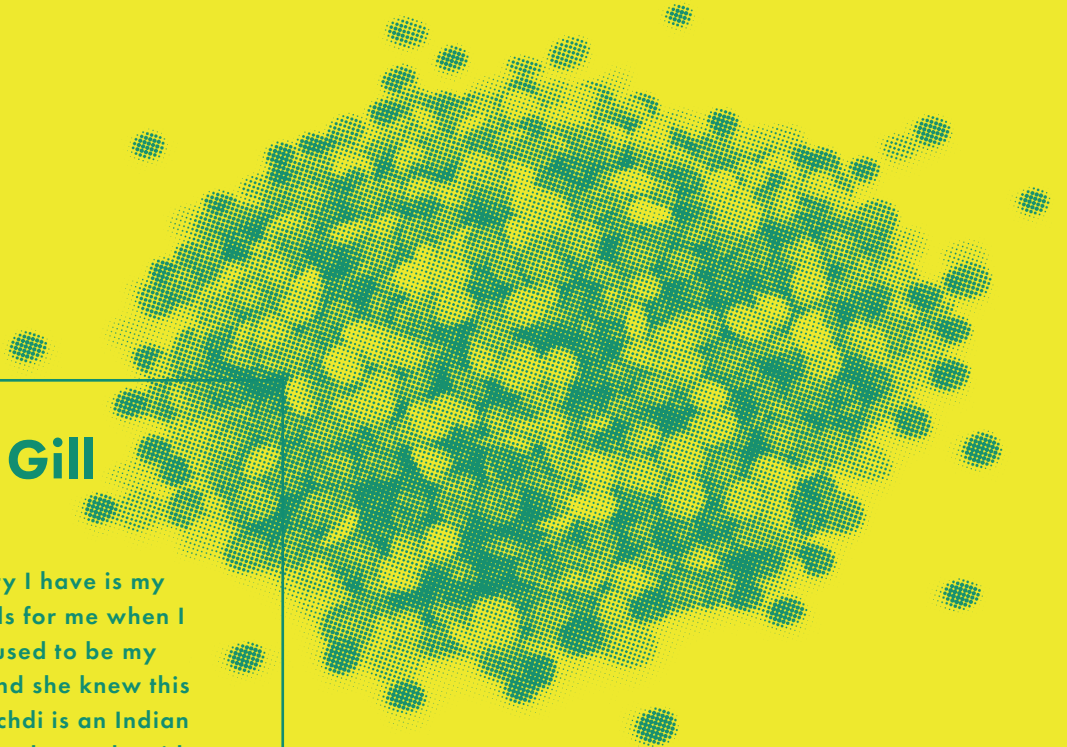


Chef Romy Gill

@romygill

The fondest food memory I have is my Mum making these lentils for me when I was feeling down. This used to be my ultimate comfort food and she knew this would cheer me up. Kichdi is an Indian subcontinent dish and can be made with moong dal or red lentils, which my daughters prefer.



Khichdi, Indian Spiced Lentils & Rice

INGREDIENTS:

150 g basmati rice

50 g red lentils

1 tsp ground turmeric

1 tsp salt

For the tadka:

2 ½ tbsp sunflower oil

1 tsp cumin seeds

1 medium white or red onion, finely chopped

2 tsp fresh root ginger, grated

2 garlic cloves, chopped

2 green chillies, seeds in, chopped

1 tsp tomato purée

1 tsp ground coriander

Handful of fresh coriander, chopped

Diced preserved lemon mixed with a little rose harissa, to serve

METHOD:

Wash and soak the rice and lentils in a bowl of cold water for 20 minutes, tip into a sieve and then rinse under cold running water until the water runs clear. Drain, then tip the rice and lentils into a deep saucepan. Add the turmeric and salt and pour over one litre of cold water. Bring to the boil, then reduce to a medium-heat, cover the pan with a lid and simmer for 20 to 25 minutes until the rice and lentils are soft. If it begins to dry out, add more water: it should be wet in consistency. Stir occasionally as it cooks.

While the rice and lentils are cooking, make the tadka. Heat the oil in a pan over a medium heat, add the cumin seeds and let them pop, then add the chopped onion and cook, stirring, for five or six minutes until softened and light brown. Add ginger and garlic to the onion mix and cook for another minute. Add the chillies and tomato purée, followed by the ground coriander, mix well and cook for two more minutes. Add a few drops of water, if required, so that the paste doesn't stick to the pan. Once the rice and lentils are cooked, add them to the tadka and stir through to coat. Sprinkle over the coriander, and serve with preserved lemon and rose harissa.

