

Kitchari

- a feast for yogis,
kings & sadhus
alike

Serves 4-6 - preparation and cooking time 40 minutes



All you need is

- 1 cup (240 gr) split yellow mung beans
- 1 cup (240 gr) basmati rice
- 7 cups (1680 ml) water (you may add more later for desired thickness)
- 1 cup sweet potato (orange)* (180 gr) cubed into 1 inch (2.5 cm) pieces
- 1 cup cauliflower* (200 gr) cut in small florettes
- 1 cup zucchini (courgette)* (180 gr) cubed into 1 inch (2.5 cm) pieces
- 1 cup tomatoes (160 gr) chopped in small pieces
- 2 tbsp (20 ml) ghee or oil
- 1 1/2 tsp (7.5 ml) turmeric
- 1 tsp (5 ml) cumin seeds
- 1/2 tsp (2.5 ml) dark mustard seeds
- 1 green chili, seeded and finely chopped
- 1 tbsp freshly grated ginger
- 1 tsp (5 ml) asafoetida
- 1 tbsp coriander powder
- 1 tbsp salt (15 ml or to taste)
- Fresh coriander (cilantro) leaves to garnish
- Lime slices to garnish
- Plain yoghurt to garnish

*Potato, cauliflower and zucchini (courgette) substituted for other veggies such as bell peppers,

The way

1. Rinse beans and rice until water runs clear.
2. Bring beans, rice, water and turmeric to medium-low, keeping a soft boil to breakdown and become soft (10-15 minutes).
3. Stir occasionally, watch for and remove scum from the top of the boiling water.
4. Once soft, add potato and cauliflower. It will boil again, cook for a few minutes until soft. Turn heat down low, and add zucchini (courgette). Check for salt. Add more if needed. Add water. Stir the bottom so it doesn't stick to the bottom of the pot.
5. Put ghee or oil in small saucepan on medium heat. Add mustard and cumin seeds until they pop. Turn heat down slightly, add ginger and chilies. Add asafoetida and coriander powder stirring for a few seconds.
6. Stir this spice mixture into the kitchari and simmer.
7. Prepare garnishes, then stir them in.

Note: The ancient practice of fasting on kitchari, or a "kitchari fast", is considered extremely easy to digest and is said to purify the body.

Offered by Raghava ji

Kitchari

fast for yogis, and sadhus alike



- 1 1/2 tsp (7.5 ml) turmeric
- 1 tsp (5 ml) cumin seeds
- 1/2 tsp (2.5 ml) dark mustard seeds
- 1 green chili, seeded and finely chopped
- 1 tbsp freshly grated ginger
- 1 tsp (5 ml) asafoetida
- 1 tbsp coriander powder
- 1 tbsp salt (15 ml or to taste)
- Fresh coriander (cilantro) leaves to garnish
- Lime slices to garnish
- Plain yoghurt to garnish

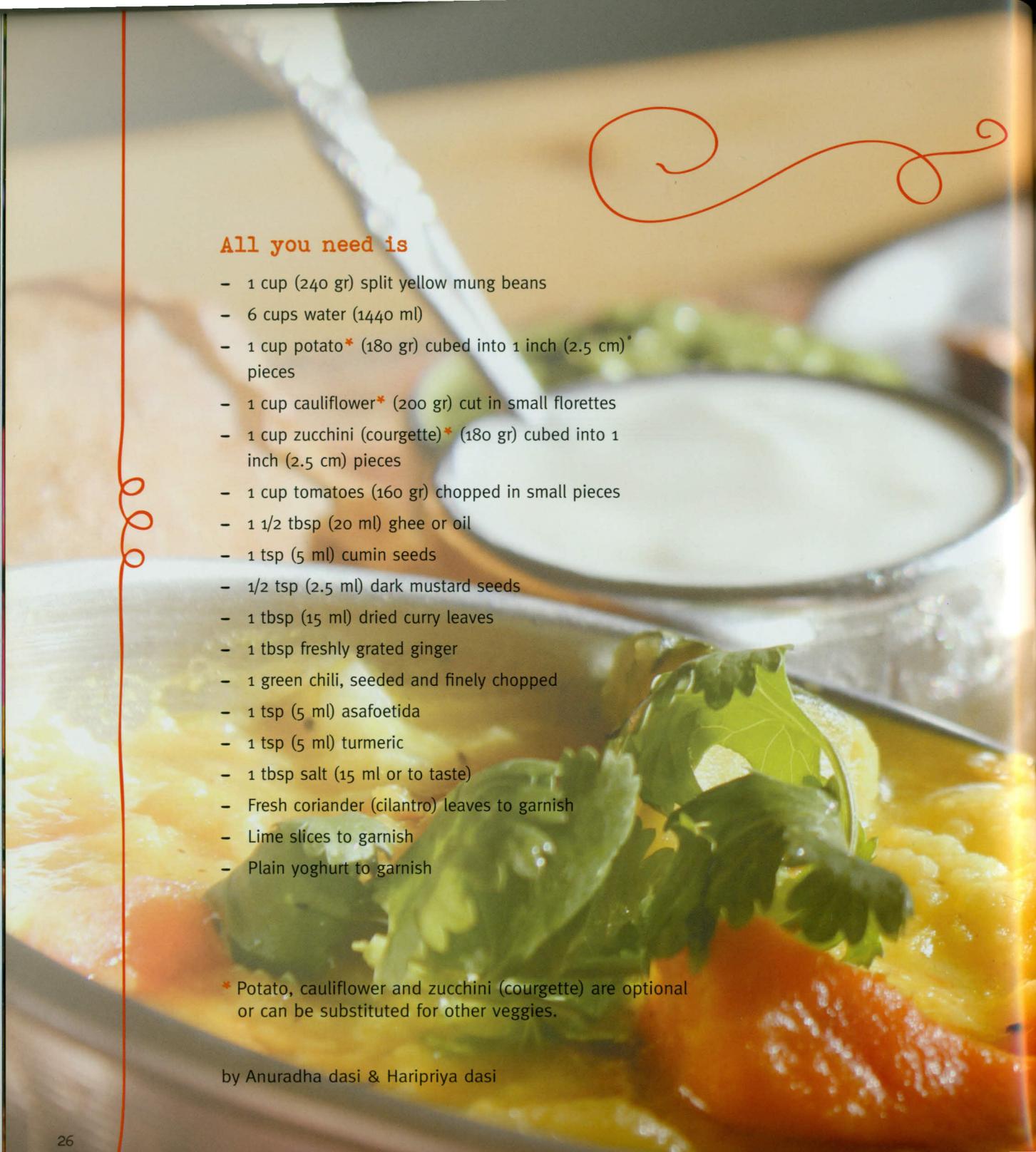
*Potato, cauliflower and zucchini (courgette) are optional or can be substituted for other veggies such as bell peppers, pumpkin or string beans.

