

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 cucumber peeled and chopped

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.