

Haleem (Khichda)

Ingredients:

2 lbs. of boneless meat (Can be beef, goat, chicken etc.)

1 Mug of whole wheat grains

1/3 Mug of pearl barley grains

1 table spoon Masoor daal

1 table spoon Chana daal (split pea daal)

1 table spoon Urad daal

1-1/2 cup of Canola oil (Use other oil if you want)

3/4 tea spoon of garam masala (equal parts of ground black pepper, cinnamon, cloves)

1 tea spoon of turmeric

½ tea spoon of dry coriander

½ tea spoon of allspice

1 tea spoon of paprika (You can use chili powder or cayenne powder if you like spicy)

1-1/2 tea spoon of cumin powder

1/2 tea spoon of nutmeg powder

4 large onions (Sliced thin or chopped)

2 large Chilies (cut small)

2 table spoon Fresh ginger (Cut in small thin slices)

Salt as you prefer

Method:

Take your meat and cut into small pieces. Take a large pot and fill about 10 glasses of water. Bring it to boil and then put the meat in it. Turn the heat to low and cover the pot. Let it cook for about 2 hours. By this time the meat will become nice and tender. Let it cool down. (This can be done a day before.) Keep it in the fridge overnight. If the meat contains too much fat it will float on top of your bowl. Take it out if you do not want to eat fat.

Put all grains (wheat, barley, Masoor daal, Chana daal, Urad daal) in a glass bowl. Take the broth from the bowl in which you boiled the meat. Heat it in the microwave oven for 40 minutes. Check after 20 minutes. The level of broth will have reduced. Add more broth in the bowl and heat it in the microwave for another 20 minutes. At this time the grains will have absorbed most of the broth and would have become soft. Now grind the grains to semi-coarse.

Now take a large pot and put the grains in it. Let it heat up on medium heat. Put some extra broth or plain water in it (about a cup or 2). Let this heat up for a while and introduce spices and meat in it and stir well. Now turn the heat down to medium low. Keep stirring it from time to time because all the spices and ground grains will start sticking at the bottom of the pot.

Take the sliced onions and fresh cut ginger and fry them separately in a fry pan in Canola oil. Heat them till they change color to brown and you can start smelling the burning of the onion and ginger. Add the fried onion and ginger to the grain mix. (If you like spicy cut 2 chilies into small pieces and blend it with the mix). Add a table spoon of lemon juice to the mix and let this cook on low heat till most of the water is reduced.

Once you put the grains in the pot to start cooking, it will take about 40 minutes to cook. Hence total time you need to cook is about 1-1/2 hours. If the water reduces before this time, add some more water till Haleem (Khichda) is cooked proper.

(Optional) Save some fried onions and ginger and cut pieces of chilies. When the Haleem is cooked garnish it with onion, ginger and chilies left from before. Cut the other lemon in small pieces and squeeze on your serving as preferred.

This makes a heavy meal and because the grains are whole they release the sugar slowly and makes it a good food for diabetics.

If you want to eat vegetarian Haleem do not put meat and use vegetable broth for cooking. It still tastes good. We have tried it.

Enjoy