

Fada Khichadi

Makes- 3 cups

Ingredients

- ½ cup Bulgar Wheat
- ¼ cup moong dal
- 1 carrot, diced
- 1 potato, diced
- 1 onion, diced
- ¼ cup green peas,
- ¼ cup cauliflower florets
- 1 tsp ginger
- 1 tsp garlic
- 1 tsp green chilli
- 2 pcs of cloves
- ½ inch cinnamon stick
- 1 tsp mustard
- 1 tsp cumin
- 1 bay leaf
- ½ tsp red chilli powder
- 1 tsp of garam masala
- 1 tbsp of coriander powder
- Salt to taste
- 1 tbsp of ghee

Recipe

- Wash the dal and broken wheat and soak them in water for atleast 15 minutes. Drain and reserve.
- Bring 1 ½ cups of water to a boil and reserve.
- Put the ghee in a pressure cooker on medium heat. When hot, add the cinnamon, cloves, cumin seeds and asafoetida powder and sauté for about 30 seconds.
- Add the dal, broken wheat and remaining ingredients powder and sauté for about 30 seconds.
- Pour in the hot water and pressure- cook for 10 minutes on low heat, after the cooker reaches full pressure.
- Remove from heat and set aside, till the pressure to subside.
- Open and stir the cooked khichdi vigorously, adding a little hot water, if required so that the dal and the broken wheat mix well.
- Serve hot.