

K I C H A R I

S O S H A ' S G O L D E N S A F F R O N V E R S I O N

Ingredients

- ½ cup yellow moong dal (split, washed)
- ½ cup basmati rice (rinsed well)
- 1 tbsp ghee
- ½ tsp cumin seeds
- ½ tsp mustard seeds
- 1 tsp grated fresh ginger
- ¼ tsp turmeric
- A few strands of saffron, soaked in 1 tbsp warm water
- ½ tsp salt (or to taste)
- 4 cups water
- Optional: chopped vegetables such as carrot, zucchini, or a handful of spinach
- Garnish: fresh cilantro, a squeeze of lime, and an extra drizzle of ghee



Instructions

1. Soak the saffron in warm water and set aside.
2. In a heavy-bottomed pot, warm the ghee. Add cumin and mustard seeds. Let them pop.
3. Add grated ginger and turmeric. Stir briefly until fragrant.
4. Add the washed dal and rice. Stir to coat in the spices.
5. Add saffron water, salt, and the rest of the water. Stir in veggies if using.
6. Bring to a boil. Then lower the heat, cover, and simmer for 30–40 minutes, stirring occasionally.
7. Once soft and porridge-like, taste and adjust salt if needed.
8. Serve warm with your choice of garnish.

DM for high quality, sustainably sourced Saffron.



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