The way

1. Rinse beans and rice until water runs clear.
2. Bring beans, rice, water and turmeric to a boil then bring heat to medium-low, keeping a soft rolling boil, until beans begin to breakdown and become soft (10-15 minutes).
3. Stir occasionally, watch for and remove the froth from the top of the boiling water.
4. Once soft, add potato and cauliflower and raise heat until boils again, cook for a few minutes, bring heat to medium-low, and add zucchini (courgette). Check if you want to add more water. Stir the bottom so it doesn't stick.
5. Put ghee or oil in small saucepan on medium-high heat until hot. Add mustard and cumin seeds until they start to sizzle and pop. Turn down heat down slightly, add ginger and chili, let sizzle again and add asafoetida and coriander powder stirring for several seconds.
6. Stir this spice mixture into the kitchari along with salt, tomatoes and simmer.
7. Prepare garnishes, then stir the dal and serve.

Note: The ancient practice of fasting on kitchari, or a "kitchari cleanse", utilizes the traditional mix of rice and mung beans. In Ayurveda, the ancient wisdom of India dating back 5,000 years, this mix of rice and mung beans is considered extremely easy to digest and is said to purify the digestion and cleanse the body of toxins.

Offered by Raghava ji



All you need is

- 1 cup (240 gr) split yellow mung beans
- 6 cups water (1440 ml)
- 1 cup potato* (180 gr) cubed into 1 inch (2.5 cm)* pieces
- 1 cup cauliflower* (200 gr) cut in small florettes
- 1 cup zucchini (courgette)* (180 gr) cubed into 1 inch (2.5 cm) pieces
- 1 cup tomatoes (160 gr) chopped in small pieces
- 1 1/2 tbsp (20 ml) ghee or oil
- 1 tsp (5 ml) cumin seeds
- 1/2 tsp (2.5 ml) dark mustard seeds
- 1 tbsp (15 ml) dried curry leaves
- 1 tbsp freshly grated ginger
- 1 green chili, seeded and finely chopped
- 1 tsp (5 ml) asafoetida
- 1 tsp (5 ml) turmeric
- 1 tbsp salt (15 ml or to taste)
- Fresh coriander (cilantro) leaves to garnish
- Lime slices to garnish
- Plain yoghurt to garnish

* Potato, cauliflower and zucchini (courgette) are optional or can be substituted for other veggies.

