

What Is Barley Porridge (Without Dal)?

Savory barley porridge is a comforting, one-pot meal made with soaked barley, mild spices, and a touch of ghee. It's **warming for Vata**, **light for Kapha**, and **cooling enough for Pitta** when balanced right, making it an ideal tridoshic meal.

What Is Barley Porridge?

A gentle porridge made by cooking soaked barley grains until soft, then tempering with simple spices like jeera, ginger, and a hint of pepper. No onion, garlic, or sweeteners; just pure, digestive fire-supportive ingredients.

How to Make Barley Porridge: The Traditional Way

□ Ingredients:

- ¼ cup **hulled or pearl barley**
- 2-2½ cups **water**
- 1 tsp **ghee** or **cold-pressed sesame oil**
- 1 tsp **jeera (cumin seeds)**
- ½ tsp **fresh grated ginger**
- ¼ tsp **turmeric powder**
- ¼ tsp **jeera powder**
- A pinch of **pepper powder** (optional, for warmth)
- A pinch of **hing** (*asafoetida* - optional)
- **Rock salt** or **sendha namak** to taste
- Fresh **coriander leaves** to garnish

□ Method:

1. **Wash and soak** barley for 2-4 hours (overnight is best).
2. In a pot or pressure cooker, cook barley with 2-2½ cups water until soft and slightly mushy.
 - If using a pressure cooker, go for 3-4 whistles.
3. In a pan, heat ghee. Add jeera and let it splutter.

4. Add grated ginger, turmeric, jeera powder, hing (if using), and pepper. Sauté for a few seconds.
5. Add the cooked barley and salt. Mix well and simmer for 2-3 minutes.
6. Adjust consistency with warm water if needed.
7. Garnish with fresh coriander and serve warm.

□ Ayurvedic Benefits

- **Barley** is *ruksha* (dry), *sheeta* (cool), and *laghu* (light), helps clear [Kapha](#), reduce **Ama**, and support weight balance.
- **Ginger and jeera** improve **Agni (digestive fire)** without overstimulating [Pitta](#).
- Hing and pepper help prevent bloating or heaviness.
- Gentle enough for **recovery meals, fasting days, or gut reset plans**.

□ Pro Tips from the Indian Kitchen

- Barley thickens as it cools; always serve warm with a splash of hot water stirred in if needed.
- For extra comfort, add a few curry leaves while sautéing the ginger.
- Pair with a spoon of ghee on top for Vata or during cold days.

□ Why We Love Barley porridge

- Grounding, sattvic and deeply nourishing
- Naturally gluten-free and rich in fibre
- Perfect for light eating without feeling deprived
- Easy to digest and modify for all constitutions

□ Ideal For

- Morning or midday meals
- Post-illness recovery
- Fasting or detox support
- [Vata](#), [Pitta](#), and [Kapha](#)-friendly comfort food

