What Is RAGI Porridge(Without Dal)?

In South Indian homes, a bowl of savory ragi porridge is like a warm hug from the earth. It's calming, nourishing, and incredibly gut-friendly. This version, gently spiced and deeply satisfying, is ideal for those looking for a sattvic, gluten-free, and easily digestible meal.

What Is RAGI Porridge?

Savory Ragi Porridge (also called **Kezhvaragu Kanji** or **Nachni Kanji**) is made by cooking ragi (finger millet) flour with water and finishing it with butter-removed buttermilk, salt, and digestive spices like cumin. It's traditionally consumed as a cooling meal, particularly in hot climates or during recovery.

How to Make RAGI Porridge: The Traditional Way

□ Ingredients:

- 2 tbsp **ragi flour**
- 1½ cups **water**
- ½ cup **buttermilk** *(made from churned curd with butter removed)*
- ¼ tsp **roasted cumin powder**
- A small piece of **grated ginger** (optional)
- 1 sprig **fresh curry leaves** (optional)
- **Rock salt** to taste

□ Method:

1. **Make a Smooth Slurry:**
2. **Cook the Ragi:**
    - Bring 1½ cups of water to a boil in a thick-bottomed pan.
    - Slowly add the ragi slurry while continuously stirring.
    - Cook on low flame for 5–7 minutes, until the mixture thickens and turns glossy.
3. **Cool Slightly:**

    - Switch off the heat and allow it to cool for 2–3 minutes.
4. **Add Flavor and Buttermilk:**
    - Add butter-removed buttermilk, salt, cumin powder, ginger, and curry leaves.
5. Mix well. Do not reheat after adding buttermilk to avoid curdling.

Ayurvedic Benefits

- **Balances vata and pitta** – grounding and cooling
- **Rich in calcium & iron** – supports bones and blood
- **Improves digestion** – cumin and ginger enhance agni
- Aids in **hydration** and soothes the gut lining

Strengthens **ojas** (vital energy) without aggravating toxins (ama)

Pro Tips from the Indian Kitchen

- **Avoid boiling** after adding buttermilk – it keeps the probiotics and taste intact.
- For better digestion, **lightly dry-roast ragi flour** before making the slurry.
- Use **earthenware** for a traditional flavor and cooling effect.
- Can be thinned out with more water or buttermilk for a lighter consistency.

❤ Why We Love RAGI porridge

- A complete **light meal** with high satiety
- Perfect for **fasting, post-illness recovery**, or hot days
- Easily adaptable – add greens like moringa or cooked ash gourd for extra nutrition

Ideal For

- **Ayurvedic light diet routines**
- **Postpartum, elderly, or weakened digestion**
- **Detox days** or days after overeating
- Those seeking **non-spicy, gluten-free, and wholesome options**

