

Osho - Thrice Beverage

bhava vishvavardhanam-31 cintamani bhasma maha ardi dandas, amrutha dasa
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PART FOUR

Sattvic Diet for Pitta and Vata Types

The sattvic diet is considered a brhma routine, a regimen used to restore bulk, energy, and vitality to the body. It may be taken occasionally throughout the year and is especially beneficial when taken during the mild seasonal cleansing activities and through the seasonal junctions. For cleansing routines which exceed a three-day period, and after the intense pancha karma treatments, the post pancha karma healing diet is recommended. Most suited to the Pitta and Vata types, the sattvic diet is also excellent for maintaining a cooling balance in the body during the summer and fall seasons.

The sattvic diet contains foods that are sweet and calming in nature, essential energies for both Vata and Pitta types. Because these two types are also dynamically opposed to each other in many instances, appropriate substitutes or additional ingredients are noted in each Sattvic Diet recipe in order to address the particular needs of each type. These substitutes and/or additions may not necessarily be sattvic in nature, but they are healing for their respective types. The same procedures and quantities are to be used of substituted foods as those indicated in the original recipes. When an ingredient is to be added, the quantity and the timing for introducing it are noted at the end of the recipe.

To summarize, then, the sattvic diet is used for cleansing routines and occasional use (except where otherwise indicated).

Season: all year

Body types: Pitta and Vata, except where otherwise indicated

Conditions

Pitta disorders, Vata disorders, post-vasti therapy, post-virechana therapy

Basmati Rice Kichadi

Four servings:

6 c water

1 1/2 c white basmati rice

1/2 c yellow split mung bean

1/2 tsp powdered rock salt

1 tsp cumin seeds

1 tbs pure ghee

Bring the water to a boil in a large stainless steel pot. Wash the rice and beans and add to the boiling water, along with the salt. Cover and simmer on low heat for 20 minutes. In a small cast-iron skillet, heat the ghee and add the cumin seeds. When the seeds turn golden brown, pour the mixture into the kichadi. Stir, cover, and continue to simmer for an additional 5 minutes over low heat. Serve while still warm.

Note: Both Vata and Pitta types may substitute equal amounts of bulgur, couscous or jasmine rice for the white basmati rice. Vata types may also add a pinch of asafoetida along with the salt.

Saffron Rice

Two servings:

4 c water

1 c white basmati rice

1 tbs pure ghee

1/2 tsp coriander powder

1/2 tsp atibala powder

1/4 c milk

12 strands of saffron

1 tsp date sugar

Bring the water to a boil in a medium-size stainless steel pot. Wash the rice and, in a large cast-iron skillet, dry roast it over low heat for 12-15 minutes, shifting it with a wooden spoon to prevent sticking and burning. When the rice is dry and golden, remove it from the skillet. Warm the ghee in the same skillet and add the roasted rice while maintaining a low flame. When the ghee begins to sizzle, add the rice and ghee mixture, along with the coriander and atibala powders, to the boiling water. Pour the milk into the ghee-lined skillet, add the saffron and sugar, and let sit for 2 minutes on low heat, then add to the boiling rice. Cover and simmer for 25 minutes over low heat. Serve warm or cool.

Note: Both Vata and Pitta types may substitute equal amounts of bulgur, couscous or jasmine rice for the white basmati rice.

Cracked Wheat-Coconut Pilaf

Two servings:

- 2 1/2 c water
- 1 c cracked wheat
- 1/2 tsp powdered rock salt
- 1/4 c grated fresh coconut
- 1 tbs coconut oil
- 1 tsp ajwan
- 1/2 tsp fennel seeds
- 1/4 c snow peas

Bring the water to a boil in a stainless steel saucepan. Heat a large cast-iron skillet and dry roast the cracked wheat for approximately 15 minutes over low heat, stirring occasionally with a wooden spoon to prevent it from sticking or burning. Add the roasted wheat to the boiling water, along with the salt. Using the same skillet, dry roast the grated coconut in the same way. When the coconut is slightly brown, add it to the wheat mixture. Heat the oil in the same skillet and add the seeds; when they turn golden brown, add them to the wheat mixture. Cover and let cook for 20 minutes over medium-low heat. Add the snow peas, stir, cover and continue cooking on low heat for an additional 10 minutes. Serve warm.