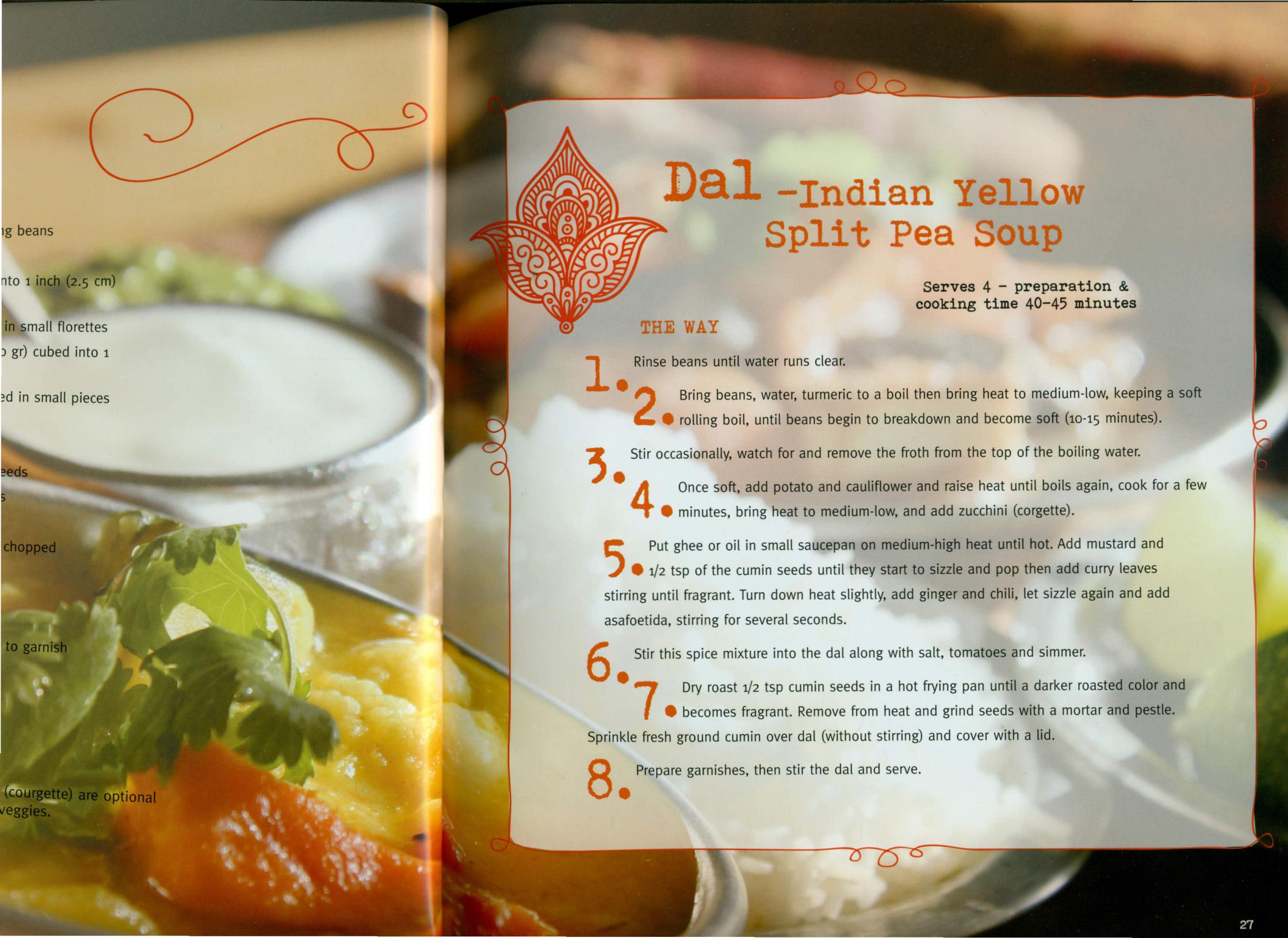
by Anuradha dasi & Haripriya dasi

Dal - Indian Split Pea Soup



THE WAY

1. Rinse beans until water runs clear.
2. Bring beans, water, turmeric to rolling boil, until beans begin to
3. Stir occasionally, watch for and remove
4. Once soft, add potato and cauli- minutes, bring heat to medium-
5. Put ghee or oil in small saucepan on 1/2 tsp of the cumin seeds until they stirring until fragrant. Turn down heat slightly asafoetida, stirring for several seconds.
6. Stir this spice mixture into the dal along
7. Dry roast 1/2 tsp cumin seeds until becomes fragrant. Remove from Sprinkle fresh ground cumin over dal (without
8. Prepare garnishes, then stir the dal and



Dal - Indian Yellow Split Pea Soup

Serves 4 - preparation & cooking time 40-45 minutes

THE WAY

1. Rinse beans until water runs clear.
2. Bring beans, water, turmeric to a boil then bring heat to medium-low, keeping a soft rolling boil, until beans begin to breakdown and become soft (10-15 minutes).
3. Stir occasionally, watch for and remove the froth from the top of the boiling water.
4. Once soft, add potato and cauliflower and raise heat until boils again, cook for a few minutes, bring heat to medium-low, and add zucchini (courgette).
5. Put ghee or oil in small saucepan on medium-high heat until hot. Add mustard and 1/2 tsp of the cumin seeds until they start to sizzle and pop then add curry leaves stirring until fragrant. Turn down heat slightly, add ginger and chili, let sizzle again and add asafoetida, stirring for several seconds.
6. Stir this spice mixture into the dal along with salt, tomatoes and simmer.
7. Dry roast 1/2 tsp cumin seeds in a hot frying pan until a darker roasted color and becomes fragrant. Remove from heat and grind seeds with a mortar and pestle. Sprinkle fresh ground cumin over dal (without stirring) and cover with a lid.
8. Prepare garnishes, then stir the dal and serve.

Pan Roasted Eggplant

(Guruji's Favourite)

Serves 4 as a side dish – preparation & cooking time 30–40 minutes

All you need is

- 2 medium eggplants
- 1 tsp (5 ml) mustard oil
- 1 green chili seeded and finely chopped
- 1 tbsp (15 ml) olive oil
- 1/2 tsp (2.5 ml) dark brown mustard seeds
- 1/2 tsp (2.5 ml) coriander powder
- 1 tsp (5 ml) grated ginger
- 1 tsp (5 ml) salt
- Fresh coriander leaves finely chopped
- Olive oil to glaze eggplants

"I used to cook this every day in the afternoon time for Srila Gurudeva."

