

Benefits of Sesame Oil

Sesame oil known as Til Tel in India is popular in Korea, China & South India. Sesame oil is known for its healing power. It has high levels of polyunsaturated Omega 6 fatty acid. It has vitamin E, and so is a great antioxidant. This oil is good for both internal & external use. It controls high blood pressure and is good for mouth rinse. It reduces the bacteria which causes gingivitis. It is good for some skin conditions like Psoriasis, Eczema & blemishes. It is good for the rejuvenation of the skin and increases the glow & fairness of the skin. Massaging with sesame oil reduces body pain and helps with insomnia and has been used in ayurvedic medicines for ages.

Recipe to prepare Kichadi

1 cup yellow spilt mung dhal

1 cup white rice

5 to 6 cups water

2 Tbs grated ginger

1 tsp turmeric

3 Tbs ghee or clarified butter

1 tsp cumin seeds

1 tsp black pepper corns

1. Wash rice. Mix mung dhal, rice and turmeric.

2. Add water. Cook mung dhal and rice in a heavy bottomed pot. Cover and bring to boil

3. Reduce heat, cover and simmer till dhal and rice are cooked. (well done)

4. Add salt.

5. Dry grind cumin and black pepper corns.

6. Season with ghee. To season add ghee in a small frying pan until hot. Add cumin seed/black pepper corn powder and grated ginger to the ghee. Stir and add to cooked rice/ mung dhal.

7. Stir well to let the seasoning mix well with the rice.

8. Kitchari is ready to be served.

Vegetables like carrots, peas, green leafy vegetables can be added with rice or boiled separately and added later before serving.