

Chapter 8

Recipes

~ Ayurvedic fare for health & well-being ~



Everyone should be his own physician. We ought to assist and not force nature.

Eat with moderation and with what agrees with your constitution.

Nothing is good for the body but what we can digest.

What medicine can produce digestion? Exercise

What will recruit strength? Sleep

What will alleviate in-curable ills? Patience

~ Voltaire ~

Dhal soup or sauce

(Red Lentils or Split Yellow Mung Beans)

Prep time: 20 minutes Cooking time: 1 hour Servings: 4
1 cup yellow mung dhal 2 tsp ginger (grated) 2 tsp ghee
¼ tsp hing 2 tsp Vata churna Pinch of salt

Soak the lentils for six hours and then place in sieve and wash under a cold tap until the water runs clear. Place in a large pan and add 1 litre of water. Bring to the boil for 15 minutes; add more water if the lentils are drying out. Turn the heat off and leave for one hour with a lid on. Now whisk the lentils until they form a creamy texture like scrambled eggs. Fry the spices for two minutes in 2 tsp ghee and then add to the lentils. Add salt/pepper just before serving (seaweed may be using instead of salt)

Variations

- Kicharee: Soak ½ cup Basmati rice with ½ cup lentils overnight (replaces 1 cup lentils)
- Spicy dhal: Add cumin seeds (1½ tsp), coriander seeds (½ tsp) Turmeric (½ tsp) cardamom seeds (½ tsp).
- Mint dhal: Add Pitta churna (1 tsp), dried mint (1 tsp) after whisking the lentils.
- Carrot dhal: Add grated carrot (2 cups) and 2 tsp chopped coriander during cooking.
- Carrot dhal II: Before serving add ½ cup of fennel juice, ½ cup of carrot juice and 2 tsp chopped coriander.
- Fennel dhal: Add grated fennel (1 cup) half way through cooking process.
- Vegetable dhal: Add mixed veg (three types - chopped small) half way through cooking process.
- Herb dhal: Add fresh herbs: basil (1 tsp), sage (1 tsp) or tarragon (1 tsp) half way through cooking process.
- Herb dhal II: Add grated carrot (1 cup), sage (½ tsp), thyme (½ tsp), oregano (½ tsp) during cooking.
- Coconut dhal: Before serving add coconut milk (200ml) or creamed coconut and nutmeg (pinch).
- Spinach dhal: Before serving add coconut milk (200ml) or creamed coconut and chopped spinach (2 cup).
- Coriander dhal: Before serving add coconut milk (100ml) or creamed coconut and fresh coriander (1 cup).
- Celery dhal: Before serving add some freshly chopped coriander and a ½ cup fennel or celery juice.
- Lemon dhal: Before serving add the juice of ½ lemon and 2 tbsp chopped parsley.
- Juice dhal: Before serving add one cup of fresh juice (carrot, fennel, celery).

Mung beans are sweet and astringent in initial taste, sweet in post digestive effect, energetically cooling and balancing to all three doshas. They are easily digested, particularly good for pitta types and excellent during the summer to combat heat. They are light on the digestion and calm and balance the mind (sattvic). They are refrigerant, antipyretic, alterative and haemostatic. They are good for febrile diseases, lung, liver, spleen and bleeding disorders, cancer, fever, heat stroke and alcohol detoxification. A plaster or poultice can be made from mung bean flour to draw toxins from the body and for treating burns, sores, inflamed or swollen joints, swollen breast, mastitis and breast cancer.

Basmati rice is sweet, both in initial taste and post-digestive effect, energetically neutral and balancing to all three doshas. It is easy to digest, a tonic for the body, soothing to the mucus membranes (demulcent) and nutritive (helps build the tissues) and mildly laxative. It is not clogging and very sattvic (clarifies and calms the mind). It is high in B-complex vitamins and generally well tolerated food in conditions of anorexia, poor digestion and vomiting. It is detoxifying and an excellent convalescence food; it is also good for breaking a fast. Kicharee, a combination of basmati rice and split mung beans, is an excellent staple diet for maintaining good health and in treating many diseases. However, bleached, refined rice is sticky and can increase kapha and ama in the body. Whilst brown rice is higher in nutritional status because it does not have the hull, bran and germ polished off, it is more perishable and much harder to digest. Therefore, Ayurveda sees white basmati rice as the preferred grain as its nutrients are more easily available and better assimilated by the tissues.

Sauces

Red pepper sauce I

1 red pepper - diced	½ tsp basil
1 courgette - diced	1 tsp salt
2 carrots - juiced	¼ pepper
1 tsp thyme	6 cups water
1 tsp oregano	1 cup soya milk

Bring everything (except milk & carrot juice) to boil and simmer for 30 minutes. Blend thoroughly and then add soya milk and juice.

Red pepper sauce II

1 red pepper - chopped	1 tsp nutmeg
1 cup soya milk or coconut milk	

Put pepper and nutmeg in a saucepan and cover with boiling water. Simmer until liquid has reduced to half. Place in liquidizer with the soya milk and blend until smooth. One cup of cooked red lentils may also be added if desired.

Watercress sauce

75 g watercress – washed thoroughly	1 tbsp coconut milk
1 cup cooked red lentils	Salt/pepper (opt)
1 ltr boiling water	

To the cooked lentils add the boiling water, bring to boil and add watercress. Simmer for 10 mins. and then liquidize with the coconut milk. Add salt/pepper to taste.

Pesto sauce

2 tsp ghee or olive oil	1 tbsp pumpkin seeds - ground
1 cup fresh tarragon/basil	¼ tsp hing (or 1 clove garlic if not on PK diet)
1 tbsp fresh parsley	

Blend all the ingredients until smooth. Serve with pasta or add 1 tsp Udo's oil and use as a salad dressing.

Asparagus sauce

½ courgette - chopped	Salt/pepper to taste (add before serving)
1 cup asparagus ends - chopped	1 bay leaf
½ cup coriander or basil	½ cup cooked lentils

Bring to boil and simmer until soft (except lentils). Remove bay leaf and add lentils. Blend until smooth.

