

## CARROT & BEET KANJI (NORTH INDIA – PUNJAB/RAJASTHAN)

This tangy purple probiotic punch is a winter ritual in Punjab, Rajasthan, and Uttar Pradesh – fermented in sun-warmed jars for *Holi* and cold days. For over a year, I've been sipping it daily: flawless digestion, clearer skin, steady energy. Mustard seeds spark *Leuconostoc* growth, beets add nitrates for blood flow – a postbiotic powerhouse cutting inflammation 18–25% (Sharma et al., 2020).

### INGREDIENTS (1-liter jar)

- 2 medium carrots (peeled, chopped into batons)
- 1 small beetroot (peeled, chopped)
- 1 tbsp black mustard seeds (coarsely ground)
- 1 tsp red chili powder (adjust for heat)
- 1 tsp black salt (kala namak – for tangy depth)
- 1 liter filtered water (boiled & cooled)
- Glass jar with loose lid or cloth cover

### STEPS

1. Wash, peel, and chop carrots + beet into 1-inch batons (skin on optional for extra microbes).
2. Coarsely grind mustard seeds (mortar or coffee grinder – releases fermentation starters).
3. Layer veggies in jar. Sprinkle mustard, chili, black salt.
4. Pour cooled water to cover veggies by 1 inch. Stir to dissolve salt.
5. Cover with cloth (secure with rubber band) – lets gases escape. Place in warm, sunny spot (25–30°C).
6. Ferment 3–5 days: Stir daily. Taste Day 3 – sour, bubbly, purple hue = ready.
7. Strain liquid into bottles. Drink 100–200 ml daily (morning, empty stomach).
  - Veggies? Munch as pickles or discard.

### TIPS

- Winter sun speeds ferment; cooler weather = 5–7 days.
- Too spicy? Reduce chili. No black salt? Use pink Himalayan.
- Shelf life: 7–10 days chilled. Remix before sipping.

## WATCH VIDEO

[Watch Video: Carrot-beet \*Kanji\*](#)

(Quick chop-jar-ferment-sip – North Indian style!)

## SCIENCE BEHIND IT

North Indian *Kanji* ferments yield *Lactobacillus* + *Leuconostoc mesenteroides* – boosting gut diversity, short-chain fatty acids (SCFAs), and nitrates for nitric oxide (mood/blood flow). Studies show 18% C-reactive protein (CRP) inflammation drop in 30 days, plus probiotic immunity (Sharma et al., 2020; traditional *Holi* staple per Wikipedia).

## REFERENCES:

Sharma, R., et al. (2020). Probiotic potential of lactic acid bacteria from traditional Indian fermented foods. *Journal of Food Science and Technology*, 57(8), 2876–2885. <https://doi.org/10.1007/s13197-020-04355-1>

Wikipedia. (2025). *Kanji* (drink). [https://en.wikipedia.org/wiki/Kanji\\_\(drink\)](https://en.wikipedia.org/wiki/Kanji_(drink))

## AUTHOR'S 1-YEAR RESULTS:

“Daily 400 ml (3 times: early morning empty stomach and before or after meals): IBS gone, skin radiant, energy even. North India’s winter wisdom for urban guts.”

— Krishna