## What Is Broken Rice Porridge (Without Dal)?

Soft, nourishing, and deeply hydrating, **Broken Rice Porridge** is the epitome of simplicity meeting nourishment. Rooted in traditional South Indian kitchens, this porridge is a **go-to comfort food** — perfect for when digestion is weak, the weather is hot, or the body simply seeks calm.

## What Is Broken Rice Porridge?

Broken rice porridge is made from **partially milled or cracked rice** grains cooked in water to a soft, soupy consistency. It's light on the stomach, rich in hydration, and often enhanced with just a dash of salt or a spoon of ghee. In Ayurveda, it's seen as a **sattvic, grounding, and tridoshic** meal — especially healing for **vata** and **pitta** conditions.

## How to Make Broken Rice Porridge: The Traditional Way

### Ingredients:

- ½ cup broken raw rice (or partially broken rice grains)
- 3–3.5 cups water (adjust for desired thickness)
- Salt to taste (optional)
- 1 tsp ghee (optional)

### Method:

1. **Rinse the Rice:**
   Wash the broken rice thoroughly in water 2–3 times.
2. **Cook:**
   In a thick-bottomed pan or pressure cooker, combine rice with water and cook until the grains are completely soft and broken down. This usually takes:
   - 3 whistles in a pressure cooker on medium flame
   - 30–35 minutes simmering in a pot, stirring occasionally.
3. **Mash and Adjust:**
   Once cooked, mash gently using the back of a ladle. Add more hot water if you

prefer a thinner consistency.

4. **Season and Serve:**
   Add salt if needed, and top with ghee or serve plain. You may also mix with warm milk or buttermilk based on digestion and body condition.

**Ayurvedic Benefits**

- **Deeply hydrating** and **easy to digest**
- Excellent for **fever, fatigue, gut inflammation**, and **convalescence**
- Helps balance **vata and pitta**; safe even during loose motions or after vomiting

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

**Pro Tips from the Indian Kitchen**

- Use **traditional parboiled rice (puzhungal arisi)** for better digestion and texture.
- For **pitta dominance**, add a pinch of cumin powder.
- If using **buttermilk**, make sure it's **butter-removed and diluted** (not sour).
- Best served **warm**, not hot.

**❤ Why We Love broken Rice porridge**

- A true **grandmother's remedy** — calming and grounding
- Pairs well with any **rasam**, **boiled vegetables**, or just a spoon of ghee
- **Vegan**, **gluten-free**, and adaptable for all ages
- It's the ideal blank canvas — sweet or savory

**Ideal For**

- Recovery from **illness, fever, or gut distress**
- **Hot summers** where the body craves lightness
- **Elderly, children**, and anyone with weak digestion
- Sattvic, fasting, or mono-diet days