

Timeless Recipes For Healthy Living

dairy & oil-free delicacies from India and the world over



SHARAN
www.sharan-india.org



The Magic of Eating For Health

Dr. Nandita Shah, founder of SHARAN (Sanctuary for Health and Reconnection to Animals and Nature), guides people in healing themselves through food. It is her firm belief that the body has the capacity to heal itself, if we provide it with the right nutrition.

Over the last decade and a half, the message and work of SHARAN have been vindicated, as thousands of patients who made changes to their diet succeeded in reversing lifestyle diseases, autoimmune diseases and hormonal disorders such as obesity, diabetes, hypertension, hypothyroidism, psoriasis, osteoporosis, arthritis, PCOD, etc. In today's culture of disease, SHARAN's mission is Building a Culture of Health.

SHARAN lays a huge emphasis not only on eating the right kind of food, but also on using the right techniques of cooking and proper cookware, so that nutrients are not destroyed. Please do not use microwave, aluminium, plastic or non-stick cookware, as these destroy nutrients or cause toxicity.

Needless to say, food should be irresistibly delicious and eaten mindfully, listening to hunger cues. No starving. No counting calories. This recipe book will show you how to and we are sure that it will help you reach your highest health potential.

The basic five-point plan advocated by SHARAN is as follows:

1. **Plant Based Foods** like fruits, vegetables, grains, beans, pulses, seeds and small amounts of nuts. All these are rich in phytonutrients and are vital for healing and health.
Make at least 25% of each meal raw and ideally have foods that include as many colours of the rainbow as possible every day.
Avoid all animal products such as eggs, meat, fish, milk, curd, buttermilk, *chaas*, cheese, cottage cheese (*paneer*), *khoya*, butter, ghee, etc. However, we do have excellent and delicious alternatives given in the book!
All addictive plant-based substances like tea, coffee, cigarettes, alcohol, etc. are discouraged.
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2. **Whole Foods** such as whole or unpolished rice (brown/red/purple/black rice), whole wheat, oats (steel cut/rolled), unpolished millets; natural sweeteners like dates, figs, raisins and unpeeled fruits and vegetables, wherever possible. Avoid processed/refined/packaged foods such as refined flour (*maida*), semolina (*suji*), sugar, fruit juices, jaggery, all oils (including olive and coconut), etc.
 3. **Organic Foods** grown the way Nature designed for us, rather than those infused with chemicals and poisons.
 4. Periodic Testing of **Vitamin B12** levels (once every 6 months or annually, depending on your levels), with supplementation, if required.
 5. Periodic Testing of **Vitamin D3** levels (once every 6 months or annually, depending on your levels), with supplementation, if required.

The SHARAN team regularly conducts seminars, cooking classes, residential health retreats, medical consultations, online programmes and individualised programmes.

To learn more about SHARAN and how we can help you, please visit www.sharan-india.org

Please do give us your feedback to help us improve and serve you better. If you have benefited from this book or our website and wish to share your story, do write to us at info@sharan-india.org

Dr. Nandita Shah
Founder, SHARAN



“Let food be thy medicine and medicine be thy food.”
- Hippocrates



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Almond Milk - Page 18



KITCHEN REPLACEMENT CHART

The following table lists common animal-based, refined/processed food/ingredients and their suggested replacements.

Food/Ingredient	Replacement Options
Butter	Almond / cashew / peanut / coconut / sesame / avocado butters
Buttermilk	Buttermilk made from plant-based curd/ yoghurt such as peanut-rice / soy-rice curd, blended tender coconut flesh
Canned and frozen food	Fresh alternatives wherever possible
Cheese	Cheese made from plant-based sources such as nuts, seeds, legumes or nutritional yeast flakes
Chocolate (milk)	Cocoa powder or dark chocolate
Cream	Cashew or other nut butters blended with water
Curd/Yoghurt	Curd/Yoghurt made from plant-based milks such as soy, peanut, cashew, melon seeds, coconut
Eggs	Apple sauce, mashed banana, ground flaxseed or chia seeds, silken tofu, arrowroot powder, vinegar and baking soda, yoghurt or buttermilk - depending on use
Fried food	Oil-free baked or roasted alternatives
Ghee/Oil	Nuts, seeds or legumes like cashews, coconut, sesame, peanuts and their butters
Ice cream	Plant-based milk or fruit ice creams with no sugar
Mayonnaise	Oil-free cashew mayonnaise, tofu mayonnaise

Meat and seafood	Soy nuggets and flakes, tofu, beans, ready-made meat replacers, yam, raw jackfruit, breadfruit, mushrooms, chickpeas
Milk	Plant-based milks such as almond, cashew, coconut, corn, oat, peanut, rice, sesame and soy milks
Paneer	Tofu or “soy paneer” marinated in cashew cream
Ready-made cereals	Muesli made with whole flakes, nuts and dried fruit and roasted whole-grain <i>dalias</i> such as wheat, barley, maize, millet, amaranth and rolled oats (not instant oats)
Salad dressing	Oil-free salad dressings and chutneys
Salt (iodised)	Himalayan, unrefined salt
Soft drinks	Water, lemon juice with water, fruit smoothies, etc.
Sugar, honey and artificial sweeteners	Dried fruits such as dates, raisins, figs and apricots.
Tea and coffee	Home-made herbal infusions from herbs and spices, ready-made herbal teas, barley or soy coffee
White flour (<i>maida</i>) and bread	Flours and breads (<i>rotis</i>) made from whole wheat flour or other whole grains like millet (e.g., <i>jowar</i> , <i>bajra</i> , <i>nachni (ragi)</i>), amaranth (<i>rajgira</i>), brown rice and spelt. (Most wheat breads in the market contain emulsifiers and fat)
White rice	Whole (unpolished) rice such as brown or red rice

SMOOTHIES, BEVERAGES



& SWEETENER

A. BREAKFAST SMOOTHIES

Green smoothies are a great, energising way to start the morning and incorporate the goodness of greens with the sweetness of fruit.