Note: Vata types may add 1/2 teaspoon cardamom seeds and 1/2 teaspoon coarsely ground black pepper. Follow the same procedure as for the fennel and ajwan seeds.

Mango Soup

Two servings:

- 6 c water
- 2 c sliced ripe mango
- 1 tsp sunflower oil
- 1/2 tsp cardamom powder
- 1/2 tsp coriander powder
- 1 tsp lemon juice
- 1/2 tsp powdered rock salt
- 3 tbs kudzu starch
- 1/2 c yoghurt

Bring the water to a boil in heavy soup pot and add the mango slices. In a small cast-iron skillet, heat the oil over low heat and add the powdered spices. After a few minutes, add to the soup, along with the salt and

lemon juice, rinsing the skillet in the boiling mango water. Dilute the kudzu starch in 1/2 cup of cold water and add to the soup, stirring until the starch turns clear. Cover and simmer on low heat for 25 minutes, stirring occasionally. Remove from the heat and let sit for 5 minutes. Using a flat bottom ladle, puree the mango pieces, then blend the yoghurt into the soup. Let the soup cool, uncovered, for 15 minutes before serving.

Note: For both Vata and Pitta types, equal amounts of fresh ripe peaches, nectarines, plums, sweet strawberries, raspberries or melon may be used instead of mango. Vata types may use bananas, avocado, orange or grapefruit slices instead of mango. Pitta types may also use grapes, sweet orange slices, sweet pineapples or apples instead of mango. Both types may add a tablespoon of minced fresh mint for extra flavor.

Coconut Milk Soup

Two servings:

- 4 c water
- 1 c coconut milk (see directions on pg. 488, Appendix E)
- 1/2 tsp powdered rock salt
- 6 fresh neem (curry) leaves
- 1 tbs pure ghee
- 1 c grated fresh coconut (see directions on pg. 488)
- 1 tsp coriander seeds
- 1 tsp cumin seeds
- 1/2 tsp minced fresh ginger

Bring the water to a boil in a heavy soup pot. Add the coconut milk, salt, and neem leaves. Heat the ghee in a cast-iron skillet over low heat and add the grated coconut, stirring occasionally until the coconut turns slightly brown. Add to the boiling coconut milk mixture. Using the same ghee-lined skillet, roast the seeds for a few minutes until they begin to crackle. In a small suribachi, grind the seeds to a fine powder and add to the soup, along with the ginger. Cover and simmer on medium heat for 15 minutes. Serve warm or cold.

Note: Vata types may add 1/2 teaspoon of tamarind paste to the soup when adding the spices.

Barley-Carrot Pilaf

Two servings:

- 2 c water
- 1 c barley grits
- 1 c finely cubed carrots
- 1/2 tsp powdered rock salt
- 1 tbs sunflower oil
- 2 tbs sesame seed
- 1 tsp coriander seeds
- 1/2 tsp cardamom seeds
- 1/2 tsp black cumin seed
- 1 tsp lime juice

Bring the water to a boil in a stainless steel pot. Wash the grits and add to the boiling water, along with the carrots and salt. In a small cast-iron skillet, heat the oil. Wash the sesame seeds and roast them in the heated oil for 10 minutes over low heat, shifting them with a wooden spoon to prevent burning. Add to the barley mixture. Using the same skillet, roast the spice seeds for a few minutes until they begin to crackle. Remove from heat and, using a mortar and pestle, bruise them slightly, then add to the barley mixture. Cover the pot and simmer on medium-low heat for 25 minutes. Stir in the lime juice. Remove from heat and let sit, covered, for 5 minutes before serving.

Note: Vata types may substitute an equal quantity of cracked wheat or cracked oats for the barley grits. They may also add 2 cloves of minced garlic to the mixture along with the spice seeds. Pitta types may substitute an equal amount of sunflower seeds for the sesame seeds, following the same procedures.

Barley-Yam Soup

Two servings:

- 6 c water
- 1 c pearl barley
- 1 tbs pure ghee
- 1/2 tsp powdered rock salt
- 1 large yam
- 1 tbs minced cilantro
- 1/2 tsp ground black pepper
- 1/4 tsp turmeric powder

Bring the water to a boil in a heavy stainless steel pot. Add the yam, cover, and simmer over low heat for 20 minutes. Add the powdered spices. After a few minutes, add to the soup, along with the rest of the ingredients.

