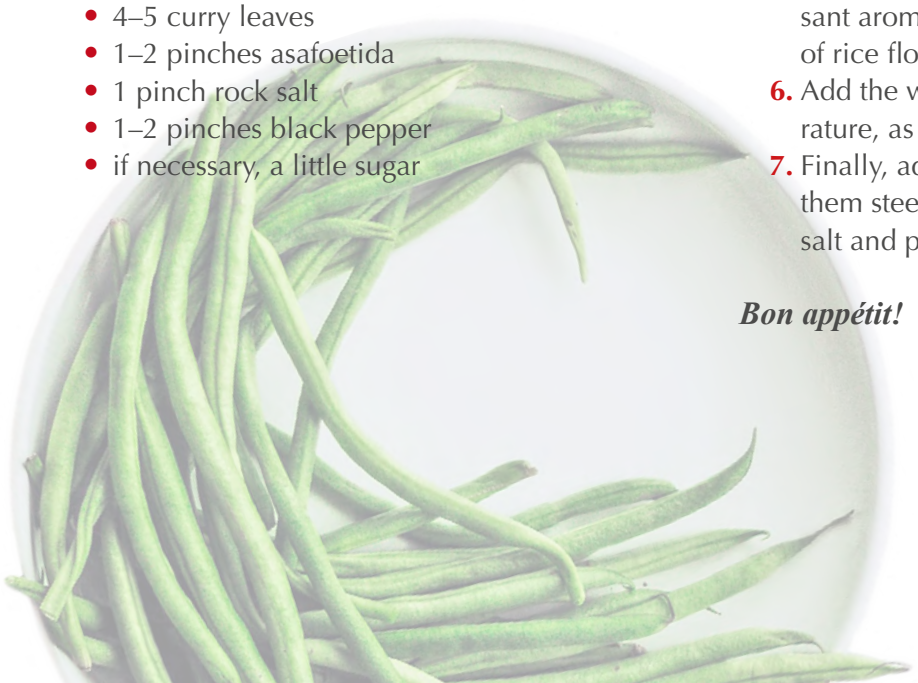
MAHARISHI AYURVEDA
HEALTH CENTRE BAD EMS
SINCE 1992

Kenya beans
in Kadhi sauce

Everyone in India knows and loves Kadhi sauce. Although people eat it regularly at home, it is rarely offered in restaurants.
Usually, the main ingredients of Kadhi sauce are yogurt and chickpea flour. For this recipe, we'll use rice flour. Kadhi sauce is slightly sour because of the yogurt – if it's too sour for your taste, you can simply add a little sugar, e.g. Sharkara or cane sugar.

Ingredients for 4 servings:

- kenya beans: one handful (ca. 70 g) per person
- 1 cup of organic natural yogurt 3,8%
- 1 tbsp. rice flour
- 1 tbsp. Ghee
- ¼-½ tsp. black mustard seeds
- ¼-½ tsp. ground cumin seeds
- ½ tsp. freshly grated ginger
- ¼ tsp. ground coriander
- ¼ tsp. turmeric
- 4–5 curry leaves
- 1–2 pinches asafoetida
- 1 pinch rock salt
- 1–2 pinches black pepper
- if necessary, a little sugar



Preparation:

1. Boil the kenya beans in salted water or steam them with a steamer insert.
2. Whisk the yogurt and a cup of lukewarm water well with a hand blender.
3. Mix about 2 cups of water with the rice flour and bring to a boil for a short time in a small saucepan.
4. Heat the Ghee in a frying pan. Add the mustard seeds and let them pop.
5. Now add the rest of the spices. When a pleasant aroma develops, add the boiled mixture of rice flour and water to the pan, stir well.
6. Add the whisked yogurt. Reduce the temperature, as it's better not to cook yogurt.
7. Finally, add the beans to the sauce and let them steep for a few minutes. Season with salt and pepper and a little sugar if needed.

Bon appétit!