



## Yellow Split Pea Khichdi

Serves 3 to 4

Time: 35 mins

- 1 small yellow onion
- 3 fat garlic cloves
- 1 inch peeled ginger
- 1 large carrot (optional)
- 1 cup yellow split peas (or toor dal or chana dal) or hulled yellow mung beans
- ½ cup white basmati rice
- ¼ teaspoon ground turmeric
- 1 small jalapeño (optional)
- 2 tablespoons ghee, butter, or canola oil
- ½ teaspoon yellow mustard seeds
- ½ teaspoon cumin seeds (or ground cumin)
- ½ teaspoon coriander seeds (or ground coriander)

½ teaspoon fennel seeds (or ground fennel)

1 lemon

Plain yogurt and chopped cilantro leaves, for serving (optional)

### **Prep the vegetables, split peas, and rice**

Finely chop the onion, garlic, and ginger. (Or if you prefer, you can pound the garlic and ginger to a paste in a mortar.)

Coarsely grate the carrot on a box grater.

Put the split peas and rice in a sieve and rinse them well.

### **Start the khichdi**

In a medium pot, combine the split peas and rice with the onion, garlic, ginger, and carrot. Stir in 5 cups water, 1 teaspoon salt, and the turmeric, and bring to a boil over medium-high heat.

Using a slotted spoon, skim off any foam that rises to the top.

Reduce the heat to medium-low, cover, and simmer until the lentils are broken down and soupy, 20 to 25 minutes.

### **Meanwhile, prep the chile and toast the spices**

If you're using the jalapeño, remove the stem and quarter it lengthwise. Cut out the seeds if desired or leave them in if you want more heat. Finely chop the jalapeño.

In a small skillet, melt the ghee over medium heat and add the jalapeño, if using. Cook until it just starts to soften, about 2 minutes.

Add the mustard, cumin, coriander, and fennel seeds, and toast, swirling the skillet above the heat a few times, until fragrant, about 20 seconds. Remove from the heat. (If you're using any ground spices, toast the whole seeds first and then stir in the ground spices a few seconds before you remove the skillet from the heat.)

### **Finish the khichdi and serve**

Scrape the spices with the fat into the khichdi and stir. Add the juice of half a lemon, then taste the khichdi and add more lemon juice, if desired. Season with more salt, if desired, as well.

Ladle the khichdi into bowls and top with yogurt and cilantro, if using.

## **The short version**

- Finely chop the onion, garlic, and ginger or pound the garlic and ginger to a paste in a mortar. Coarsely grate the carrot.

- In a medium pot, combine the peas and rice with the vegetables, 1 teaspoon salt, and 5 cups water. Bring to a boil, reduce to a simmer, cover and cook until soft and the peas are broken down, 20 to 25 minutes. Add more water if you like.
- Meanwhile, finely chop the jalapeño, then sweat the jalapeño in the melted ghee. Add the spices and toast until fragrant.
- Add the spices and fat to the khichdi, stir in the juice from half a lemon, plus more if desired. Season with more salt, if desired and serve with yogurt and cilantro.

## Swaps

- Instead of yellow onion, you can use white onion or red onion. (A little diced raw white or red onion on top is a nice touch, too.)
- Instead of yellow legumes, use red lentils (masoor dal).
- Instead of basmati rice, use long-grain white rice. (Preferably not converted rice.) P.S. I wouldn't use brown rice in khichdi because you want the white rice to break down a bit.
- Instead of jalapeño, use serrano or another green chile. Or use whole crushed dried red chiles. (Or skip the chile.)
- Instead of the entire list of spices in the recipe, you can use just some of them. Or experiment with adding other spices, including smashed cardamom pods, fenugreek, curry leaves, a whole cinnamon stick, whole cloves, black mustard seeds, or some garam masala.
- Instead of lemon, use lime.

## Bonus points

- Add other vegetables. I love khichdi with sweet potato (which I add right from the beginning) or frozen peas (which I add toward the end). You could also add in diced squash or greens. Use your cook's intuition to figure out when to add them.
- Serve khichdi with lime pickle or other Indian pickle.
- Or top with a little tomato or date chutney.
- If you don't need this to be vegetarian, try a little cooked ground lamb or some grilled shrimp on top.
- Or try one of these [ideas from India Today](#).