Bring the water to a boil in a heavy soup pot. Wash the barley and add to the boiling water, along with the salt. Scrub wash the yam, cut it into 1-inch cubes, and add to the barley water. Warm the ghee in a cast-iron skillet over low heat and add the cilantro, black pepper, and turmeric. When the mixture begins to sizzle, add to the barley water. Rinse the skillet in the barley water, making sure all of its contents are transferred to the soup water. Cover and simmer over medium heat for 40 minutes. Serve warm.

Note: Vata types may substitute equal quantities of short grain brown rice or cracked wheat for the barley, and fresh parsley for the cilantro.

Wheat-Date Porridge

Two servings:

- 6 c water
- 1 c whole wheat kernels
- 1/4 c raisins
- 1/4 c pitted dates
- 1/2 tsp orange zest
- 1/2 tsp cinnamon powder
- 1/2 tsp cardamom powder
- 1 c milk
- 2 tbs brown sugar
- 5 drops essential oil of vanilla

Bring the water to a boil in a heavy stainless steel pot. Wash the wheat kernels and add to the boiling water, along with the raisins, dates, orange zest and spice powders. Stir, cover, and let simmer over medium-low heat for 1 hour. Then add the milk, sugar, and vanilla essence. Stir, cover, and continue to cook on low heat for an additional 30 minutes. Add water, if necessary, to prevent the porridge from sticking. Serve warm or cool.

Note: Pitta types may use an equal amount of soya milk instead of cow's milk. Vata types may use rice or almond milk instead of cow's milk. As noted at the beginning of the chapter, these substitutions may be observed throughout all the food recipes requiring cow's milk.

Rice-Mung Porridge

Two servings:

- 4 c water
- 1 c short grain brown rice
- 1/2 c whole mung beans
- 1/2 tsp powdered rock salt
- 1 tbs pure ghee
- 1 tbs cumin seed
- 1/2 c yoghurt

Bring the water to a boil in a heavy stainless steel pot. Wash the rice and beans and add to the boiling water, along with the salt. Heat the ghee in a small cast-iron skillet over low heat and add the cumin seeds. When the seeds turn golden brown, add to the rice and beans. Rinse the pan with the porridge to ensure that all the ghee is transferred. Cover and cook over medium-low heat for 45 minutes. Stir in the yoghurt and continue to cook, uncovered, over low heat for an additional 10 minutes. Serve warm or cool.

Note: Vata types may include 1/2 teaspoon of tamarind paste when adding the rice and beans to the boiling water. Pitta types may substitute equal amounts of cream for the yoghurt and omit the salt or omit the yoghurt and retain the salt.

Asparagus and Soya Crumble

Two servings:

- 1 c water
- 1 lb fresh asparagus
- 1/2 c soya bean flour
- 1/2 tsp powdered rock salt
- 1 tbs butter
- 1/2 tsp black peppercorns
- 1 tsp coriander seeds

Bring the water to a boil in a large stainless steel skillet. Wash the asparagus, snip off the hard ends, and add to the boiling water. Cover and steam boil for 5 minutes over medium heat. Remove asparagus and retain cooking water. Heat a cast-iron skillet and roast the flour for a few minutes until golden. Add the asparagus cooking water, along with the salt, to the roasted flour in the skillet and, if necessary, a small amount of water to form a soft dough. Cover the skillet and cook the dough over

medium-low heat for 10 minutes until it becomes cake-like. Remove from heat and let cool. Warm the butter in a small skillet. Use a mortar and pestle to coarse-grind the peppercorns and coriander seeds, then add to the heated butter. When the mixture begins to sizzle, pour it over asparagus. Crumble the soya cake over the asparagus and serve while still warm.

Note: Vata types may use an equal quantity of beets, carrots, crook neck squash or zucchini, scrubbed and sliced into 1/4-inch rounds, green beans or okra instead of asparagus. Pitta types may use an equal quantity of broccoli, Brussels sprouts, cauliflower, green beans, okra, crook neck squash or zucchini, scrubbed and cut in 1-inch pieces, instead of asparagus.

