



**DESHI MIX**  
BY SALINA PARVIN

# Khichuri Recipes

It's been raining a lot lately. As it pours outside with dark clouds surrounding the environment, Bengalis everywhere crave for Khichuri. A piping hot plate of Khichuri is just what the heart desires when a Bengali comes home soaked from the rain. Some traditional songs in the background, and a quick nap if someone can squeeze it in, is the definition of a classic rainy day well-spent for Bengalis.

Rain is almost synonymous with eating Khichuri for Bengalis. It is the ultimate comfort food for rainy days, or any day as a matter of fact! Can a simple bowl of rice and lentils bring comfort to the distressed soul? Yes, some food are like that, primitive in form and yet so nourishing and comforting! The golden pot of Khichuri in which rice and lentils are cooked together till they lose some of their individual character and become one- the true comfort food ever known to man.

Khichuri is a traditional Bangladeshi recipe. This is a wholesome comfort meal of rice, lentils and vegetables, altogether. There are different ways of cooking Khichuri. Plain Khichuri generally prepared with rice and moong or masoor dal is the best food we can have when we are sick. It is one of the first foods that we give to our babies when they are 6-9 months old.

Khichuri is the easily chewable and digestible. That's why it is the perfect meal for kids and elderly people. Khichuri is packed with lots of nutrition. People generally add vegetables to enhance its nutrition level. Khichuri also happens to be gluten free!

## PANCHADAL KHICHURI

### Ingredients

- 1 cup rice
- 2 tbsp split Bengal gram (chickpea)
- 2 tbsp skinned green gram or yellow

- moong dal
- 2 tbsp split green gram or green moong dal
- 2 tbsp pigeon pea or arhar dal
- 2 tbsp pink lentil or masoor dal
- ½ cup finely chopped onion
- ½ cup potatoes, cut into cubes
- ½ cup capsicum, cut into cubes
- ½ cup tomatoes, cut into cube
- ½ tsp garlic paste
- 1-2 green chillies
- 2 tbsp oil
- 1 tbsp ghee
- ½ tsp mustard seeds
- ½ tsp cumin seeds
- 2 cloves
- 3 dry red chillies
- 2 bay leaves
- A pinch of asafoetida
- ½ tsp turmeric powder
- 1 tsp red

- chilli powder
- ½ tsp coriander powder
- ¼ tsp garam masala powder
- Salt to taste
- 4-5 cup water
- Chopped coriander leaves

### Method

Wash the chickpeas and soak in water for 2 hours. Combine rice and all types of dal except chickpeas. Wash them properly. Soak using enough water for 30 minutes. After 30 minutes drain the water and keep it aside. Heat the ghee and oil in a pan. Add the mustard seeds and cumin seeds when

oil is medium hot. When seeds start to splutter add bay leaves, dry red chillies and cloves. Add onions, sauté till the onions are tra



nsparent. Add garlic paste and sauté till the raw aroma goes away. Add potatoes and capsicum, sauté for

2 minutes. Add tomatoes

and mix well. Add all the spices and mix well. Add drained rice and the dals. Mix well. Add 4-5 cups of water. Add salt and green chillies. Cover and cook till done. Garnish the Panchadal Khichuri with fried onion and coriander leaves. Serve hot with a dollop of ghee.

## ARHAR DAL ER KHICHURI

### Ingredients

- 1 cup basmati rice
- ½ cup pigeon peas or arhar dal
- 2 tbsp ghee, ¼ tsp cumin seeds
- ¼ cup sliced onion
- 2 clove garlic, chopped
- 4 green chillies
- Salt to taste

### Method

Pick and wash the rice and dal, soak together in water for half an hour. Put the rice mixture in a colander to drain the water. Heat the ghee in a heavy based saucepan and add the cumin seeds. When the seeds splutter, add the onion and garlic, cook till golden brown. Add the rice and dal mixture, sauté over high heat till well mixed and excess water dries up. Add salt, green chillies and water. Bring to a boil, covered. Lower the heat and simmer for 10 minutes, by which time the Khichuri should be cooked. When it is done garnish with some ghee and serve.

**Photo: Sazzad Ibne Sayed**  
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