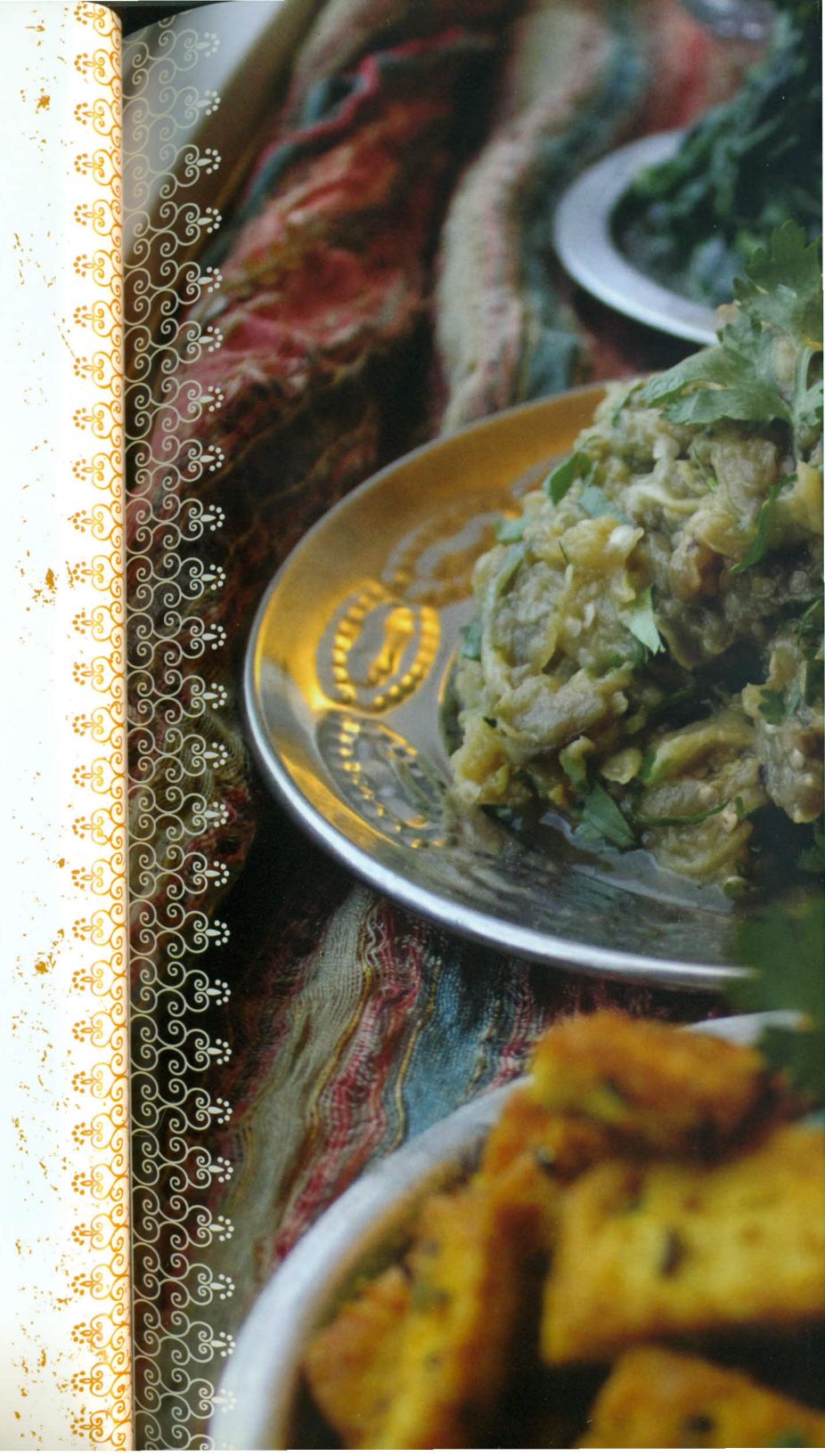
Recipe by Shashikala dasi

Note: heavy bottomed pans are best used for frying because they heat the oil to a higher heat and are faster due to having a larger area to heat. They also, store more heat, which makes browning and cooking more even.

The way

1. Wash and dry the eggplants, then glaze the skin well with olive oil.
2. Put eggplants in a heavy bottom pan on medium heat and cover with a lid.
3. Cook on each side for 3 to 5 minutes. Repeat until all sides are roasted and crispy and the eggplants are soft inside. You will feel the softness when you try picking them up to turn over with tongs.
4. Take eggplants out of pan, cool for 5-10 minutes. Peel and mash them.
5. Put olive oil in a shallow frying pan on medium heat. When oil is heated, add mustard seeds, stir-fry until they start to sizzle and pop. Turn down the heat to low and add ginger, coriander powder, green chili and stir in pan.
6. Add the mashed eggplants in the pan and mix with the spices, add salt.
7. Turn off the heat and add mustard oil and fresh chopped coriander and lightly mix. This is ready to be offered.

Serve with rice, Guruji's favourite tofu and cooked spinach or fried kerala.





Saucy Eggplant, Tomato

+Paneer Subji

Serves 4 – preparation and cooking time 40 minutes

All you need is...