Lotus String Beans

Two servings:

- 1 1/2 c water
- 1 lb string beans
- 1 medium size fresh lotus root
- 1 tsp sesame oil
- 1/2 c soya milk
- 1/4 tsp turmeric powder
- 1 tbs maple syrup
- 1 tbs kudzu starch
- 1/2 tsp powdered rock salt

Bring the water to a boil in a stainless steel skillet. Wash the string beans, nip off the ends, and add to the boiling water. Steam boil over medium heat for 5 minutes; remove from cooking water. Scrub the lotus root and slice into 1/4-inch thin circles. Heat the oil in a small cast-iron skillet over low heat and add the lotus slices. Brown on each side and remove them from the skillet. Add soya milk to the unwashed skillet and bring to a boil over medium heat. Stir in turmeric powder and maple syrup. Dilute the kudzu starch in the string bean cooking water, then add to the soya milk. Stir until the mixture becomes smooth and gel-like. Remove from heat and add salt. Arrange the string beans and lotus slices on a platter and pour the sauce over them before serving.

Fruit Lassi

Four servings:

- 1/2 c dates
- 1 c water
- 2 c milk
- 1 c yoghurt
- 1 tbs brown sugar
- 1/4 tsp minced fresh mint

Wash dates and puree, using a hand food grinder. Combine water, milk, yoghurt, sugar and mint in a mixing bowl and whip with an egg beater until mixture froths. Stir in the pureed dates and serve immediately.

Note: Dried mango, pineapple, peaches, and figs, as well as raisins, may also be used to make lassi for both Vata and Pitta types. If fresh fruits are used, the cow's milk and yoghurt should be replaced with three cups soya milk for Pitta types, and the same quantity almond milk for Vata types.

Essential oils note: A few drops of one of the following essential oils may also be used in the lassi mixture for both types: peppermint, saffron, coriander, licorice, lavender, lemon, orange, fennel, chamomile, vanilla, lemon grass, raspberry, rose or sandalwood. Vata types may also use almond, ginger or cardamom essence.

Herbal powders note: 1/2 teaspoon of an herbal powder, such as triphala, bhringaraja, atibala, gotu kola, maha bala, shatavari, cinnamon, coriander or cardamom may also be added for both types.

Vermicelli Payasam

Four servings:

- 2 c water
- 1 c cream
- 1 lb vermicelli (thread-like whole wheat noodles)
- 3 c milk
- 1/2 tsp cardamom powder
- 1/4 tsp turmeric powder
- 12 strands of saffron
- 2 tbs honey
- 5 drops of essential oil of sandalwood

Bring the water to a boil in a medium-size stainless steel pot. Add the vermicelli and cook over medium heat for 3 minutes, stirring to prevent

it from sticking together. Then add the cream and milk, along with the powders. Stir, cover, and simmer on low heat for 5 minutes. Soak the saffron in two tablespoons of water for a few minutes, then add to the payasam, along with its soaking water. Remove beverage from heat and keep it covered while it cools. Then add honey and essential oil.

Sattvic Teas

Season: all year

Body Type: Pitta and Vata
Kapha use occasionally

Fennel-Lavender Tea

Two servings:

- 3 c water
- 1/2 tsp fennel seeds
- 1/2 tsp dried lavender leaves

Bring the water to a boil in a small stainless steel saucepan. In a small skillet, dry roast fennel seeds for a few minutes until they are golden in color. Add to the boiling water, along with the lavender leaves. Cover and remove from heat. Let the infusion sit for 5 minutes; then strain. Serve warm or cold.

Note: For both Vata and Pitta types, the same quantity of milk may be used instead of water; or equal portions of water and milk may be used. Vata types may substitute 1/2 teaspoon minced fresh ginger for the fennel seeds.

Coconut-Peppermint Tea

Two servings:

- 3 c coconut milk or water
- 1 tbs dried coconut
- 3 drops essential oil of peppermint

Bring the milk or water to a boil. In a small skillet, dry roast coconut for a few minutes until it begins to turn slightly brown. Add to the boiling liquid, along with the essential oils. Cover and remove from heat. Let infusion sit for 15 minutes before serving. This tea may be served either strained or unstrained.

Saffron-Lime Tea

Two servings:

- 3 c water
- 12 strands of saffron
- 1 tsp fresh lime juice
- 1 tsp brown sugar

Bring the water to a boil in a small stainless steel saucepan. Add the saffron, lime juice and sugar. Cover and remove from the heat. Let sit for 5 minutes before serving.

