GurMeVegan/Gourmet Vegan Kitchen

WINTER KITCHARI (adapted)







1 cup brown rice
1 cup red lentils
1 cup coconut cream or coconut milk
3 cups water + more as needed
1.5 tsp turmeric
1 tsp ground coriander
1 tsp ground cumin
1/4 tsp chili flakes
1 tsp salt, prefer pink Himalayan
1 red onion
4 garlic cloves, minced
1/2 lemon, juiced
Cashew yoghurt to serve
A handful of fresh parsley

1. Wash and rinse lentils and rice together. Place in a deep pot, add water and bring to a boil until it absorbs all water content.
2. Add the coconut cream, turmeric, coriander, cumin, salt and chili. Stir together. Continue to cook for an additional 1-2 minutes.
3. In a pan, sauté onions and garlic with a little bit of water, white wine or sherry. Transfer to the pot and stir together with the kitchari.
4. Lastly add lemon juice and mix everything together.
5. Serve kitchari with cashew yoghurt or other plant-based yoghurt, fresh parsley, and a drizzle of chili oil if desired. Enjoy!

Editor's Note:

The coconut cream or coconut milk called for here is culinary coconut milk, which comes in a can, not coconut milk beverage which may not actually taste like coconut. Coconut and coconut milk are high in saturated fat, so use in moderation or sparingly. If you use it here, consider cutting the amount in half and freezing the rest in a container for future use in recipes like this one. (Leftover coconut milk will not keep well in your refrigerator.) If you want the coconut flavor but want to avoid the high fat content of coconut, leave out the coconut milk or substitute another plant milk, and add some coconut extract: an organic brand is Flavorganics.

I left out some chili oil which the recipe called for, though it's still listed as an optional garnish. If you are missing this, add hot sauce to the recipe or at the table.

Gourmet Vegan Kitchen (gurmevegan) is a test kitchen for "new plant-powered dishes from scratch with raw, sustainable and seasonal ingredients – whole grains, seeds nuts, fruit and vegetables." The site is a feast for the eye and a playground for the imagination! Recipes are all plant-based; many use oil and some of those could be adapted if you cook WFPB.

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