- 1 large eggplant cut into 1/2 inch (1.5 cm) pieces
- 2 cups (12 oz or 350 gr) pre-made paneer into 1/2 inch (1.5 cm) cubes
- Ghee or oil for deep-frying paneer
- A deep pan of warm salted water to put fried paneer in to soak
- 1.5 lbs (600 gr) tomatoes, cut and blended into a fresh chunky puree
- Ghee or oil for pan-frying eggplant
- 1/2 tsp (2.5 ml) asafoetida to cook with eggplant
- 2 tbsp ghee or oil for cooking spices
- 1/2 tsp (2.5 ml) black mustard seeds
- 1 tsp (5 ml) cumin seeds
- 1 tbsp (15 ml) dried curry leaves
- 1 tbsp (15 ml) freshly grated ginger
- 1 tsp (5 ml) fresh green chili seeded finely chopped
- 1/2 tsp (2.5 ml) asafoetida to cook with spices
- 1/2 tsp (5 ml) turmeric
- 1 tsp (5 ml) ground cumin
- 1 tsp (5 ml) ground coriander
- 1 tsp (5 ml) garam masala
- 1 tsp (5 ml) sugar
- 1 tbsp (15 ml) creme fraiche (optional)
- 1 1/2 tsp (7 ml) salt (or to taste)

Tip: you can buy pre-made paneer (Indian Cheese) or you can make your own. See the section on a few words about spices for more on paneer.

Note: Subji means 'vegetable dish', either wet or dry.

The way

1. Cut eggplant, salt and place in-between paper towel sheets to let the water extract for 10 minutes, then pat until dry.
2. Heat ghee or oil in pan to deep-fry premade paneer until slightly browned. Put in warm salted water until ready to put in mixture last.
3. Cut tomatoes and put in blender to make a chunky puree.
4. Heat ghee or oil to medium heat in large flat pan, sprinkle oil with 1/2 tsp asafoetida and add eggplant. Pan-fry until browned, slightly crispy outside and tender inside (add more oil if needed while cooking) and put aside.
5. Heat 2 tbsp ghee or oil, in large wok or deep pot over medium heat. Add mustard and cumin seeds until they start to sizzle and pop. Turn heat down slightly, add ginger and chili, let sizzle and then add curry leaves and cook until fragrant. Add asafoetida stirring for a several seconds, add turmeric and stir for a few more. Add ground cumin, coriander, and tomato puree and cut tomatoes then cook for several minutes on medium-low heat.
6. Mix in sugar, garam masala, creme fraiche, salt, drained paneer (take out of water) and eggplant. Serve with rice and papadams.

Green Bean & Potato Subji

Serves 4 - preparation and cooking time 25 minutes

All you need is

- 1.2 lbs (500 gr) potatoes cubed into 1 inch (2.5 cm) pieces
- 1/2 lb (250 gr) French beans, trim bottom and cut in half
- 1 1/2 tbsp (22.50 ml) ghee or oil
- 1/2 tsp (2.5 ml) cumin seeds
- 1/2 tsp (2.5 ml) mustard seeds
- 1/2 tsp (2.5 ml) asoefotida
- 1/2 tsp (2.5 ml) ground cumin
- 1/2 tsp (2.5 ml) curry powder
- 1/2 tsp (2.5 ml) freshly grated ginger
- 1 cup (240 ml) water (you may need more)
- 2 tomatoes cut in half and then quartered
- 1 1/2 tsp (7.5 ml) salt (or to taste)
- Coriander leaves for garnish

The way

1. Heat ghee or oil, in wide and heavy bottom pot over medium heat. Add mustard and cumin seeds until they start to sizzle and pop. Turn heat down slightly, add ginger and chili, let sizzle, add asafoetida stirring for a several seconds.
2. Put heat to medium, add potatoes and stir with spices for 1 minute.
3. Add water, cover pot with lid and cook at same heat for 1 minute. Then put heat to medium-low and cook for several minutes. Add beans and cook until potatoes are soft (you may need more hot water to finish cooking veggies).
4. Mix in ground cumin, curry powder, and cut tomatoes then cook for a few more minutes. Garnish with coriander leaves.

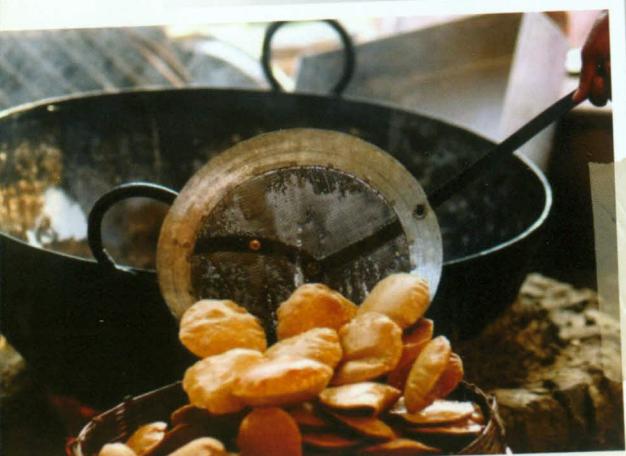


Pooris (deep fried puffed breads)