Lotus-Walnut Tea

Two servings:

- 3 c water
- 5 pieces dried lotus root
- 1 tsp walnut pieces

Bring the water to a boil in a small stainless steel saucepan. Add the lotus root and walnuts and boil on low heat for 3 minutes. Remove from heat. Cover and let sit for 5 minutes, before straining. Serve warm or cool.

Coriander-Bala Tea

Two servings:

- 3 c water
- 1/2 tsp coriander powder
- 1/2 tsp bala powder

Bring the water to a boil in a small stainless steel saucepan. Add the powders, cover, and remove from heat. Let sit for 3 minutes before serving.

Note: Vata types may substitute ginger powder for the coriander.

Shatavari Tea

Two servings:

- 3 c water
- 1/2 tsp shatavari powder
- 1 tsp maple syrup

Bring the water to a boil in a small stainless steel saucepan. Add the shatavari powder. Cover, remove from heat, and let sit for 5 minutes. Then add the maple syrup. Serve warm or cool.

Rose-Raspberry Tea

Two servings:

- 3 c water
- 1 tsp dried organic rosebuds
- 1 tsp dried raspberry leaves

Bring the water to a boil in a small stainless steel saucepan. Add the rosebuds and raspberry leaves. Cover, remove from heat, and let sit for 7 minutes before straining. Serve warm or cool.

Note: Vata types may add a teaspoon of lemon juice to the tea directly before serving it.

Licorice-Aloe Tea

Two servings:

- 3 c water
- 1 tsp dried licorice root
- 1 tbs aloe vera gel

Bring the water to a boil. Add the licorice root to the boiling water and simmer over low heat for 7 minutes. Remove from heat, strain, cover, and let sit for 3 minutes. Then add the aloe vera gel. Stir and serve lukewarm or cool.

Note: Vata types may substitute 3 or 4 star anise seeds for the aloe vera gel, adding them with the licorice root to the boiling water.

Fresh Mint-Orange Tea

Two servings:

- 3 c water
- 10 fresh mint leaves
- 1/4 tsp orange zest

Bring the water to a boil in a small stainless steel saucepan. Slightly bruise (tear) the leaves and add to the boiling water, along with the orange zest. Cover, remove from heat, and let sit for 5 minutes before straining. Serve warm or cool.

Comfrey-Lemon Tea

Two servings:

- 3 c water
- 1 tsp dried comfrey leaves
- 3 drops of essential oil of lemon

Bring the water to a boil in a small stainless steel saucepan. Add the comfrey leaves. Remove from heat and add the essential oil. Cover and let sit for 5 minutes before serving.

Note: Both Vata and Pitta types may substitute dried peppermint leaves for the comfrey.

Kudzu-Cumin-Chamomile Tea

Two servings:

- 3 c water
- 1/2 tsp cumin seeds
- 1 tsp dried chamomile buds
- 1 tsp kudzu starch
- 1 tsp Sucanat

Bring the water to a boil in a small stainless steel saucepan. Dry roast the cumin seeds in a small skillet for a few minutes until they are golden brown. Add to the boiling water, along with the chamomile buds. Remove from heat, and let sit for 5 minutes, then strain. In a small bowl, dilute the kudzu in a 1/4 cup of cold water. Reheat the tea and add the kudzu mixture. Stir until the tea becomes gel-like and clear. Add the Sucanat, remove from heat, and serve while still warm.

Note: Vata types may use 1 teaspoon of cardamom pods instead of the chamomile buds.

Note for the Bath: The seeds, leaves and buds remaining from the teas may be added to your bath water. Or you may reverently return them to the earth from whence they came.

