

Rava Khichdi is the ultimate bowl of comfort. A warm, soft semolina preparation slow-roasted in ghee and simmered with a medley of spices and vegetables. It's smoother than upma, richer than porridge, and perfectly hugs every spoon with flavour and warmth. Whether it's a rushed morning or a tired evening, this khichdi wraps you in home-like nourishment.

What Is Rava Khichdi?

Rava Khichdi is a South Indian one-pot dish made with roasted semolina (rava or sooji), tempered with ghee, spices, and blended with gentle vegetables. Unlike upma, which is fluffier, khichdi is silkier and softer in texture — almost melt-in-mouth — and often enjoyed with coconut chutney or a spoonful of ghee on top.

How to Make Rava Khichdi: The Traditional Way

□ Ingredients:

For the khichdi

- 1 cup Bombay rava (semolina)
- 2 tbsp ghee
- 1 tsp cumin seeds
- 1 tsp kasuri methi (optional, for aroma)
- 1 onion, finely chopped
- ½ tsp turmeric powder
- ½ tsp chilli powder
- ½ tsp freshly crushed pepper
- 1 tomato, finely chopped
- 1 carrot, finely chopped
- 5 green beans, finely chopped
- 2 tsp salt (adjust to taste)
- 4 cups water (boil beforehand)
- 2 tbsp chopped coriander leaves

For the tempering (optional but divine):

- 1 tbsp ghee
- 1 tsp cumin seeds
- 1 dried red chilli, broken
- A pinch of chilli powder

□ Method:**1. Roast & Prepare**

In a thick-bottomed pan, heat 2 tbsp ghee. Add cumin seeds and let them sizzle. Add kasuri methi, if using, followed by onions. Sauté till onions soften and lightly brown.

2. Build the Flavour

Add turmeric, chilli powder, pepper, chopped tomato, and all the vegetables. Stir and cook for 2–3 minutes till tomatoes soften.

3. Roast the Rava

Add semolina to the pan and roast it along with the vegetables for 2–3 minutes on low heat, stirring continuously till aromatic.

4. Simmer with Water

Pour in 4 cups of hot water slowly while stirring. Add salt and keep stirring to prevent lumps.

5. Cook to Softness

Cover and cook on low flame for 5–7 minutes till the mixture thickens and rava turns soft. Stir occasionally to ensure it doesn't stick.

6. Temper (optional)

7. In a separate small pan, heat 1 tbsp ghee. Add cumin seeds, dried red chilli, and a pinch of chilli powder. Switch off the flame quickly. Pour this tempering over the cooked khichdi and garnish with coriander leaves.

□ Ayurvedic Benefits

1. Ghee supports **Agni** and makes semolina easier to digest
2. Pepper and cumin balance **Vata** and prevent bloating
3. Mild spices and soft texture make it ideal for **weakened digestion**
4. Ideal during rainy days or when you want something sattvic yet warm

▣ Pro Tips from the Indian Kitchen

- **Add more water** if you like a soupier texture; this helps during convalescence.
- **Avoid heavy vegetables** like potatoes or peas if preparing for weak digestion.
- **Add ajwain (carom seeds)** for gas-prone individuals.

♥ Why We Love Rava Khichdi

- Gets ready in under 20 minutes
- Can be customised with seasonal veggies or even just plain
- Hearty yet light — perfect for toddlers, elders, and busy folks
- The kasuri methi and tempering take it to the next level

▣ Ideal For

- Breakfast or early dinners
- People recovering from indigestion or fatigue
- Days when you want to go grain-light but flavour-rich
- A warm tiffin box that never disappoints