Serves 6 - preparation
time 15-20 minutes - cooking
time 30 minutes

All you need is

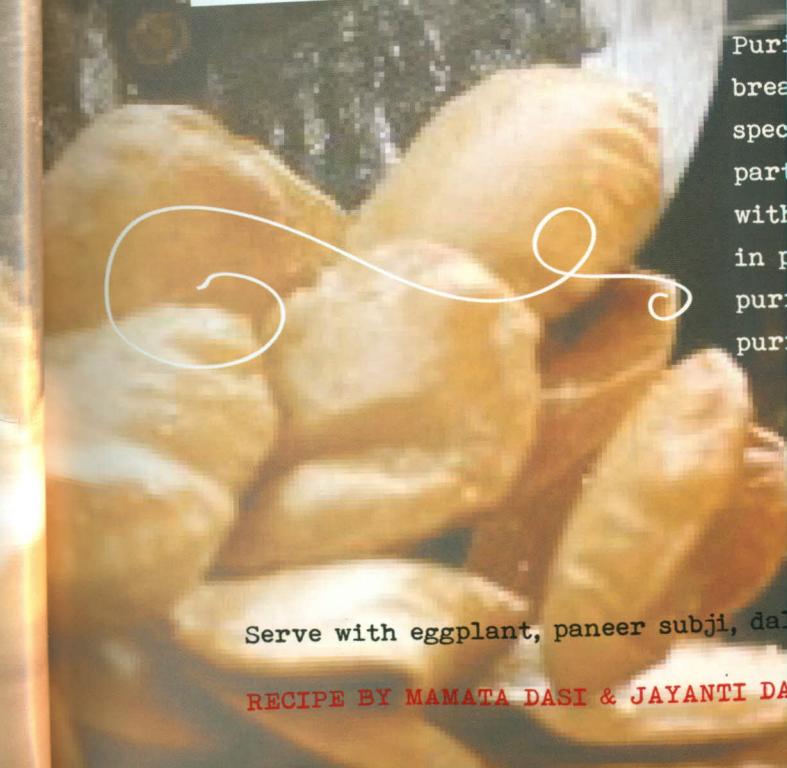
- 2 cups (480 gr) wholemeal atta flour* (chapati flour)
- 1/4 tsp (1.25 ml) salt
- 6 tbsp (90 ml) sunflower oil
- 3/4 - 1 cup lukewarm water (or as needed)
- Ghee or oil for deep-frying



The way

1. Mix the atta, salt and oil together until it resembles a coarse-like consistency.
2. Add the water sparingly, slowly pouring to bind the dough together while kneading.
3. The consistency should be pliable dough.
4. Divide the dough into small-size balls and put aside.
5. Preheat the ghee or oil over low/medium heat.
6. Roll out the balls, with a rolling pin, individually into small disk-like shapes, carefully ensuring that the disks are even all over (not too thick or too thin).
7. Carefully slip the poori into the hot ghee/oil and wait for it to raise and puff all over. Wait until the poori is golden-brown and then turn over and repeat the process. Once both sides are evenly golden-brown, remove from the ghee/oil and set aside into a paper towel lined tray.

* You can find atta flour at Indian or Asian stores



Serve with eggplant, paneer subji, dal

RECIPE BY MAMATA DASI & JAYANTI DA

al s in Cashew sauce

Serves 4 – preparation and cooking time 1 1/2 hours

The way

1. In a big pot, boil filtered water.
2. Add sea salt.
3. Carefully cook each batch of vegetables separately and be attentive as they each cook differently. You want vegetables cooked 'al dente', bright in color and not over cooked. Make sure the water never loses its boil in between each batch of vegetables.
4. When veggies are ready, scoop out and place in ice-cold water to seal the color and stop the cooking.
5. Drain all veggies and set aside in a large bowl. You will end up with a radiant bowl of perfectly cooked and seasoned veggies.
6. Save 1/2 cup (120 ml) salty brine water to add to sauce.



Method

1. Put tahini, drained and rinsed cashews and water in a powerful blender until smooth to the consistency of cream. Set aside in bowl.
2. Place oil in saucepan over a medium-high heat.
3. When hot add mustard seeds, after they pop add curry leaves then the rest of the spices.
4. When spices are sizzling and fragrant add butternut squash and sauté until browned and crusty.
5. Add salty brine water plus fresh water to pot and cook until squash is tender.
6. Blend all ingredients in blender until smooth to the consistency of cream.
7. Pour through a fine strainer to smooth out the curry sauce. Add curry sauce to the tahini-cashew cream and mix well. Test and adjust for flavor and saltiness.
8. Lavishly pour over veggies and mix together. Serve warm.

For Tahini-Cashew Curry Sauce

- 1 cup (240 gr) tahini
- 1/2 cup (80 gr) raw cashews soaked in water for about an hour
- 1/2 cup (120 ml) filtered water (or more to adjust water to desired creamy consistency)
- 2 tbsp (30 ml) coconut oil
- 1 tsp (5 ml) black mustard seeds
- 6 fresh curry leaves (or dried leaves if you are unable to find fresh)
- 1/4 tsp (2.5 ml) asafoetida
- 1 tbsp (15 ml) fresh minced ginger
- 1/2 tsp (2.5 ml) black pepper
- 1/2 tsp (2.5 ml) cayenne powder
- 1/2 tsp (2.5 ml) turmeric
- 1 cup (175 gr) butternut squash pieces
- 1/2 cup (120 ml) salty brine water from vegetables
- 1/2 cup (120 ml) fresh filtered water



Seasonal Vegetables in Tahini-Cashew Curry Sauce

Serves 4 – preparation and cooking time 1 1/2 hours

For big pot blanching* vegetables

Use whatever vegetables that are in season and grown locally for best result.