1 c corn oil

1 shredded red cabbage

1/2 c sliced onions

1/2 c mixed fresh parsley

1/2 c mixed fresh cilantro

1/2 c mixed fresh basil

1/2 c mixed fresh mint

1/2 c mixed fresh dill

1/2 c mixed fresh tarragon

1/2 c mixed fresh rosemary

1/2 c mixed fresh thyme

1/2 c mixed fresh sage

1/2 c mixed fresh marjoram

1/2 c mixed fresh oregano

1/2 c mixed fresh basil

1/2 c mixed fresh mint

1/2 c mixed fresh rosemary

1/2 c mixed fresh thyme

1/2 c mixed fresh sage

1/2 c mixed fresh marjoram

1/2 c mixed fresh oregano

1/2 c mixed fresh basil

1/2 c mixed fresh mint

1/2 c mixed fresh rosemary

1/2 c mixed fresh thyme

1/2 c mixed fresh sage

1/2 c mixed fresh marjoram

1/2 c mixed fresh oregano

1/2 c mixed fresh basil

1/2 c mixed fresh mint

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1/2 c mixed fresh oregano

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1/2 c mixed fresh oregano

1/2 c mixed fresh basil

1/2 c mixed fresh mint

1/2 c mixed fresh rosemary

1/2 c mixed fresh thyme

1/2 c mixed fresh sage

1/2 c mixed fresh marjoram

1/2 c mixed fresh oregano

1/2 c mixed fresh basil

1/2

Spicy Buckwheat Pilaf

Two servings:

- 2 1/2 c water
- 1 c buckwheat kernels
- 1/2 tsp powdered rock salt
- 2 celery stalks
- 2 scallion stalks
- 2 small carrots
- 1 tsp sunflower oil
- 1/2 tsp cayenne powder
- 1/2 tsp ajwan seeds
- 1/2 tsp black peppercorns
- 1/2 tsp white peppercorns

Bring two cups of water to a boil in a medium size saucepan. Wash the buckwheat and dry roast it in a cast-iron skillet over low heat for 15 minutes, shifting it with a wooden spoon to prevent burning. Add the roasted grain to the boiling water, along with the salt. Cover and simmer over low heat for 15 minutes. Wash the celery and slice thinly. Wash the scallions, snip a small piece off their root ends, and slice thinly, keeping the two vegetables separate. Scrub wash the carrots and slice into 1/4-inch thin pieces. Pour the remaining water into a skillet and bring it to a boil. Add the celery and carrots. Cover and steam boil over medium heat for 3-4 minutes. Strain the vegetables and retain the cooking water. Add oil to the same skillet and saute the scallions for a few minutes, then add to the cooking buckwheat, along with the cayenne powder. Roast spice seeds in oil-lined skillet over low heat until they begin to crackle. Remove from heat and grind coarsely in a suribachi. Add the ground seeds, along with the carrots and celery, to the buckwheat mixture. Cook the pilaf for an additional 5 minutes, then remove from the heat. Toss the vegetable cooking water into the mixture. Remove immediately from the pot and place in a serving bowl. Serve warm.

Note: An equal quantity of barley, millet, and occasionally long grain brown rice may be used instead of the buckwheat.

Barley-Parsley Soup

Two servings:

- 6 c water
- 1 c pearl barley
- 1/4 tsp powdered rock salt

1 tsp corn oil

- 1 c shredded red cabbage
- 1/2 c diced onions
- 1/2 c minced fresh parsley
- 1/2 tsp dried dill
- 1/2 tsp black pepper powder
- 1/4 tsp turmeric powder
- 1/4 tsp coriander powder

Bring the water to a boil in a heavy soup pot. Wash the barley and add to the boiling water, along with the salt. Cover and simmer on medium heat for 30 minutes. In a large cast-iron skillet, heat the oil and saute the onions over medium heat for a few minutes until they become soft, then add the cabbage and parsley. Stir, cover, and saute the vegetable mixture on medium heat for 3 minutes. Remove from heat and add to the cooking barley. Combine the spice powders and dill, then dry roast them in the oil-lined skillet over low heat for 1 minute. Add to the soup by rinsing the skillet in the soup mixture. Cover and continue cooking for an additional 20 minutes, before removing from heat. Serve the soup warm.

Chana Dhal - Pea Soup

Four servings:

- 6 c water
- 1 1/2 c yellow split peas
- 1/4 tsp powdered rock salt
- 1/2 tsp sunflower oil
- 1/2 tsp minced fresh ginger
- 1/2 tsp minced fresh green chilies
- 1/2 tsp pure ghee
- 1 tsp cumin seeds

Bring the water to a boil in a large heavy soup pot. Cover and simmer on medium heat for 15 minutes. Wash the beans and add to the boiling water, along with the salt. Heat the oil in a small cast-iron skillet over low heat. Saute the ginger and chilies for 2 minutes and add to the beans by rinsing the skillet in the soup water. Warm the ghee in the same skillet and add the cumin seeds. When they turn brown, add to the soup. Cover and continue simmering over low heat for an additional 15 minutes before removing from heat. Serve warm.

Note: An equal quantity of red lentils and green split peas may be used instead of yellow split peas.