Coriander sauce

1 cup fresh coriander	4 asparagus spears – chopped/steamed
1 cup fresh basil	1 cup warm soya milk
1 tsp fresh ginger - grated	Salt/pepper (opt)

Blend in a liquidizer until smooth and then add hot water if a more liquid sauce is desired.

Basil sauce

1 ½ cup fresh basil	1 tsp vata churna
1 cup fresh parsley	1 tsp ghee
2 M courgettes – chopped small	3 cups hot water
1 broccoli floret	1 cup warm soya or coconut milk
1 tsp fresh ginger	

Melt the ghee and add ginger and vata churna. Fry for ½ min and then add vegetables and 1C hot water. Bring to boil and simmer until liquid has been absorbed. Add parsley, basil and 2 cups hot water and bring to boil and simmer until liquid has halved. Blend with the milk in a liquidizer until smooth.

Churnas

(spice mixtures)

Vata

2 tsp cardamom
1 tsp cumin
1 tsp ginger
½ tsp cinnamon

½ tsp nutmeg
Pinch hing
Pinch salt (opt)

Pitta

2 tsp coriander
2 tsp fennel
1 tsp cumin
1 tsp cardamom
½ tsp ginger

½ tsp turmeric
¼ tsp cinnamon
¼ tsp stevia
Pinch salt

Kapha

2 tsp ginger
1 tsp black pepper
1 tsp coriander

½ tsp turmeric
¼ tsp cinnamon
Pinch salt

Chinese spice mix

1 tsp grated ginger
¼ tsp nutmeg
½ tsp cinnamon
½ tsp caraway seeds

Pinch black pepper
Pinch hing (asafoetida)
Dash of lemon or lime

Indian curry mix

1 tsp cumin
1 tsp cardamom
1 tsp turmeric

1 tsp coriander
Pinch hing (asafoetida)
Salt/pepper (opt)

Korma mix

2 tsp ground coconut
1 tsp ground almonds
1 tsp coriander
1 tsp ginger
1 tsp cumin

¼ tsp nutmeg
¼ tsp paprika
¼ tsp clove
¼ tsp cinnamon
Pinch hing (asafoetida)

Chutneys

Mint chutney

1 cup fresh mint leaves
2 tbsp grated coconut
1 tbsp sesame seeds (opt)
1 tbsp lemon juice

1 tbsp grated fresh ginger
1 tsp honey
¼ cup water

Place in a blender and blend until smooth.

Fruit chutney

½ cup fresh pineapple
1 apple
¼ cup raisins
¼ cup dates

¼ cup apricots
½ cup fresh coriander
¼ tsp turmeric
¼ tsp cayenne pepper

Chop the pineapple, apricots, dates and coriander. Place in a small pan and add the other ingredients. Cover with boiling water and simmer until almost all the liquid has gone.
For spicier chutney add 2 tsp kapha churna.

Kapha chutney

½ red pepper
1 tsp fresh ginger – grated
1 tsp kapha churna

Pinch hing or jerk
½ tsp honey (opt)
1 tsp pumpkin seeds - ground

Simmer pepper, ginger, churna and hing in 1 cup hot water until liquid has gone. Allow to cool and then add pumpkin seeds and honey.

Fig & pear chutney

6 dried figs – chopped
3 pears - chopped
¼ cup raisins

1 tbsp coriander - fresh
1- 2 fresh apricots - chopped
1 tsp Kapha churna

Place all the ingredients in a small pan and cover with boiling water. Simmer until all the liquid has gone.

Date & pear chutney

4 pears (dried) - chopped
8 dates
½ tsp paprika

1 tsp parsley - dried
¼ tsp ginger - ground
½ tsp French mustard

Place all the ingredients in a small pan and cover with boiling water. Simmer until all the liquid has gone.

Fresh green chutney

1 cup parsley/coriander- chopped
Juice of 1 lemon
¼ tsp cayenne pepper

¼ cup almonds - flaked
¼ cup water
Salt to taste

Place in a blender and blend on a low speed until smooth.

Dips

Avocado dip

1 avocado	¼ tsp hing
1 S tomato	Pinch salt/pepper
2 tsp lemon juice	

Place all the ingredients in a small bowl and mash thoroughly.

Soya bean dip

2 cups soya beans – soaked overnight	1 tbsp Udo's oil
Pinch hing	½ tsp salt/pepper (or cayenne pepper)
2 tsp chives	1 cup water & 2 tsp lemon juice

Cook beans for approx. 1½ hrs and then liquidise all the ingredients until smooth.

Cashew dip

¼ Avocado	1 tsp Udo's oil
S ginger piece – finely grated	Hing - pinch
1 tsp lemon juice	Salt/pepper (opt.)
⅓ cup cashew nuts - ground	

Add all the other ingredients together and then blend until smooth.

Almond & avocado dip

¼ avocado	1 tsp Udo's oil
2 tsp almonds – ground	Hing - pinch
2 tsp mint - chopped	Salt/pepper – to taste
2 tsp lemon juice	

Add the ingredients together and blend until smooth. Add more oil if needed.

Pine nut dip

½ cup pine nuts	1 tbsp yoghurt
½ cup almonds - ground	Salt/pepper to taste
1 tbsp pumpkin oil	

Add the ingredients together and blend until smooth.

Parsley dip

1 tbsp ground pine nuts	2 tbsp Udo's oil
1 tsp dried parsley or 1 tbsp fresh parsley	Hing - pinch
½ tsp cider vinegar	1 tbsp full cream (opt. Not on PK)
½ tsp honey (opt)	1 tbsp cold water

Add the ingredients together and blend until smooth.

Dressings

(flax, pumpkin or hemp oil may be used instead of Udo's oil)

Instructions: For the recipes below place ingredients in a blender and blend until thoroughly mixed.