- 1/2 lb (225 gr) broccoli cut into small flowerettes
- 1/2 lb (225 gr) cauliflower cut into small flowerettes
- 1/2 lb (225 gr) butternut squash cut into 1/2 inch (1 cm) cubes
- 1/2 lb (225 gr) Satsuma yam or summer squash cut into 1/2 inch (1 cm) cubes
- 1 gallon (4 liters) filtered water
- 1 cup (240 gr) sea salt

* Big pot blanching...

is a well-known French cooking technique that gives vivid color and the best flavour. The salt in the rapidly boiling water will keep the flavor of the vegetables from leaching into the water and simultaneously season the vegetables perfectly.

by Jerry ‘Radhanath’ Alvarez

The way

1. In a big pot, boil filtered water.
2. Add sea salt.
3. Carefully cook each batch of vegetables separately and be attentive as they each cook differently. You want vegetables cooked ‘al dente’, bright in color and not over cooked. Make sure the water never loses its boil in between each batch of vegetables.
4. When veggies are ready, scoop out and place in ice-cold water to seal the color and stop the cooking.
5. Drain all veggies and set aside in a large bowl. You will end up with a radiant bowl of perfectly cooked and seasoned veggies.
6. Save 1/2 cup (120 ml) salty brine water to add to sauce.



For Tahini-Cashew Curry Sauce

- 1 cup (240 gr) tahini
- 1/2 cup (80 gr) raw cashews soaked in water for about an hour
- 1/2 cup (120 ml) filtered water (or more to adjust water to desired creamy consistency)
- 2 tbsp (30 ml) coconut oil
- 1 tsp (5 ml) black mustard seeds
- 6 fresh curry leaves (or dried leaves if you are unable to find fresh)
- 1/4 tsp (2.5 ml) asafoetida
- 1 tbsp (15 ml) fresh minced ginger
- 1/2 tsp (2.5 ml) black pepper
- 1/2 tsp (2.5 ml) cayenne powder
- 1/2 tsp (2.5 ml) turmeric
- 1 cup (175 gr) butternut squash pieces
- 1/2 cup (120 ml) salty brine water from vegetables
- 1/2 cup (120 ml) fresh filtered water



Steamed Quinoa with Sage, Roasted Pumpkin Seeds & Currants

Serves 4 – preparation + cooking time 25 minutes



All you need is...

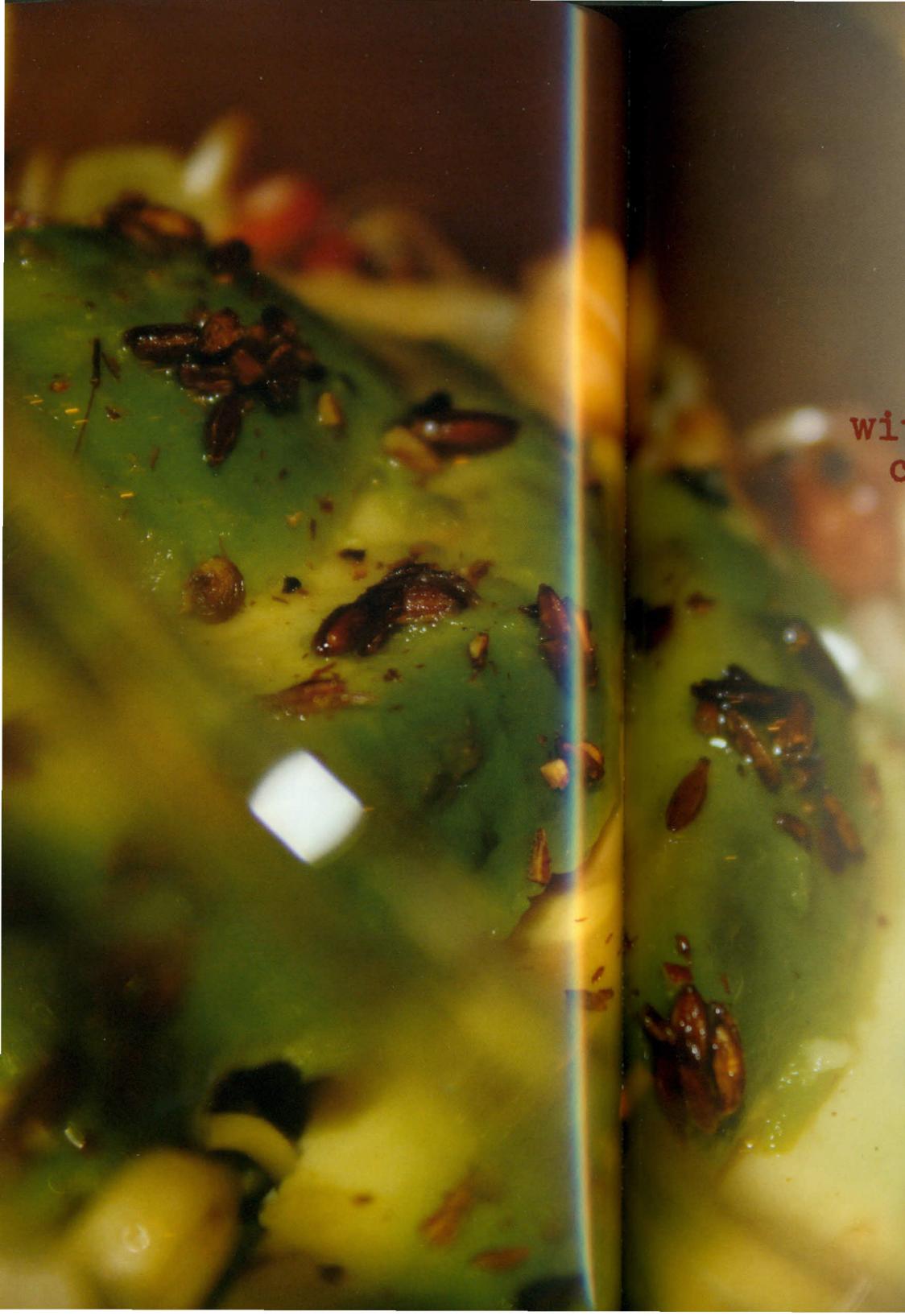
- 1 1/2 cups (255 gr) organic quinoa
- 3 cups (720 ml) filtered water
- 1 tsp (5 ml) Himalayan salt
- 2 tsp (10 ml) coconut oil
- 4 - 8 fresh sage leaves
- 2 tbsp (20 gr) raw pumpkin seeds
- 2 tbsp (20 gr) dried currants
- pinch of Himalayan salt