Three Grain Gruel

Use only in the spring to reduce excess fat.

Three servings:

8 c water	water
1/2 c dried corn	dried corn
1/4 tsp powdered rock salt	powdered rock salt
1/2 c hulled barley	hulled barley
1/2 c millet	millet
1/2 tsp black pepper powder	black pepper powder
1/2 tsp coriander powder	coriander powder

Bring water to a boil in a large heavy soup pot. Wash the grains separately and add the corn to the boiling water along with the salt. Cover and simmer over medium heat for 1 hour, then add barley, millet, pepper, and coriander. Continue cooking for another 45 minutes, then remove from heat. Let the gruel sit undisturbed for 15 minutes before serving.

Note: For weight reduction, use this gruel as a mono-diet, followed by 1/2 cup of the Triphala-Buttermilk preparation for 7 days.

Triphala-Buttermilk

Use only in the spring to reduce excess fat.

Three servings:

1 c buttermilk	buttermilk
1 tsp triphala powder	triphalic powder
1 tbs honey	honey

Warm the buttermilk in a double boiler. Remove from heat and stir in triphala powder. Let sit, covered, for 5 minutes, then add honey. Take as a dessert following the Three Grain Gruel for 7 consecutive days.

Cumin-Lemon Millet

Two servings:

3 c water	water
1 c millet	millet
1/2 tsp powdered rock salt	powdered rock salt
1 tsp sunflower oil	sunflower oil
1 tsp cumin seeds	cumin seeds
1 tsp fresh lemon juice	lemon juice

Bring the water to a boil in a medium-size stainless steel pot. Wash the millet thoroughly and add to the boiling water, along with the salt. Cover and simmer on low heat for 20 minutes. Heat the oil in a small cast-iron skillet and roast the cumin seeds for a few minutes until they are golden brown. Add to the cooking millet, along with the lemon juice. Continue cooking for 10 minutes, then remove from heat. Serve warm.

Note: An equal quantity of barley, corn grits or bulgur may be used occasionally instead of millet.

Asparagus and Corn Crumble

Two servings:

1 c water	water
1 lb asparagus	asparagus
1/2 c corn flour	corn flour
1/4 tsp powdered rock salt	powdered rock salt
1 tsp sunflower oil	sunflower oil
1/4 c diced red bell peppers	diced red bell peppers
1/2 tsp minced fresh garlic	minced fresh garlic
1/2 tsp minced fresh ginger	minced fresh ginger
1/2 tsp cayenne powder	cayenne powder
1/2 tsp black pepper powder	black pepper powder

Bring the water to a boil in stainless steel skillet. Wash the asparagus, snip off the hard ends, then add to the boiling water. Cover and steam boil for 5 minutes over medium heat. Remove the asparagus and retain the cooking water. In a small cast-iron skillet, dry roast flour over low heat for a few minutes until it turns golden brown. Transfer it to a mixing bowl. Pour oil into the same skillet and saute red pepper, garlic, and ginger over low heat for 3 minutes. Stir in cayenne, black pepper, and roasted flour. Add the asparagus cooking water and blend into a soft dough. Add a little more water if necessary. Cover the skillet and "bake" the dough over low heat for 10 minutes until it becomes firm and cake-like. Remove from heat and let cool, then crumble it over the cooked asparagus.

Note: An equal amount of broccoli, string beans, carrots, collards, kale, mustard greens or daikon radish, cut as desired, may be used instead of asparagus.

Brussels Sprouts in Cream Sauce

Two servings:

- 1 1/2 c water
- 1 lb Brussels sprouts
- 1/2 c soya milk
- 1/4 tsp black pepper powder
- 1/4 tsp turmeric
- 1/4 tsp dried dill
- 1/4 tsp powdered rock salt
- 1 tsp kudzu starch
- 1 tsp sunflower oil

Bring the water to a boil in a large stainless steel skillet. Wash the Brussels sprouts and add to the boiling water. Steam boil the sprouts over medium heat for 5 minutes. Remove sprouts from cooking water. Add soya milk to the cooking water, along with black pepper, turmeric, dill and salt; simmer over low heat. Dilute the starch in two tablespoons of cold water and stir into the soya milk mixture; continue stirring until it begins to turn clear and gel-like. Remove from heat. Heat the oil in a cast-iron skillet over medium heat. Saute the cooked Brussels sprouts for 3 minutes. Pour the kudzu sauce over the sprouts and remove from heat. Serve immediately.

