

Jayashree's Sabudana Kitcheri

Ingredients:

2 cups Sabudana/ Tapioca pearls/ sago –medium size (less than 1 lb)
¼ cup Kala Chana/ Black Garbanzo beans
2 Tablespoons Ghee
1 tsp Mustard seeds
1 dried red chili whole
10 curry leaves, Kari leaves, (*Murraya koenigi*) chopped
1 tsp ginger root peeled and grated
1/2 Anaheim chili, no seeds or membranes, minced (2 Tbs)
1 leek sliced and half mooned about 1.5 cups
1 green zucchini chopped (1 cup)
3 small carrots chopped (1/2 cup)
1 tsp salt
1 tsp Sucanat
1 lime juiced (2 Tablespoons)
1/3 cup pine nuts toasted
¼ bunch cilantro de-stemmed and chopped (less than ¼ cup)
1 medium cucumber peeled and chopped (1.5 cups)

Doshic effect: K-VP+

Time to prepare: 55 minutes

Makes: 6 cups

Serves:
3 as a standalone meal

Chef: Jayashree Saha

Instructions:

Night before: Wash pearls once to remove debris, soak covered with water for 15 minutes. Do not soak longer. Drain. Put them in a large bowl or pot so they have room to expand and cover with a wet paper towel. Put the lid on the pot and put in refrigerator overnight. Soak kala channa in 4 cups water overnight. They will swell to give about ½ cups.

Day of:

Take the pearls out the refrigerator. Put into a strainer to remove any remaining water. Let them sit 20 minutes before adding to the recipe. Prepare and measure all ingredients. Drain and rinse the kala chana. *Do not add or sprinkle water in this dish at any time*

Melt ghee, Add red chili and mustard seeds and wait till they pop. Add curry leaves, ginger root, Anaheim chili and leek. Cook on medium heat uncovered for 3 minutes stirring once.

Add zucchini, carrots and kala channa. Cook on medium heat covered for 5 minutes, stirring once

Add pearls ½ cup at a time and stir in so they don't stick together. This will take about 3 minutes.

Cover and cook over medium heat for 6 minutes, stirring every 2 minutes. Watch the pearls go from white to translucent. May stick to bottom at this point. Don't add water. Just scrape and stir.

Remove red chili. Add salt, sucanat, lime juice, pine nuts, cilantro and cucumber. Stir in and serve.

Also delicious as a cool salad.

To make this recipe reducing for pitta:

Substitute fennel seeds for the mustard seeds. Omit the red chili. Substitute Fennel bulb for the Anaheim chili.

J I V A K A A Y U R V E D A

Tapioca is a flavorless, colorless, odorless starch extracted from the root of the plant species *Manihot esculenta*. This species, native to South America, is now cultivated worldwide and has many names, including cassava, bitter-cassava, manioc, "mandioca", "aipim", "macaxeira", "manioca", "boba", "yuca" (not to be confused with yucca), "Sabudana" and "kappa". Tapioca is a staple food in some regions and is used worldwide as a thickening agent, principally in foods. Tapioca is gluten free, and nearly protein free. The commercial form of tapioca most familiar to many people is pearl tapioca.

Pearl tapioca is similar to pearl sago, which is used in essentially the same ways. Consequently, tapioca may be called sago, and vice versa. Pearls are made in several sizes, ranging from about 1 mm to 5 mm. In the United States, 2–3 mm pearls are the most common size and are labeled "small". In good quality pearl tapioca, the pearls are very uniform in size, smooth, and few are broken. The pearls must be further prepared before use, either by soaking them overnight in water or boiling them until they are cooked thoroughly and are chewy, though not gummy, then allowed to cool.

Ekadashi (Sanskrit for eleven; also spelled as Ekadasi) or Agyaars is the eleventh lunar day (Tithi) of the *shukla* (bright) or *krishna* (dark) *paksha* (fortnight) of every lunar month in the Hindu calendar (*Panchang*). The name Ekadashi means eleventh, *ek* being 1 and *das* being 10. Ekadashi usually occurs twice a month (occasionally 3 times).

Ekadashi is mainly observed by Vaishnavas, although its observance is also open to followers of non-Vaishnava traditions. Vaishnavism is a tradition of Hinduism, distinguished from other schools by its worship of Vishnu or his associated avatars, principally as Rama and Krishna, as the original and supreme God.

In Hinduism and Jainism, it is considered spiritually beneficial day. Scriptures recommend observing an (ideally waterless) fast from sunset on the day prior to ekadashi to 48 minutes after sunrise on the day following ekadashi.

On the Ekadashi day a less strict fasting may be observed, by abstaining from all grains, cereals and beans; simply vegetables and milk are moderately taken. **This dish is traditionally served on Ekadashi**

View [Ekadashi dates](#) for the current year.
<http://utopianvision.co.uk/services/ekadashi/>

Research topic for the interested student:
What is the connection between Ekadashi and Manas (mind)?

Ekadashi fast dates for the year 2009 below:

January <u>Wednesday 7th</u> <u>Wednesday 21st</u>	February <u>Friday 6th</u> <u>Friday 20th</u>	March <u>Saturday 7th</u> <u>Sunday 22nd</u>
April <u>Sunday 5th</u> <u>Tuesday 21st</u>	May <u>Tuesday 5th</u> <u>Wednesday 20th</u>	June <u>Wednesday 3rd</u> <u>Friday 19th</u>
July <u>Friday 3rd</u> <u>Saturday 18th</u>	August <u>Saturday 1st</u> <u>Monday 17th</u>	September <u>Tuesday 15th</u> <u>Wednesday 30th</u>
October <u>Wednesday 14th</u> <u>Thursday 29th</u>	November <u>Friday 13th</u> <u>Saturday 28th</u>	December <u>Saturday 12th</u> <u>Monday 28th</u>