Basil & orange dressing

1 tbsp Udo's Oil
1 tsp honey
1 tsp basil – fresh

Black pepper - pinch
1 tsp English mustard
2 tsp orange juice- freshly squeezed

Mint dressing

1 tbsp Udo's oil
1 tsp honey
2 tsp mint – fresh

2 tsp Balsamic vinegar
1 tsp English mustard
2 tsp yoghurt

Tarragon dressing

2 tbsp Udo's oil
1 tsp honey
2 tsp tarragon – fresh

2 tsp Balsamic vinegar
½ - 1 tsp mustard – whole grain

Tomato & mint dressing

1 tbsp Udo's Oil
1 S tomato

½ tsp English mustard
1 tbsp mint leaves - chopped

Ginger & basil dressing

3 tbsp Udo's oil
2 tsp honey
1 tsp ginger - fresh
3 tbsp basil – fresh
1 tsp lemon juice - fresh

½ tsp Balsamic vinegar
1 tsp cider vinegar
¼ tsp Dried mustard
1 tsp almond – ground (opt.)

Parsley & pumpkin dressing

4 tbsp Pumpkin or Udo's oil
¼ cup pumpkin seeds - ground
1 tsp honey
1 cup parsley – fresh, chopped

2 tsp cider vinegar
2 tbsp water
1-2 tbsp lemon juice - fresh

For a thicker consistency only use 2 tbsp of oil and no water – this makes a good 'dip'

Vegetables

Celery & aubergine

4 celery stalks - chopped	Pinch of turmeric
1 L aubergine - chunks	Salt & pepper (opt)
1 cup coriander - chopped	Ghee

Place ½ tsp of ghee in a wok, heat and add turmeric & celery. Fry for 2 mins, stirring all the time. Add ½ cup of hot water. Cook on medium heat until all the liquid has gone. Add the aubergine and half the coriander and fry for further 1 min. Add ½ ltr of hot water, bring to the boil, and then turn the heat to low. Cook until the vegetables are soft. Add the remaining coriander and salt/pepper and serve.

Aubergine & courgettes

1 L aubergine – thickly chopped	½ tsp turmeric
3 M courgettes – thickly chopped	1 tsp thyme
½ tsp oregano	1 bay leaf
1 tsp salt	1t basil
1 tsp beetroot – grated	1 tbsp ghee

Stir fry aubergine and courgettes in ghee for 1-2 mins.
Add all other ingredients and 2 cups hot water and simmer for 5 mins.
Add beetroot and turmeric just before serving.

Tasty broth

1 L celery stick	½ pineapple – diced
3 cauliflower leaves	1 cup fresh coriander - chopped
5 carrots - juiced	1t salt
Ginger root – 3 L slices	Pepper
1 tsp fennel seeds	

In 1½ ltr water simmer all ingredients until cooked (except the carrot juice and coriander) and then strain. Add coriander and carrot juice and then serve.

Vegetable stew

1 M butternut - chopped	1 fennel bulb - chopped
5 M carrots - sticks	½ tsp thyme
1 M aubergine - diced	½ tsp paprika
2 courgettes - diced	Salt/pepper

Dry-fry the herbs/spices in ghee and then add the carrots and fennel and 1 cup of hot water. When all the liquid has gone add the other vegetables and 1ltr hot water and cook for 30mins. Add salt/pepper to taste.

Spicy courgettes

2 M courgettes – thin strips	½ cup carrot juice
2 tsp ginger – grated	1 tsp ghee

Prepare the courgettes. Heat the ghee and fry the ginger until golden brown. Add the courgettes and continue to fry until they appear slightly browned – stir occasionally. Add the carrot juice and simmer until the courgettes are tender and the liquid has almost gone.

Spinach & celery

1 tbsp ghee	1 tbsp soy sauce
3½ lb spinach	1 tbsp tarragon
6 celery stalks - small pieces	1 tbsp thyme
1 tsp vata churna	½ tsp nutmeg - grated

Heat the ghee and sauté the spinach until tender. Barely cover with water and add everything but the nutmeg. Simmer for about 10 minutes. Serve warm with a sprinkling of nutmeg.

Chunky veg

1 aubergine	1 tsp kapha churna or jerk
2 courgettes	1-2 tsp ghee
4 baby mooli	

Chop the vegetables into large chunks. Mix the mooli and courgettes with the spices - leave for 15 mins. Heat half the ghee in a wok and stir-fry the aubergine for 1min and then remove and set aside. Add the rest of the ghee, courgettes and mooli to the wok and stir fry for 2 min. Add 1 cup boiling water and simmer until all the water has gone. Then add the aubergine and 2 cup of boiling water and simmer until all vegetables are cooked.

Glazed carrots

8oz carrots - sliced	1 tbsp soy sauce
½ tsp ghee	1 tsp maple syrup

Steam or boil carrots until tender and then stain. Heat the ghee in a frying pan and stir-fry the carrots until slightly browned. Add soy sauce and maple syrup. Toss and serve.

Curried sweet potatoes

2 sweet potatoes - cubed	½ tsp black pepper, salt and turmeric
½ leek stem- finely sliced	1 tsp kapha churna
1 garlic clove – chopped (or pinch hing)	Ghee

Boil sweet potatoes until almost cooked. Strain (keep the liquid). Heat the ghee in a wok, add the onion and garlic and fry until golden brown. Add the spices and stir for 1 min. Add potatoes and stir for 2 mins. Add the potato water, bring to boil and then turn heat down. Cook until liquid reduced to half. Place in an ovenproof dish, cook on gas mark 5, for ½ hr. Serve.

Fennel & red peppers

2 fennel bulbs – L chunks (steamed until almost soft)	Sesame seeds (opt)
1 red pepper – cut in strips	1 tsp ghee

Heat the ghee in a wok, add the sesame seeds and fry for 1 min. Add fennel and pepper and fry for 1-2 mins. with 1 cup hot water until soft. Serve.

Butternut puree

1 M carrot - chopped	Pinch nutmeg
1 M butternut – chopped	1 ½ ltrs hot water
1 M courgette - chopped	¼ tsp pepper
1 M fennel - chopped	

Place all the ingredients in a saucepan and cover with hot water. Bring to boil and simmer until water has almost gone. Liquidize or mash and serve hot as a side dish.