Note: An equal amount of cabbage, mushrooms, peas or spinach, cut as desired, may be used instead of the Brussels sprouts.

Fruit Shake

Four servings:

- 1/2 c fresh pitted cranberries
- 1/2 c fresh pitted cherries
- 1 c water
- 1 c soya milk
- 1/4 tsp orange zest
- 1 tsp honey

Wash the fruits and puree them in a hand food grinder. Combine the water, milk, orange zest and honey in a mixing bowl and whip with an egg beater until frothy. Stir in the pureed fruits and serve immediately.

Note: Equal amounts of fresh or dried apples, apricots, mango, peaches, persimmon, and pears as well as fresh raspberries, blueberries, and blackberries, may be used instead of the cranberries and cherries.

Stimulating Teas

Season: all year

Body Type: Kapha

Vata and Pitta (occasional use where indicated)

White Pepper-Orange Tea

Two servings:

- 3 c water
- 1 tsp white peppercorns
- 1/2 tsp dried orange peel
- 1/4 tsp fresh ginger juice

Bring the water to a boil in a small stainless steel saucepan. In a small cast-iron skillet, dry roast the peppercorns over low heat for a few minutes until they turn slightly brown. Add to the boiling water, along with the orange peel and ginger juice. Remove from heat, cover the saucepan and let sit for 10 minutes. Then strain and serve warm.

Note: Vata may also use.

Dandelion Tea

Two servings:

- 3 c water
- 1 tsp dried dandelion leaves

Bring the water to a boil in a small stainless steel saucepan. Add dandelion leaves. Cover the pot and remove from heat. Let tea to steep for 10 minutes, then strain and serve.

Note: Pitta may also use.

Gotu Kola Tea

Two servings:

- 3 c water
- 1 tsp gotu kola powder

Bring water to a boil in a small stainless steel saucepan. Add powder to the boiling water and remove from heat. Cover and steep for 7 minutes. Serve strained or unstrained.

Note: All types may use.

Ginger-Eucalyptus Tea

Two servings:

- 3 c water
- 1/2 tsp minced fresh ginger
- 3 drops of essential oil of eucalyptus
- 1 tsp honey

Bring the water to a boil in a small stainless steel saucepan. Add the ginger and essential oil, then remove from heat. Cover and allow to steep for 10 minutes, then strain and stir in honey. Serve warm or cool.

Note: Vata may also use.

Cinnamon-Cardamom Tea

Two servings:

- 3 c water
- 3" piece of cinnamon stick
- 10 green cardamom pods

Bring the water to a boil in a small stainless steel saucepan. Add the cinnamon and cardamom and remove from heat. Cover and steep for 10 minutes, then strain and serve warm.

Note: Vata may also use.

Cherry Bark Tea

Two servings:

- 3 c water
- 1 tbs cherry bark pieces
- 5 strands of saffron

Bring the water to a boil in a small stainless steel saucepan. Add cherry bark and saffron. Cover and simmer over low heat for 3 minutes. Remove from heat and let sit for 5 minutes, then strain. Serve warm or cool.

Note: Pitta may also use.

Rosemary-Sage Tea

Two servings:

- 3 c water
- 1 tsp fresh rosemary
- 7 fresh sage leaves

Bring the water to a boil in a small stainless steel saucepan. Slightly bruise the rosemary and sage by rubbing them firmly in your hands. Add to the boiling water. Cover and simmer for 2 minutes on low heat. Remove from heat and steep for 10 minutes. Strain and serve warm.

Red Clover-Raspberry Tea

Two servings:

- 3 c water
- 1 tsp dried organic red clover buds
- 1 tsp dried raspberry leaves

Bring the water to a boil in a small stainless steel saucepan. Add buds and leaves and remove the saucepan from the heat. Cover and steep for 10 minutes, then strain and serve warm.

Note: Vata may also use.

Peppermint-Raisin Tea

Two servings:

- 3 c water
- 1 tsp dried peppermint leaves
- 1 tbs raisins

Bring the water to a boil in a small stainless steel saucepan. Add peppermint and raisins. Simmer over low heat for 3 minutes. Remove from heat, cover and let sit for 5 minutes. Strain and serve warm.

Note: Vata may also use.