

Shrimp Khichdi

Author: From my friend Kunda S.



ONION COCONUT PASTE:

1 tablespoon canola oil
1 whole onion, thinly sliced
1/4 cup coconut, grated
Water to make a paste

SHRIMP MARINADE:

4 cloves garlic, peeled
1/2 inch knob fresh ginger, cut in chunks
1 whole jalapeno pepper, optional
1 tablespoon fresh cilantro, chopped
1/4 cup fresh lemon juice

SHRIMP:

1 pound small shrimp, peeled, deveined
1 medium onion, minced
1/2 teaspoon salt
1 teaspoon ground turmeric
1/4 teaspoon cayenne, or up to 1/2 tsp.
2 teaspoons garam masala (or more to taste)

RICE:

2 cups basmati rice
1/2 cup canola oil, [I used about 3 T.]
1/2 stick cinnamon
3 whole cloves
3 whole cardamom, pods, not ground cardamom
3/4 cup light coconut milk
2 teaspoons garam masala
1/3 cup raw cashews
3 tablespoons cilantro, for garnish
ghee (clarified butter), drizzled on top, if desired

Serving Ideas: Kunda sometimes serves this with sauteed vegetables, like cauliflower or peas. Such meals might also include pappadums (a thin wafer/bread that is quickly cooked in hot oil just before serving). Monisha, Kunda's daughter, prefers the khichdi with a large spoon of yogurt mixed in (to temper the heat, since her mother makes it more spicy than this recipe - she uses double the amount of cayenne).

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 461 Calories; 25g Fat (47.0% calories from fat); 19g Protein; 44g Carbohydrate; 3g Dietary Fiber; 86mg Cholesterol; 264mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 1/2 Fat.

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Carolyn T's
Main Cookbook

Servings: 8

Description: An Indian dish from my friend Kunda.

- 1. RICE:** Rinse the dry rice at least 3 times in water. Pour into a bowl and add warm water to cover. Allow to soak while preparing other parts of the dish.
- 2. ONION COCONUT PASTE:** In a medium skillet bring 1 T. of canola oil to a shimmer and add the sliced onion. Saute over medium to low heat until onion is caramelized. Add grated coconut and continue cooking until the coconut is golden brown. Cool mixture and add water: add just enough to make a fine paste. Pour out into a bowl and set aside.
- 3. SHRIMP:** Rinse and dry the shrimp. Combine the shrimp with the salt, turmeric and cayenne. Combine the marinade ingredients in a blender and puree. Add the marinade to the shrimp and allow to sit at room temp for about 30 minutes.
- In another skillet, heat 2 T. of the canola oil, then add HALF of the minced onion. Cook, stirring occasionally, until the onion is soft and translucent. Add the shrimp with the marinade and cook for about 5 minutes, turning the shrimp once. Add the garam masala and set aside.
- 5. CASHEWS:** Soak the cashews in water, to cover, for about 30 minutes. Drain, then separate the cashews into halves, if possible before adding them to the rice (below).
- 6. RICE:** In a 3-quart heavy saucepan heat the remaining canola oil. When hot, add cinnamon, cloves and cardamom. Immediately add the remaining HALF minced onion. Stir until the onion is soft and translucent. Add the turmeric and salt to taste. Stir, then add rice (drained of its soaking water) and drained cashews. Bring to a simmer and stir for about 3 minutes. Add about 2 1/2 cups of water, bring to a boil, then lower heat to a simmer and cook until almost all the water is absorbed (about 10-15 minutes at most). Stir in the caramelized onion paste/coconut mixture, shrimp and coconut milk, plus the additional garam masala. Cover and cook until rice is just tender. You may need to add additional water.
7. Serve immediately garnished with chopped cilantro. If you're making an authentic khichdi, drizzle about a teaspoon of ghee on top of each serving.
8. Garnish with chopped cucumbers, chopped peanuts, minced jalapeno and a coconut raita (generally it's made with cucumber - use coconut instead).