Curry dishes

Cauliflower curry

1 M cauliflower - florets	2 tsp ground cumin
2 M apples - chopped small	1 tsp ground ginger
1 tbsp sultanas	Salt/pepper to taste
2 M carrots - diced	½ tsp ground cinnamon
½ aubergine - chopped	1 cup coriander – fresh
2 tsp ground coriander	

Fry cauliflower in 1 tsp of ghee for 4 minutes, stirring occasionally. Add 1 cup boiling water and the other vegetables, keep the heat on high and stir slowly until all the water has gone. Stir in all other ingredients. Add 2 cup of hot water and simmer, stirring once or twice and adding more liquid if required. Add fresh coriander and serve.

Vata, pitta or kapha curry

1 apple - chopped	1t turmeric
2-3 dates - chopped	1 cup butternut squash – chopped
1 tsp ginger chopped	2 tsp churna (vata or pitta or kapha)
3 M fennel - chopped	1 tsp cumin
2 M carrots - grated	1 tsp cardamom
1 celery stick - chopped	1 ltr boiling water
6 green beans	2 tsp ghee

Coat vegetables with the herbs/spices and leave for 10-20 mins. Heat the ghee and dry-fry for 2 mins, stirring continuously. Add 1 cup boiling water and cook until liquid has gone. Add the rest of the water and bring to the boil. Simmer until the vegetables are cooked. Serve with rice.

Squash & fennel curry

1 M butternut squash - chopped	1t ground cardamom
2 cups fennel - chopped	1t salt
1 cup carrots - chopped	1t turmeric
3 cups water	1T fresh coriander - chopped
1t ground cumin	½ ltr coconut milk

Heat 1 tsp ghee and then add vegetables and herbs/spices. Add the water and bring to the boil - simmer for 25mins. Add the milk and simmer for a few minutes. Add coriander just before serving.

Sweet korma

½ red pepper - sliced	1t ground cardamom
1 courgette - sliced	¼ tsp nutmeg - grated
1 M aubergine - cubes	Salt & pepper
½ sweet apple - chopped	1 tsp Ghee
½ cup dates - chopped	2 tsp korma mix
½ cup raisins	1 cup coconut milk
1t fresh ginger - grated	

Melt ghee in a wok, add the red pepper and stir-fry for 1 min. Add ½ cup of water and cook until all the liquid has gone. Add the courgette and cook for 1 min. Then add the rest of the ingredients and ¼ ltr of water. Bring to the boil and then turn heat to low and simmer until the vegetables are cooked. Add coconut milk and simmer for 2 mins. Serve.

Rice dishes

Cooking rice: Place rice in sieve and wash thoroughly under tap – until water is clear. Add to saucepan and cover with water – 2cm above rice (for wild rice – first heat a little ghee in a saucepan, add rice and stir-fry for 1 min. Add 1 cup hot water and cook until liquid has gone). Bring to boil and simmer with lid on for approx. 15 mins. Remove lid and cook for a further 2 mins. Serve.

Coconut-sesame rice dish

2 C Basmati rice	¼ tbsp sesame seeds
2 tsp ghee	¼ tbsp desiccated coconut
Water	Coriander - chopped
1 tsp salt	

Cook rice for about 15 mins and remove from heat. In separate saucepan heat ghee and add the sesame seeds and coconut - stir until they darken slightly. Pour immediately into cooked rice and toss with coriander. Serve.

Aborrio rice

2 cups aborrio rice	4 saffron strands
Salt & pepper	½ tsp turmeric
2 tsp olive oil	

Cover rice with water. Fry the saffron strands, turmeric, black pepper in the olive oil to release the flavour and add this to the rice. Cook the rice. Serve.

Mediterranean risotto

1 ½ cups basmati rice	1 tsp salt
3 ½ cups mixed veg	Black pepper - pinch
2 bay leaves	2 tbsp ghee or olive oil
1 tsp turmeric	2 tbsp pesto (basil)
½ tsp thyme	12 black olives
½ tsp basil	1 tsp oregano

Briefly fry all the herbs in the ghee/olive oil. Add the chopped vegetables (except olives) and stir-fry for 1 min. on a high heat. Add 1 cup boiling water and simmer until the vegetables are cooked.. Cook Basmati rice separately with turmeric and add to the vegetables when cooked. Add olives and serve.

Indian pilau rice

2 cups basmati rice	2 bay leaves
3 cups mixed vegetables - diced	1 tbsp ginger - grated
1½ tbsp raisins	1 tsp cinnamon
3 cloves	1½ tsp turmeric
1 tbsp cumin seeds	3 cups water
1 tsp fenugreek seeds	3 tsp ghee
1 tsp cardamom	

Fry the spices in the ghee until the cumin seeds have darkened. Add the vegetables and ½ cup hot water and dry-fry for 5 minutes. Add the rice and turmeric and continue to stir-fry for a few minutes. Add the salt and water, bring to boil, cover and turn down low. Leave to cook for 20 minutes.

Grain dishes

Buckwheat, bulgur wheat, millet, cracked wheat, rye, quinoa: Heat a little ghee in a wok and stir-fry grain for 1 min. Add one cup of hot water and cook until the liquid has gone. Repeat this process until all the grain is soft. Add herbs/spices.

Barley: Wash barley, place in saucepan and add water (1 litre per cup). Bring to boil and simmer for 15 mins. Strain off liquid (can be put in flask and used as a herbal tea) and add to soup or main meal.

Plain Couscous: Cover with boiling water – it is fully cooked once all the water has been absorbed. For a spicy couscous heat a little ghee in a wok, add herbs/spices and couscous and stir-fry for 1-2 mins. before adding boiling water.

Couscous & carrot

4 oz couscous	2 tsp soy sauce (not on PK diet)
1 red pepper - chopped	Hing (asafoetida) - pinch
3 carrots - grated	½ tsp paprika
½ cup of fresh peas	Salt & pepper
1 tsp cashew nuts – ground (not on PK diet)	Ghee or olive oil
1 tsp pumpkin seeds - roasted	½ ltr hot water
1 tsp ginger -grated	

Heat the ghee in a wok and then add the pepper, carrots, peas and ginger. Fry for approx 2 mins. Add the cashew nuts and pumpkin seeds and fry for a further 2 mins. Add 2 cups of hot water and cook on a med. heat until the vegetables are soft and the liquid has almost gone. Add the hing, paprika, salt, pepper and couscous and stir together. Stir in the rest of the water. The couscous should have absorbed all the liquid and be separated. Place in small to medium sized bowls, compress and then turn out on plates.

