

ONE-POT COMFORT

Everyday kitchari

Serves 3–4 · 45 min · All doshas

Rice and split mung dal cooked soft with gentle spices. The classic Ayurvedic reset meal: easy to digest, warming and very forgiving.

You'll need

- 200 g (1 cup) basmati rice
- 100 g (½ cup) split yellow mung dal
- 1 tbsp ghee
- ½ tsp each: cumin seeds, ground turmeric, ground coriander
- 1 tbsp grated fresh ginger
- A pinch of hing (asafoetida)
- 1.5 litres (6 cups) water
- ½ tsp salt
- Chopped seasonal veg (optional)
- Fresh coriander and lime, to serve

Method

1. Rinse the rice and dal until the water runs clear. Soak for an hour if you can, then drain.
2. Warm the ghee in a large pan. Sizzle the cumin seeds for 30 seconds, then stir in the ginger, turmeric, coriander and hing.
3. Add the rice, dal and water. Bring to the boil and skim off any foam.
4. Half-cover and simmer gently for 30–40 minutes, stirring now and then, until soft and porridge-like. Add veg halfway, and more water if needed.
5. Stir in the salt. Serve hot with coriander and lime.

VATA
A little extra ghee, carrot or sweet potato, and keep it soupy.

PITTA
Go easy on ginger; add grated coconut, courgette and lots of fresh coriander.

KAPHA
Use less ghee, add black pepper and leafy greens, and cook it a little thicker.



WARM BREAKFAST

Stewed apples

Serves 2 · 15 min · All doshas

A gentle, warming start to the day. Cooking apples makes them soft and easy on digestion, and the spices bring out their sweetness.

You'll need

- 2 apples, cored and chopped (peel if you like)
- 60 ml (¼ cup) water
- ¼ tsp ground cinnamon
- 2 whole cloves
- A small handful of raisins (optional)
- 1 tsp ghee (optional)

Method

1. Put everything in a small pan with a lid.
2. Bring to a gentle simmer, cover and cook for 8–10 minutes, until the apples are soft but still hold their shape.
3. Remove the cloves. Eat warm, on its own or with a spoonful of yoghurt or porridge.

VATA
Add the ghee and raisins, and eat it warm, never cold.

PITTA
Skip the cloves and use a pinch of cardamom instead.

KAPHA
Leave out the raisins and ghee; a pinch of ginger is lovely.