The way

Steam quinoa in a rice cooker or small pot, the way you would cook rice.

1. Bring water to boil, add 1 tsp salt and then add quinoa.
2. Let simmer and cover pot with lid and cook for 20 minutes.
3. A few minutes before you are ready to serve or while the quinoa is cooking, place coconut oil in a small frying pan on medium-high heat and sauté sage leaves until crispy.
4. Add pumpkin seeds, lightly toast them evenly, then add currants and cook until they puff up.
5. Add a pinch of salt and stir.
6. Serve a scoop full of quinoa on individual plates and top with seed and currant mixture. Be sure to decorate each serving with its own crispy sage leaf or two.

by Jerry ‘Radhanath’ Alvarez



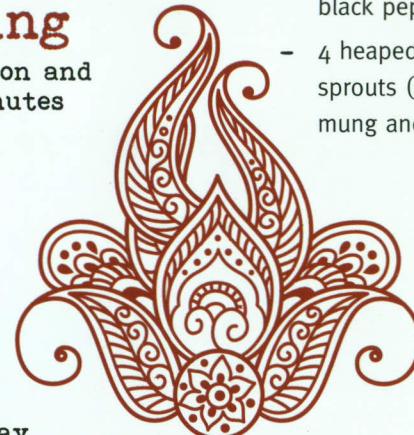
Avocado + Sprout Salad

with lime and cumin dressing

Serves 4 – preparation and cooking time 15 minutes

All you need is

- 2 ripe (but not squishy) avocados
- The juice of 4 small limes
- 1 tbsp (15 ml) extra-virgin olive oil
- 1 1/2 tsps (7.5 ml) cumin seeds
- A pinch of sea salt
- 1/4 tsp (1.25 ml) coarse-ground black pepper
- 4 heaped tbsp (60 gr) mixed sprouts (alfalfa with chickpea, mung and aduki sprouts)



The way

1. First, dry-roast the cumin seeds over a medium heat in a sturdy-bottomed pan, stirring until they begin to release their aroma. Remove from heat and set aside.

2. Combine the cumin seeds with the oil, lime juice, salt and pepper in a lidded jar. With the lid on tight (!) shake it until thoroughly combined.

3. Cut and fan out half an avocado for each person, on a bed of sprouts of your choice.

4. Pour about a tablespoon of dressing onto each avocado, according to your taste.

Recipe by Sarojini dasi

• Bean gers



All you need is

- 8.8 oz (250 gr) cooked and mashed red kidney beans
- A handful of each: ground sunflower seeds, ground pumpkin seeds, and ground almonds (first dry pan-roast the seeds and then grind them)
- A handful of grated sweet potato
- 1/2 red bell pepper grated
- 1/4 cup porridge oats
- 1/2 tbsp (7.5ml) sesame seeds
- 1.7 oz (50 gr) tomato puree
- 1/2 tbsp (7.5 ml) soy sauce
- 1/2 tsp (2.5 ml) asafoetida
- 1 1/2 tsp (7.5 ml) chilli powder (or according to taste)
- 1 1/2 tsp (7.5 ml) paprika powder
- 1 tbsp (15 ml) dried herbs de Provence (thyme, oregano, basil, etc.)

Serves 4 –
preparation time 15 minute,
cooking time 25-30 minutes

THE WAY

Combine dry ingredients and mix well.

1. Add grated vegetables, then seasonings.
2. Roll into 4 balls and place on an oiled baking tray, pressing them into burger shapes with a spatula.
3. Bake at 400°F (200°C) until browned slightly (about 20 minutes), turning halfway through. You can also grill or shallow fry them after you have baked them for a little crispy edge, but don't cook them too long or they dry out.
4. Serve in a wholemeal bun with a fresh green salad and/or avocado & sprout salad, and spicy potato wedges.

Tip: Add your favourite vegan or dairy cheese

by Sarojini dasi