Nut loaf

1 cup millet	½ cup cashew nuts (not on PK diet)
1 cup red lentils - cooked	1 tsp sesame seeds
2 broccoli florets	1 inch ginger - fresh
½ S fennel	1 tsp sage - ground
½ red pepper	1 tsp oregano
½ yellow pepper	Salt/pepper - pinch
½ cup sunflower seeds	2 tsp ghee

Put all the seeds, nuts, vegetables herbs/spices into a food processor and grind. Heat ghee in a wok and add millet – stir-fry for 2 mins. Add 1 cup boiling water - when liquid has gone repeat process twice more. Turn heat off, add the other ingredients and turn into oiled loaf tin – cover with foil. Bake at gas 6 for 45 – 90 mins (or until it slightly shrinks from sides). Remove from oven and let cool for 5 mins. Remove from tin and leave to stand for a further 5 mins before serving.

Country loaf

1 tbsp basmati rice	½ leek (but not if on PK diet)
1 tbsp red lentils	½ cup fresh basil
1 cup mixed ground seeds	Salt and pepper
½ red pepper	

Cook the rice and lentils and then place one cup of this in a food processor with the rest of the ingredients. Blend until it resembles a cake mixture and then place in an oiled loaf tin. Cover with foil and bake at gas 6 for 45 – 90 mins (or until it slightly shrinks from sides). When firm and almost ready remove foil and bake for a further 5 mins. Remove from oven and let cool for 5 mins. Remove from tin and leave to stand for a further 5 mins. As an alternative the loaf tin may be lined with spinach leaves before the mixture goes in.

Soups

Vegetable stock

½ cup peas - fresh	1 carrot - chopped
1 celery stalk/leaves -chopped	½ red pepper - chopped
¼ cup parsley - chopped	4 ½ cup water

Bring all the ingredients to the boil and then cover, reduce heat and simmer until tender. Either strain out the vegetables or puree them into the stock.

Cream of asparagus soup

300g asparagus	1 cup coriander - fresh
3 cup coconut or seed milk (see milk recipes)	1 tsp ghee
1 tbs pumpkin seeds - ground	Salt/pepper - to taste

Steam the asparagus until tender and then cut off the tips and set aside. Heat the ghee in a small pan, add the hing and ground pumpkin seeds and sauté on a low heat for 30secs. Stir while adding a little water to make a paste. Add the milk and stir for further 30 secs. Place in a blender with the asparagus stems and coriander and blend until smooth. Reheat if necessary and then add the asparagus tips before serving.

Celery soup

1 celery head - chopped	1 tsp parsley
½ cup red lentils - cooked	9 cups water
½ cup rice	1t ghee
1t dill	5 M carrots - juiced
1 cup soya milk	

First cook the lentils. Then melt the ghee in a separate pan and then add herbs, celery, rice and 1 cup of hot water - bring to the boil and simmer until all the liquid has been absorbed. Add the rest of the water and the lentils and then bring to boil again and simmer for 45 mins. Finally, liquidize with the soya milk and carrot juice and serve garnished with fresh herbs.

Rice & celery soup

1 celery - chopped	1t celery salt
4 celery stalks - juiced	2 tsp fennel - ground
½ fennel – juiced	1t ghee
½ cup rice	1 cup soya milk
1t ginger - grated	

Cook the rice. Heat the ghee and add the rice, ginger, celery. Fry for 1 min. and then add 1 cup boiling water – cook until liquid has evaporated. Add ground fennel and 1 ltr of boiling water - simmer until celery is tender. Add the celery juice, fennel juice, soya milk and salt (blend for a smoother soup).

Spinach soup

½ cup cooked basmati rice	1 tsp nutmeg - grated
500g spinach (juice 250g)	1 tsp ghee
½ cup soya milk	

Steam half the spinach until tender. Heat the ghee and add nutmeg and rice – stir fry for one min. Add 1 ltr hot water and bring to boil. Add spinach and simmer for 2 mins. Add milk and spinach juice and serve. Add salt/pepper to taste.

Vegy broth

5 carrots - juiced	4 celery sticks
3 cauliflower florets - chopped	1 tsp dried dill
1 courgette - diced	1 carrot - diced
½ red pepper - diced	4 raisins

Add to 1 ltr water and simmer until vegetables are soft. Add juice, blend and serve.

Butternut squash soup

1 M butternut - chopped	½ tsp ground ginger
½ cup red lentils	1 tsp ghee
1 tsp nutmeg	Salt/pepper to taste
Cinnamon – pinch	3 tbsp coriander - chopped
1 tsp vata churna	

Heat the ghee and then add the herbs (except coriander) and squash and fry for one minute. Add the lentils and 1 cup of boiling water. Boil until liquid has gone and then repeat twice more. Add 1 ½ litres of boiling water and simmer until cooked. Blend the soup very thoroughly and add the coriander.

Sweet potato & squash soup

2 M sweet potatoes - diced	Salt & pepper
1 M butternut squash - diced	1 bay leaf
1 tsp basil	1-2 tsp ghee (optional)
Nutmeg - 2 pinches	2 tbsp milk or soya milk
½ tsp ground ginger	2 tbsp parsley or coriander - chopped

Place all ingredients except the milk in a pan and cover with water. Bring to the boil and simmer for 35 - 45 mins until soft. Add the ghee and milk and blend. Add the chopped herbs and serve.

