

Here is your chance to share your experience. How you made your Curry and meal or how you used our Curry. Please send the recipe or meal details or videos to DASSPR@UMICH.EDU and if included here or at our website under Videos tab, you get our HPPed packaged Curry free delivered to your door as a token of appreciation.

Rice Lentils Curry (Vegan or Vegetarian, gluten-free, posted on Thanksgiving Day 2016)

We call it khichdi and while growing up I remember eating it every Saturday lunch, kind of tradition for Indians in the Eastern part of India. Still now we have once in a month here though not on Saturdays. It is called Comfort food in India and I remember eating it when I have had fever or some medical conditions or did not feel like eating other food. Recipe below is for family of 4 including 2 kids.

1. Take 2 lb of parboiled rice, wash it, and put into a cooking pot or rice cooker by measuring in any cup - say 4 cups
2. Take 1 lb of yellow lentils (called Moong Dal in Indian grocery stores), wash it, and put into cooking pot by measuring in any cup - say 2 cups. If you add 'red lentils' cooking time would be 10 minutes more.
3. for 6 cups of total grain and lentils - add 16 cups of water - twice +4 and start cooking, quantity of water depends how liquidy you want your meal to be, we are used to Curry, hence we prefer to make it liquidy
4. Want to add Vegetables, go ahead, at our home we add Cauliflower, but you can add Broccoli, green beans, but you must add some additional water depending on how much vegetables you are adding
5. After 20 (twenty) minutes, your meal is ready, now pour heated 16 Oz of Mother's Curry into the cooking pot and mix it thoroughly. You can use Tikka Masala curry too if you like to make it little sweeter.
6. Check for salt, tinge of spices, how much Curry you can add depends on how much you are used to Curry. So if you feel your Khichdi is bland, add more Curry till it tastes good

The whole idea of selling only Curry is to give you freedom to decide how much spices you want to eat and with what. I would continue to share how we use and eat it.