

# Bhoger Khichuri Recipe

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Bhoger Khichuri holds a special place in the hearts of all Bangalees. Served specifically during pujas, people in West Bengal eagerly look forward to the taste of this rich creamy dish, with its many flavours melding into a symphonic whole. Whether it's the Saraswati Puja Bhog, or the Durga Puja Bhog, the Bhoger khichuri recipe differentiates itself from the other variations with its omission of garlic and onions.

With the help of our Sunrise Garam Masala Powder, you won't even feel the lack from the omission of garlic and onion. The rich mix of spices, vegetables, and dry fruits in this recipe, elevates it from the simple khichuri recipe enjoyed during rainy evenings or weekends, to something which is not only decadent but is also a dish symbolic of everything vegetarian that Bangalees hold dear.

**Sunrise Fact Check:** Derived from the sanskrit word "Khiccha," the south Asian Khichdi is essentially a dish made from rice and lentils. The dish has variations across countries in the South Asian diaspora, but the Bengali Bhoger Khichudi recipe is unique to the region, with its variations not just across different areas of Bengal, but also from one household to the other. In order to make it for a bhog, the omission of garlic and onion makes it truly "niramish" or vegetarian. This dish is also an iconic reminder of the fact that Bengalis truly savour and relish their vegetarian dishes, as much as the non-vegetarian ones.

## Let's Get Started

### Ingredients

200 g Gobindo Bhog Rice  
200 g Moong Dal  
100 ml Mustard Oil  
1 tsp Sunrise Haldi Powder

1 tsp Sunrise Jeera Powder  
1 tsp Sunrise Dhania Powder  
1 tsp Coriander Seeds  
2 Bay Leaves

2 Dried Red Chillies  
1 tsp Ginger Paste  
2 Potatoes  
1 Tomato

1 Cauliflower  
3 Green Chillies  
50 g Green Peas  
Salt

### The Prep

- Dry roast and stir fry 200 g moong dal until it turns light golden.
- Rinse 200 g Gobindo Bhog rice with clean water.
- Wash and peel the potatoes and cut them into quarters.
- Cut the cauliflower into medium-sized florets.
- Chop the tomatoes.
- Heat mustard oil in a pan.
- Fry the potatoes and cauliflower one by one with ½ teaspoon salt till golden brown.



**Sunrise tip:** If the potatoes are too small, cut them into halves instead of quarters. Very small pieces will disintegrate.

### The Cook

- Heat mustard oil in a pan.
- Add 1 tsp of coriander seeds and let them crackle.
- Add 2 bay leaves and 2 dried red chillies.
- Add chopped tomatoes and saute for a few minutes.
- Add 1 tsp of ginger paste and mix well.
- Add 1 tsp of Sunrise Haldi Powder and saute thoroughly.
- Add 1 tsp of Sunrise Jeera Powder and stir.
- Add 1 tsp of Sunrise Dhania Powder and combine.
- Add some water to the mixture.
- Add Gobindo Bhog rice and mix well.
- Add moong dal and combine it with the rice.
- Add salt to taste.
- Add 3 green chillies and 50 g of green peas.
- Add some more water and cover the pan with a lid.
- Add fried vegetables and mix.
- Add additional water as needed.
- Cook for 20 minutes on low flame, adjusting the water until the rice, lentils, and vegetables soften completely.



**Sunrise tip:** While mixing in the various ingredients, do not forget to scrape the bottom of the pot or heavy bottom pan. Also, do not use a pressure cooker. While it's true that the pressure cooker is handy to fasten the cooking process, you won't have any control over the consistency of the traditional bhoger khichuri. When cooking in a heavy bottom pan, it is easier to adjust the flavours, and the consistency.

### Sunrise Taste Check

The decadent bhoger Khichuri is a meal unto itself. It can be enjoyed as is, but some brinjal fritters (begun bhaja), some potato fries (aloo bhaja) and a side of labra only helps to make this wholesome meal more enjoyable. Whether its the ideal sunday lunch, or the perfect pujor bhog, this khichuri is the perfect vegetarian crowning jewel for any occasion.

### Video Link

<https://www.youtube.com/watch?v=QhH7-m23VOU>