Thermos flask lunch

¼ cup yellow mung dhal	Salt/pepper
¼ cup basmati rice	1 tsp ghee
1 ½ cup mixed vegetables – chopped	1 ½ ltr boiling water
Herbs/spices to taste	

Heat the ghee in a saucepan and stir-fry the herbs/spices (cumin, ginger, coriander, dill etc) for 1 min. Add the other ingredients, stir and then add 2 cups of the boiling water. Rapidly cook until most of liquid has gone. Add the rest of the hot water, bring to boil for 2-3 mins and then pour into flask. Leave enough gap at the top of the flask for rice/lentils to cook and swell. Ready in 3-4 hours. Shake well before opening flask to mix contents thoroughly.

Carrot & red lentil soup

2 cups carrot juice	1 tsp fresh ginger - grated
½ kg carrots - grated	1 tsp cumin
2 L vegetable stock or water	1 ½ tsp vata churna
1 cup red lentils	½ tsp cardamom
2 M fennel – chopped small	Hing - pinch
1 cup fresh coriander	1 tsp ghee

First cook the lentils (see 'dhal' cooking instructions). Then coat the vegetables with the herbs and leave for 10 mins. Next, heat the ghee and fry the vegetables for 2 mins. Add 2 cups stock or water, bring to boil and simmer until liquid has almost gone – stir occasionally. Add to the cooked lentils and simmer until vegetables are soft. Liquidize half the soup with ⅓ cup coriander and carrot juice; return to pot and cook for a further 2 mins. Garnish with coriander, salt, pepper and a little coconut milk if desired.

Hearty vegetable & red lentil soup

2 carrots - grated
1 celery stick – chopped small
2 courgettes – chopped small
2 cups red lentils
1 bunch asparagus - chopped
½ cup fresh coriander

1 tsp fresh ginger - grated
200 mls coconut milk
2 tsp vata churna
Hing - pinch
1-2 tsp ghee

First cook the lentils (see ‘dhal’ cooking instructions). Heat the ghee in a wok and dry-fry the hing and ginger - add the celery and stir. Add 1 cup hot water and cook until the water has been absorbed. Add the carrots and courgettes and another cup of hot water. Whilst this is gently cooking, steam or simmer the asparagus and then add this to the rest of the soup mixture along with the vata churna and 1 ½ L hot water. Bring to the boil and simmer until the vegetables are soft. Add the coconut milk and coriander, simmer for 2 mins. and serve. Add salt/pepper if desired.

Peya soup

½ cup basmati rice
½ cup split yellow mung beans
2 tsp fresh ginger – grated
½ cup fresh coriander
¼ tsp turmeric

½ tsp cumin
salt/pepper
½ tsp coriander
½ tsp cardamom
1 tsp ghee

Soak the rice and beans overnight (red lentils may be substituted if split yellow mung beans are difficult to obtain). Place the rice/dhal in a sieve and wash thoroughly under a cold tap until the water is clear. Cook the mixture as basic dhal (see dhal section) but adding more water near the end to make a thin soup – it should then be simmered for 20 minutes more. Fry the ginger, turmeric, cumin, salt/pepper, coriander, and cardamom in the ghee and then add to the dhal mixture. Mix in most of the fresh coriander but save a little to use as a garnish.

Desserts

Baked pears & apples

1 apple or pear - cored
4 dates - quartered
2 tbsp raisins

2 dried apricots - quartered
2 cups apple juice

Mix the dried fruits together and pack them into apple core. Place in a small ovenproof dish and pour over the apple juice. Cover and bake at gas 5/160 C for 30 minutes, checking after 15 mins (apples sometimes take longer).

Apricot fool

2 cups dried apricots (soaked)
½ vanilla pod

1 apple
½ cup soya milk

Cover fruit with water, add vanilla pod and bring to the boil. Simmer until all the liquid has gone, remove vanilla pod and add milk. Liquidise until smooth. Serve.

Mango dream

3 very ripe mangos

100 mls coconut milk

De-stone the mango and place in a blender with the coconut milk. Blend until smooth.

Mango & pawpaw

1 pawpaw
6 red grapes

1 mango

Liquidise the grapes and pawpaw. Place in serving dish. Liquidise mango and pour over pawpaw/grapes.

Almond delight

1 tsp honey
1 cup almonds (soaked overnight)

2 tsp yoghurt

Dry the almonds and place in a grinder - grind into small pieces. Mix with the honey and yoghurt. Top with a sprig of mint.

Strawberry delight

6 strawberries
1 tsp maple syrup

1 tbsp Udo's oil
1 tsp coconut milk

Liquidise all the ingredients and use as a fruit topping.

Herbal teas

Digestive tea (drink during meals)

2 tsp cardamom seeds

2 tsp fennel seeds

Add seeds to flask and add 1 ltr boiling water.

Post digestive tea (for after meals)

2 cups of boiling water

1 tsp fennel seeds

1 tsp coriander seeds

1 tsp cumin seeds

Place seeds in blender and blend for 30 secs. Add water and blend for further 30 secs. Strain and serve.

Ginger tea

1 ltr boiling water

4 slices fresh ginger

Place ginger in flask and add boiling water.

Hibiscus tea

1 ltr boiling water

2 tsp hibiscus

1 cinnamon stick

1 tsp grated fresh ginger

Bring water to the boil and add all the ingredients.

Cover and turn heat to low. Simmer for 10 mins.

Strain and serve unsweetened (or add ½ tsp honey when tea has cooled to body temp). This tea is excellent for relieving and preventing cold/flu (as a preventative add more ginger to the mix).

Ajwan tea

½ ltr boiling water

½ tsp ajwan seeds

Pour boiling water over seeds and let sit for 5 mins.

Strain serve unsweetened (or add ½ tsp honey if desired)

This tea is good for relieving lung congestion but be careful if you have asthma.

Raisin tea

½ cup washed raisins

Place raisins in flask and add 1 litre of boiling water. Allow to steep for 15 minutes. Raisins can be eaten after you've finished drinking the tea.

Barley tea

½ cup organic barley

Soak barley for ½ hour and then rinse. Place the barley and 1 litre of water in a saucepan and bring to boil. Simmer until soft and then strain into flask. The cooked barley can be used in soup.

Vata tea

½ tsp whole cumin seeds
½ tsp whole coriander seeds
½ tsp fennel seeds
3 pinches of ashwagandha root powder
1 pinch whole-root licorice powder

Boil 1 litre of water. Add spices and cover to steep. Pour it into your thermos and drink throughout the day. Drinking beverages at a warm temperature is best for Vata types.

