

How to cook Khichuri

Khichuri is a very delicious and healthy food. My mother has recently cooked Khichuri at our home. It was so good and tasty that I could not help myself knowing how to cook Khichuri. I asked my mother how to cook Khichuri. And she showed me how to cook this delicious food. Now I am going to tell you how you cook Khichuri at your home very easily because you do not need any special training to learn this dish.

At you have to collect the following ingredients enlisted below:

- Basmati Rice - 200 gram
- Moog / Masoor / Anker Dal - 200 gram
- Cumin Powder - 2 tea spoon
- Red Chili Powder - 1 tea spoon
- Powder - 1 tea spoon
- Ginger Paste - 1/2 tea
- Cummins (ingegrateo - 1 tea
- Green Chili (Chopped) - 4/5 pieces
- Garam Masala Powder - 1/ 1/2 tea
- Potato (Chopped) - 3 large size
- Tomato (chopped) - 2 medium size
- Cauliflower (chopped) - 1/2
- Peas - 100 gram
- Brinjal (chopped) - 1 large size
- Carrot (Chopped - 2 medium size
- Oil - 150 ml

- Sugar - 1 tea spoon
- Salt - to taste
- How to Cook Khichuri

At first, wash rice and dal properly, and chop the potato and tomato making them small pieces. Then, pour oil to the pan. Warm it for at least two minutes. Then add dal to the pan. Fry the dal for at least three minutes. Next, remove the dal from the pan. Now, pour oil again to the pan, add rice, and stir gently for at least five minutes. After that, remove the rice from the pan. Now, pour oil to the pan, add cumin's (integrated) to the oil and warm it for two minutes.

Then add chopped potatoes, tomatoes, peas, brinjal, cauliflowers and carrots. Next add cumin powder, red chili powder, turmeric powder, ginger paste, chopped green chilies and chopped onions. And mix them well. Now, fry the mixture for at least three minutes. Add rice and dal to the mixture. Following that process, fry the mixture, stir it gently and frequently for another two minutes. Pour water (250ml) to the mixture. Add salt and garam masala powder. Lastly, put a cover and cook for at least 20/25 minutes until rice and dal cooked properly. The favorite delicious Bengali hotchpotch is now ready. Now, serve it hot with omelets.

Reason why Khichuri is good for health

Khichuri has a lot of vegetables which is good for health. So, I like to eat Khichuri. Khichuri has some ingredients which is full of vitamins and proteins. So, I think it is very good for our health.