



# Bharat Chai – A Made in India Blend Bharat Special Sattvic Khichdi with Kadhi

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Hon. Prime Minister  
Shri Narendra Modi Ji

# A Tribute to Our Honorable Prime Minister, Narendra Modi Ji: Celebrating India's Culinary Heritage



As a mark of respect and admiration for our Honorable Prime Minister, **Shri Narendra Modi**, we are honored to be requested to pay a tribute to his vision, dedication, and journey—from humble beginnings to leading the nation—with two special culinary creations: **Our Made in India Modi Chai and Modiji Special Sattvic Khichdi with Kadhi**.

Inspired by India's vibrant traditions and rich culinary heritage, these offerings symbolize purity, resilience, and the spirit of **Made in India**.

## **Bharat Chai – A Made in India Blend**

This bold and aromatic chai masala is more than just a tea—it's a tribute to the **humble beginnings and tireless hard work** of our Prime Minister. Just like a cup of chai unites people across India, this special blend reflects the warmth, strength, and depth of a leader who has risen from modest roots to guide a nation. Infused with the finest Indian spices, **Bharat Chai** is a celebration of India's rich spice heritage, offering comfort and wellness in every sip.

## **Modiji Special Sattvic Khichdi with Kadhi**

A wholesome, protein-packed meal made with **kulith dal, lobia, and fresh vegetables**, gently cooked in desi ghee and infused with homemade garam masala. Garnished with **paneer, hemp, and pumpkin seeds**, this nourishing dish is paired with a light and soothing **Sattvic Kadhi**, prepared with fresh yogurt and delicate spices—offering balance, purity, and holistic nourishment.

With every sip and every bite, we honor the spirit of **Atmanirbhar Bharat**, celebrating our roots, traditions, and the flavors that define India.  
**Jai Hind!**

# BHARAT CHAI

## A Made in India Blend

A bold and aromatic chai masala inspired by India's rich spice heritage, offering warmth, depth, and wellness in every sip.

## RECIPES



### INGREDIENTS FOR CHAI MASALA

- Cloves/laung - ¼ cup
- Green cardamom/elaichi - ¼ cup
- Black peppercorns/kali mirch - ¼ cup
- Fennel seeds/saunf - 1 tbsp
- Ceylon cinnamon stick/dalchini - 6-inch
- Dry ginger powder/sonth- 2 tbsp
- Nutmeg/jaiphal (freshly grated) - 1 whole
- Saffron strands/kesar - A pinch

### METHOD

1. Coarsely grind cloves, cardamom, peppercorns, fennel, and cinnamon.
2. Add dry ginger powder and grated nutmeg. Mix it well.
3. Store in an airtight container for up to a month.

### TO BREW THE PERFECT CHAI

- Boil a cup of water.
- Add ¼ tsp of Bharat Masala Chai, a few black tea leaves, and fresh lemongrass.
- Let it steep for 4-5 minutes.
- Add ½ cup A2 milk and a pinch of saffron. Bring to a boil.
- Strain and add ½ - 1 tsp jaggery powder as per preference and serve hot.
- For a stronger or spicier chai, adjust the masala quantity as per taste.
- To enjoy a lighter, caffeine-free version, skip the tea leaves and relish it as a spiced herbal infusion.

# BHARAT SPECIAL SATTVIC

## Made In India Khichdi with Kadhi

A wholesome, protein-rich Sattvic meal featuring kulith dal, lobia, and vegetables, lightly cooked in desi ghee and flavored with homemade garam masala. Garnished generously with paneer, hemp, and pumpkin seeds, this nourishing khichdi pairs perfectly with a light and soothing Sattvic Kadhi made from fresh yogurt and minimal spices.

## RECIPES



- **Preparation Time:** 10 minutes (excluding soaking time)
- **Total Time:** 30 minutes

### KHICHDI INGREDIENTS (SERVES 1)

- Bajra millet (soaked for 12-14 hours) - 1 tbsp
- Kulith dal/horse gram (soaked for 12 hours) - 2 tbsp
- Lobia/black-eyed peas (soaked for 12 hours) - 2 tbsp
- Peas - ¼ cup
- Beans (chopped) - ¼ cup
- Other mixed vegetables (carrots/bottle gourd/preferred) - ¼ cup
- Garam masala (homemade) - 1 tsp
- Cumin seeds - ½ tsp
- Turmeric powder - ¼ tsp
- Water (adjust as needed) - 1½ cups
- A2 desi ghee - 1 tsp
- Salt to taste

### FOR GARNISH

1. A2 paneer cubes (lightly toasted) - ¼ cup
2. Hemp seeds - 1 tsp
3. Pumpkin seeds - 1 tsp
4. Raw ginger (thinly sliced) - as required

### METHOD FOR KHICHDI

1. Heat desi ghee in a pressure cooker. Add cumin seeds and let them splutter.
2. Add soaked and drained kulith dal, lobia, and bajra. Sauté for a minute.
3. Add turmeric, garam masala, and salt. Mix well.
4. Add chopped vegetables and peas. Stir everything together.
5. Pour in water, close the lid, and pressure cook for 4 whistles.
6. Once done, let the pressure release naturally.
7. Garnish with sautéed paneer, hemp seeds, pumpkin seeds, and raw ginger slices.

## Sattvic Kadhi Recipe

(Serves 1)



### INGREDIENTS (SERVES 1)

- A2 curd (fresh, homemade) - ½ cup
- Gram flour/besan - ½ tbsp
- 1 cup water
- Cumin seeds - ½ tsp
- Cinnamon stick - 1 small
- Clove - 1
- Turmeric powder - ¼ tsp
- Curry leaves - 1-2
- Ginger (grated) - ½ tsp
- A2 desi ghee - 1/8 tsp
- Salt to taste

### METHOD

1. In a bowl, whisk curd and gram flour until smooth. Add water and mix well.
2. Heat desi ghee in a pan. Add cumin seeds, cinnamon, clove, curry leaves, and grated ginger. Sauté for a few seconds.
3. Pour the curd-gram flour mixture into the pan, stirring continuously to prevent curdling.
4. Add turmeric and salt. Let it simmer on low heat for 5-7 minutes, stirring occasionally.
5. Once slightly thickened, turn off the heat.

## TOTAL NUTRITIONAL INFO

Per Serving (Khichdi + Kadhi)



Calories  
**570Kcal**



Carbs  
**60g**



Protein  
**28g**



Fat  
**20g**

### DISCLAIMER

1. Always consult your healthcare provider if you experience sensitivities, digestive issues, or health concerns before trying new foods.
2. For those who prefer non-vegetarian alternatives, feel free to substitute or complement the recipe with high quality, hormone and antibiotic-free options such as chicken, salmon, freshwater mercury-free fish, or eggs—based on availability and personal preference. Mushrooms may also be added as desired.
3. Always adjust ingredients to suit your dietary requirements and sourcing standards.



These recipes have been created by Luke Coutinho and Team Luke.

We hope you like these recipes and tips and try them too!  
For more such innovative and healthy recipes, visit our  
recipe corner [here](#).

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**Disclaimer.** *If you have certain food allergies, avoid foods that may trigger a reaction. The information provided here is for educational and informational purposes only. Always consult your healthcare provider before making changes to your nutrition, lifestyle, or healthcare regimen, especially if you have existing medical conditions or are taking prescribed medications.*