Pitta tea

2 pinches of Indian Sarsaparilla powder
¼ tsp cumin seeds
2 pinches of licorice powder
½ tsp. fennel seeds
½ tsp coriander seeds

Boil 1 litre of water. Add spices and cover to steep. Pour it into your thermos and drink throughout the day. Let the water cool to room temperature before drinking as this is best for Pitta types.

Kapha tea

2 thin slices of fresh ginger root
2 basil leaves
2 whole cloves
½ tsp whole cumin seeds
2 pinches licorice powder

Boil 1 litre of water. Add spices and cover to steep. Pour it into your thermos and drink throughout the day. Drinking beverages at a warm to hot temperature is best for Kapha types. Sip during and after meals.

Detoxifying tea

¼ tsp. whole cumin
½ tsp whole coriander,
½ tsp whole fennel

Boil 1 litre of water. Add to the spices and let steep for ten minutes with the lid on. Strain out the spices and pour water into a thermos and sip throughout the day.

Lassi & Raita

Plain lassi

1 cup yoghurt
3 cup water

Sugar (or jaggery) to taste
½ tsp cardamom

Whisk together and serve. For warding off gas and bloating add 1 pinch ground ginger, 1 pinch ground cumin, 1 pinch ground coriander, 1 pinch salt and drink after lunch.

Lassi zinger

½ cup yoghurt
1 cup water
2 tsp honey
Pinch cinnamon

Pinch ginger powder
Pinch black pepper
Pinch ground cumin
3 cardamom seeds

Blend all the ingredients. This drink has a kick and is best for kapha types (pitta types beware!).

Mango lassi

1 cup yoghurt
Pulp of 1 mango
½ tsp cardamom

¼ tsp nutmeg
2 tsp honey
3 cup water

Whisk together and serve.

Banana lassi

1 cup yoghurt
1 banana
2 tsp maple syrup

½ tsp cardamom
3 cup water

Whisk together and serve.

Raita I

1 cup cucumber
1 tbsp yoghurt

1 cup salted water

Finely chop the cucumber and cover with salted water for 10 mins. Strain through a sieve and with the back of a spoon carefully squeeze out excess moisture. Mix in the yoghurt and then blend briefly or fork mix. Add salt/pepper to taste.

Raita II

¼ tsp freshly roasted ground cumin

1 cup plain yoghurt

Stir in most of the cumin and sprinkle rest on top. Cover and refrigerate for 30 mins before serving. Add finely shredded carrots or radishes (or other vegetable) if desired.

Fruit & vegetable juices

Homemade fruit & vegetable juices

A delight to the taste buds and an elixir of life to the body. They contain an abundant supply of vitamins, minerals, antioxidants, and nutritional enzymes and are easily digested by the body. One or two pints of juice per day can be consumed but raw/cooked fruits and vegetables should also form part of a daily diet to help cleanse the colon and keep it functioning properly.

Vata balancing juices:

Apple (good for headaches, asthma and arthritis)
Lemon & ginger (good for migraines)
Beetroot, carrot & cucumber (good for headaches and weight loss)
Apple, guava & potato (good for insomnia)
Grape (good for rheumatism, dry skin, constipation)
Beetroot (good for gaining weight and as a liver cleanser)
Apricot, cranberry, orange, peach, pineapple, pomegranate (variety of combination)
Asparagus, carrot, cucumber, green beans, turnip, pumpkin (variety of combinations)

Pitta balancing juices:

Carrot & ginger (good for eyes)
Carrot & Spinach (purifies the blood and good for weight loss)
Watermelon (refreshing & cooling)
Peach, pineapple, pomegranate, prune, apple, grape (variety of combinations)
Asparagus, celery, potato, cucumber, peas, leeks, cabbage (variety of combinations)

Kapha balancing juices:

Grape (good for constipation)
Carrot, cucumber & celery (good for weight loss)
Orange, pomegranate & papaya (reduces constipation)
Apples, pears, berries, cherries, peaches, prunes, mangoes (variety of combinations)
Asparagus, carrot, potato, celery, spinach (variety of combinations)

Other drinks & digestives

Hot water

Boil water, preferably distilled, and then pour into a small, stainless steel flask. Small sips should be taken frequently throughout the day. Hot water reduces toxicity/impurities in the tissues and is very good for digestion and weight loss. It is balancing to the physiology of all body types and is a general cleanser and purifier of the body. Add fresh ginger, lemon or peppermint for extra flavour if desired.

Nourishing milk drink

1 cup of organic milk	8 – 10 raisins
2 tsp of root ginger	Pinch of turmeric
Pinch of cardamom	½ tsp Ghee
½ inch of vanilla pod	Pinch of nutmeg

Place all the ingredients (except ghee) in a heavy bottomed, stainless steel saucepan. Bring slowly to the boil and simmer for two minutes, stirring continuously. Add ghee, pour into cup and drink slowly. Soya or rice milk may be used for those who are lactose intolerant. Boiling milk breaks down it's proteins making it much easier to digest and causing less congestion/mucus than if taken cold – it should not be taken with meals but alone for breakfast and/or before bedtime.

According to Ayurvedic texts milk is rejuvenating, strengthening and nourishing – it also soothes the mind and promotes longevity. It is high in calcium and, contrary to popular belief, has been shown to lower cholesterol levels. Even people diagnosed with lactose intolerances are able to digest small quantities of boiled milk, especially once the above ingredients are added.

Ginger pickle

½ tsp ginger	grated
½ tsp lemon juice	freshly squeezed
½ tsp honey	cold-pressed/organic
Salt	pinch

The above is enough for one serving but it is far more convenient to make one week's supply at a time. To do this, simply grate enough fresh ginger to fill half a jam jar, cover with lemon juice and store in a refrigerator. Twenty minutes before lunch and evening meal take 1 tsp. of the ginger/lemon mix, add honey (to taste) and a pinch of salt.

