-3



Weighing scales



Chopping board and
sharp knife



Saucepan



Wooden spoon



Measuring jug



Sieve

Kitchari



You will need:



Vegetable peeler



Kettle



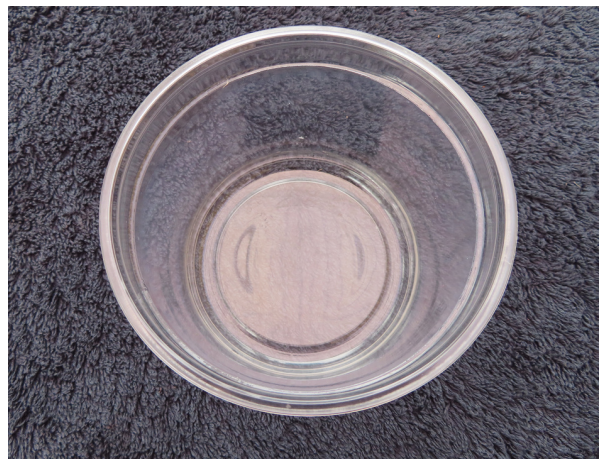
Tablespoon



Teaspoon



Garlic crusher



2 pots/dishes for weighed/chopped ingredients

Kitchari



You will need:



1/2 a cauliflower



Carrot



1 clove garlic



Thumb sized piece of ginger



60g rice



100g red lentils

Kitchari



You will need:



1 teaspoon turmeric



1 teaspoon ground coriander



1 teaspoon cumin seeds



1/4 hot chilli powder



Stock cube



Oil

Kitchari



You will need:



Handful of coriander

Kitchari



Recipe:

1



Wash your hands

2



Chop the cauliflower into small pieces

3



Peel the carrot

4



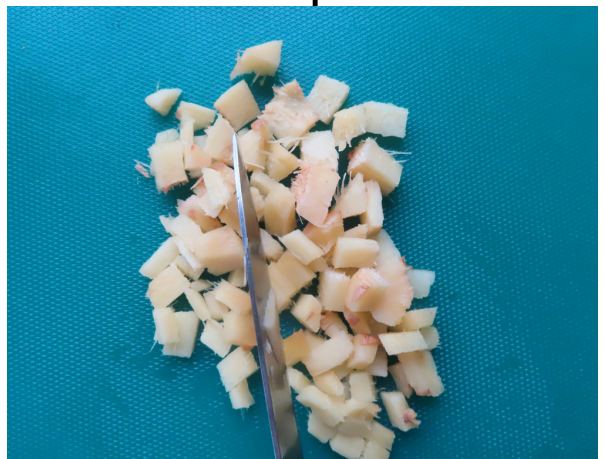
Chop the carrot into small pieces

5



Peel the ginger

6

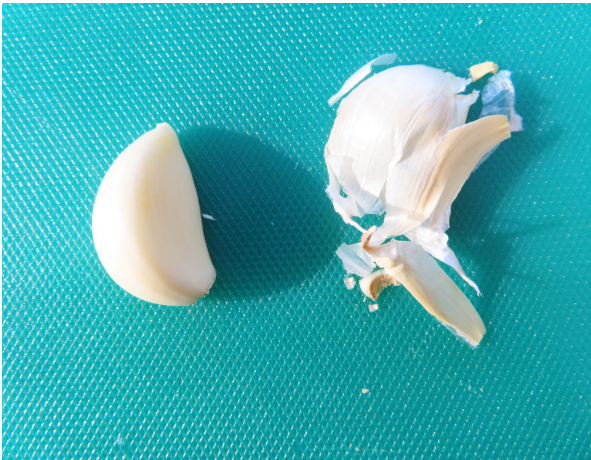


Chop the ginger

Kitchari

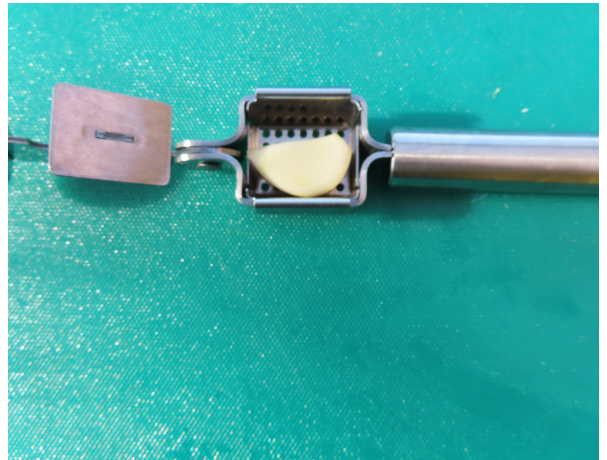
Recipe:

7



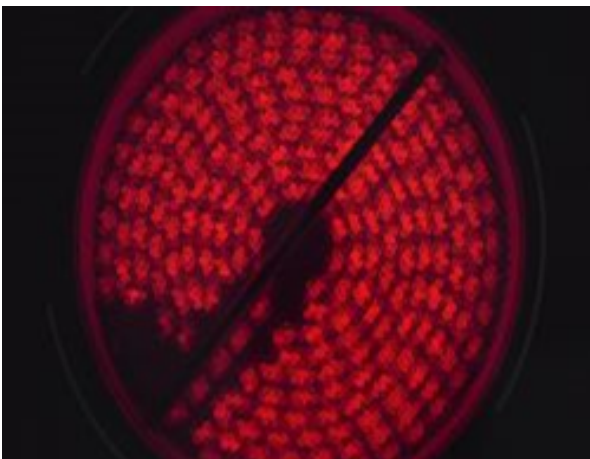
Peel the garlic

8



Put it in the garlic
crusher

9



Turn the cooker ring to
medium

10



Add tablespoon of oil to
the saucepan

11



Add the cauliflower to
the saucepan

12



Add the carrot to the
saucepan

Kitchari



Recipe:

13



Stir and cook for 10 minutes

14



Put 60g of rice in a sieve

15



Add 100g of red lentils

16



Rinse under the tap

17



Add the ginger

18



Add the garlic

Kitchari



Recipe:

19



Add 1 teaspoon of turmeric

20



Add 1 teaspoon of ground coriander

21



Add 1 teaspoon of cumin seeds

22



Add 1/4 teaspoon of hot chilli powder

23



Stir and cook for 2 minutes

24



Add the rinsed rice and lentils

Kitchari



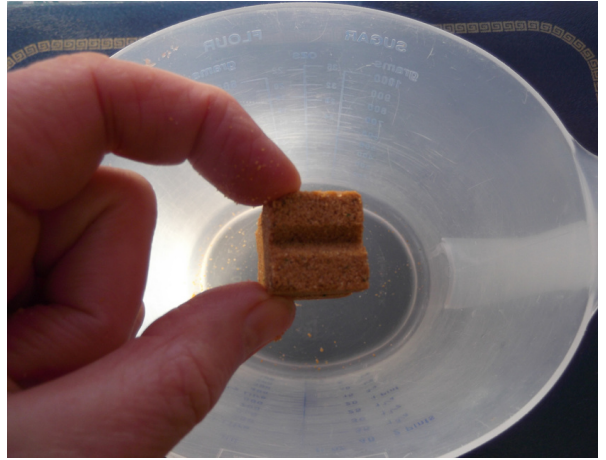
Recipe:

25



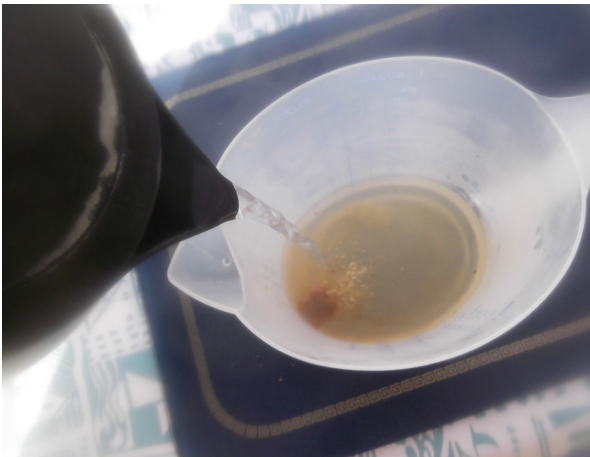
Stir

26



Put a stock cube in a jug

27



Add 600ml of boiling water

28



Add the stock to the saucepan

29



Stir

30



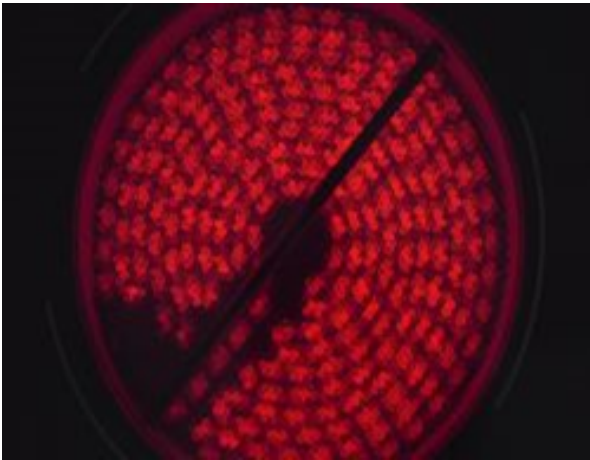
Bring to the boil

Kitchari



Recipe:

31



Turn the cooker ring to low

32



Cook for 25 minutes

33



Chop the coriander

34



Put some kitchari in a bowl

35



Add some coriander and serve