Taking ginger pickle regularly helps maintain a strong, healthy digestion and improves the metabolism/assimilation of nutrients from the food you intake. From an Ayurvedic standpoint, it contains all six tastes (sweet, sour, salty, bitter, pungent and astringent) required to satisfy the palate and leaves the body feeling balanced and satisfied after eating.

Date recipe

Soak 10-15 dates overnight. Cook for 10-15 minutes, remove stones and then blend with 1 tsp ghee and a pinch of cardamom. This is good with breakfast or as an afternoon pick-me-up as it feeds and nourishes the physiology on a very deep level.

Milk Drinks

(Add to soups, deserts, breakfast cereals & sauces)

Coconut milk

500ml hot water 180g coconut – grated

Puree the water and coconut in a blender until fairly smooth and allow to stand for 10 minutes. Line a sieve with a piece of muslin and strain the liquid through it. Squeeze out any remaining liquid from the cloth. This drink is balancing for vata and pitta dosha types.

Almond milk

½ cup almonds
500 – 700mls water (hot or cold)

Soak the almonds overnight in a little water. Drain and then grind the nuts and then place in a blender with the water and mix until smooth.

Pumpkin or sunflower seed milk

½ cup pumpkin seeds (or sunflower seeds)
500 - 700mls water

Grind the seeds and then place in a blender and mix until smooth.

Soy milk

170g soya beans
1 ltr water (hot or cold)

Clean the beans and soak overnight in plenty of water. Puree the beans and water in a blender until smooth and then strain the mixture through a muslin cloth. It may be stored refrigerated for up to a week.

Ghee

Making ghee at home

- Place 2 lb of UNSALTED, organic butter into a heavy bottomed, stainless steel saucepan and slowly melt on a low heat.
- Continue to cook slowly, keeping a wary eye all the while as it burns easily if heated too fast or on too high a heat. Bubbles will be seen rising to the surface and a residue of milk solids will be seen forming on the surface. This usually clears in the middle allowing you to observe the liquid changing colour beneath and milk solids forming on the base of the pan.
- When ready (about 30 mins), the ghee turns a transparent golden brown colour and bubbles begin to stop rising to the surface (*the bubbles are the water content of the butter evaporating*). The ghee burns very quickly at this stage so remove from the heat as soon as the milk solids on the bottom of the pan begin to turn brown and most of the bubbles have stopped rising.
- Wait until the ghee has cooled but is still in a liquid form and then strain the ghee through a piece of muslin cloth into a suitable container - jam jars work well.
- Ghee has a long shelf life if stored in tightly sealed jars. Refrigeration is unnecessary.

Why is it so good for you?

- Ghee is cow's butter with the milk solids and water content removed and is a very pure food. It aids digestion, strengthens the body, increases energy levels, improves memory and brain functioning and increases longevity.
- It strengthens and balances the physiology but doesn't raise cholesterol or clog the liver and arteries. This is due to its chemical makeup - predominantly short-chain fatty acids which are easily absorbed, assimilated and metabolised by the body for energy release. Ghee is high in antioxidants (free radical scavengers) and high in monounsaturated fatty acids, which are associated with the prevention of cancer and heart disease. It also contains linoleic acid, a chemical that may have anti-carcinogenic properties, as well as vitamins A, D, E & K.
- Taking 1 tsp to 2 tbsp daily will greatly improve your health but any more than that will start to have the opposite effect and reduce digestive efficiency.
- Ghee can be spread on toast, used to fry herbs and spices or simply added to vegetables during cooking. It can also be used medicinally to help heal burns, reduce skin inflammations and on haemorrhoids and eczema where it is especially effective combined with equal parts of pure Aloe Vera gel.

How to make chapatis

Ingredients:

1 cup chapatti flour

Cold water

- Mix the chapatti flour with enough water to make a soft dough ball.
- Knead for two to five minutes.
- Cover the dough with a small damp towel/kitchen roll.
- Leave in the fridge for half an hour.
- Knead the dough again for two to five minutes.
- Divide dough into four to six small balls.
- Roll each ball into very thin saucer-sized chapattis on a 'floured' board.
- Heat a flat skillet or frying pan (med. heat).
- Place one chapatti on the skillet for approx. 30 secs.
- Turn over with a fish slice and heat until it begins to rise a little.
- Turn the chapatti over again and remove once it has risen slightly.
- Repeat this process with the rest of the chapattis.
- Serve with a drizzle of ghee or Udo's oil.

(opt: Vata churna can be added to the dough mix at the start of the process)

For the kitchen

Implements

Oscar Juicer
Water Distiller

Blender
Food Processor

Grinder
Wok

Herbs

Aniseed
Asafoetida (hing)
Basil
Bay Leaves
Black Pepper
Caraway Seeds
Cardamom
Cardamom Seeds
Cayenne
Cinnamon
Cinnamon Sticks
Cloves
Coriander

Coriander seeds
Cumin
Cumin Seeds
Curry Powder
Dill
Fennel
Fennel Seeds
Fenugreek
Ginger
Hibiscus
Mint
Mustard Seeds
Nutmeg

Oregano
Paprika
Parsley
Peppercorns
Rosemary
Saffron
Sage
Tarragon
Thyme
Turmeric
Vanilla Pods

Dried fruits

Apricots
Dates

Figs
Pears

Raisins
Sultanas

Grains/pulses/lentils

Aborio Rice
Barley
Basmati Rice
Buckwheat

Bulgur Wheat
Chapatti Flour
Couscous
Gram (chickpea Flour)

Millet
Red Lentils
Yellow Mung Dhal

Nuts/seeds

Almonds
Cashew Nuts

Pine Nuts
Pumpkin Seeds

Sesame Seeds
Sunflower Seeds

Oils

Flax
Ghee

Olive
Pumpkin

Sunflower
Udo's

Miscellaneous

Honey
Jaggery
Maple Syrup
Date Syrup
Steva Extract
Balsamic Vinegar
Black Olives
Celery Salt

Cider Vinegar
Desiccated Coconut
Mustard
Pesto
Soy Sauce
Salt
Coconut Milk
Oat Milk

Rice Milk
Soya Milk



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