My first cooking class for SHARAN was with Green Smoothies and I was nervous! So, I went on a smoothie trip, trying out combinations and reading about the health benefits and in the process, I fell in love with them! Did you know smoothies are great for your skin, add enzymes to your body that aid digestion, energise you and are full of nature's goodness? My 4-year old nephew calls it his dinosaur juice, as it gives him so much strength!! - Reyna

BASIC GREEN SMOOTHIE (Serves 1)

To make a great green smoothie, mix green leaves and fruit (except fibrous fruit such as citrus fruits) in the ratio 1:2 by volume (1 part green leaves and 2 parts fruit) and blend with 1 part water. Flavourings could be added as needed (ginger, mint, lemon zest). Smoothies should not be strained. Never add vegetables (such as cucumber, broccoli and zucchini), nuts or seeds to a green smoothie. You may make a smoothie with just melons and greens, but never mix melons and other fruits in the same smoothie. You do not need to add water when using melons.

It's best to alternate between different kinds of greens on different days – spinach, mint, coriander, celery greens, spring onion greens, bok choy, beetroot greens, basil, betel leaves, etc. Bananas,

mangoes, papaya, chikoo, grapes, passionfruit and other pulpy fruits make good smoothies. You could add microgreens in smoothies to pack in more nutrients.

Here is a basic recipe.

Ingredients

- 2 cups peeled, chopped and frozen ripe bananas OR
- 1 cup peeled, chopped and frozen banana + 1 cup chopped apple/pear/mango or $\frac{1}{2}$ a pineapple/ papaya or any other pulpy fruit of your choice (total 2 cups of pulpy fruit)
- 1 cup lightly packed down shredded green leaves
- 1 cup water (use chilled water if using a high-speed blender)
- 1-2 soft dates (optional), pitted

Method

In a blender, blend all the ingredients together (except for dates), until homogeneous and smooth. Add the dates if the smoothie is not sweet enough for you. The smoothie should be absolutely delicious. Pour into two tall glasses and enjoy!

Note

There are 3 rules to be followed for smoothies:

1. A smoothie should not be combined with any other food except fruit.
2. Rotate the greens and do not stick to any one kind alone.
3. Do not mix melons with other fruits.

ZESTY GREEN SMOOTHIE (Serves 3-4)

Ingredients

- $\frac{1}{3}$ cup fresh mint leaves (*pudina*)
- 1 tbsp lemon juice
- 2-3 peeled frozen large ripe bananas, chopped and slightly defrosted
- 1 tsp orange zest
- $\frac{1}{2}$ tsp grated unpeeled ginger
- 1 tbsp soaked raisins
- 2 cups water

Method

Take mint leaves and lemon juice in a blender. Add some of the bananas and blend until the mint leaves are well minced. Add the rest of the ingredients and blend until smooth. Add 2 cups water and blend. Pour into glasses and serve immediately.

CARAMEL APPLE GREEN SMOOTHIE

(Serves 1)

Ingredients

- 1 unpeeled chopped and frozen apple
- 1 large ripe banana, peeled, frozen ahead and chopped
- $\frac{1}{3}$ cup roughly chopped fresh spinach
- 2 soft or soaked dates, pitted
- $\frac{1}{2}$ tsp pure vanilla extract
- $\frac{1}{8}$ tsp cinnamon powder
- $\frac{1}{8}$ tsp unrefined salt
- 2-3 tbsp water
- 2 ice cubes

Method

Blend apple, banana, spinach, dates, vanilla extract, cinnamon powder, salt, water and ice cubes in a blender for 30 seconds, or until smooth. Pour into two glasses and enjoy.

B. OTHER SMOOTHIES

CHOCOLATE SMOOTHIE (Serves 2)

Ingredients

- 2 ripe bananas, peeled, frozen ahead and roughly chopped
- $\frac{1}{3}$ cup beet greens or spinach
- 1 tsp unsweetened cocoa powder
- $\frac{1}{2}$ cup water
- 1-2 dates (optional), pitted and soaked
- 2-3 ice cubes (optional)

Method

Blend bananas, beet greens or spinach in a blender. Add cocoa powder, water and dates (if you want some extra sweetness) and blend. Add ice-cubes and blend, if you want it cold. Pour into glasses and serve. Yummilicious!

PAPAYA SMOOTHIE WITH A ZING

(Serves 2)

This is an unusual smoothie that is not very sweet and has a surprising zing from the green chilli.

Ingredients

- 1 cup peeled and chopped papaya

- 1 cup kinnow, orange or sweet lime juice
- $\frac{1}{2}$ green chilli
- 1 tbsp lemon juice (optional)

Method

Blend the green chilli with the fruit juice in a blender, until smooth. Add the papaya and blend further. Add lemon juice and blend again. Pour into glasses and serve.

KEY LIME PIE SMOOTHIE (Serves 2)

Ingredients

- 2 cups ice cubes
- $\frac{1}{2}$ cup filtered water
- $\frac{1}{4}$ cup pitted and chopped dates
- $\frac{1}{4}$ cup lemon flesh (1 whole small lemon peeled and pips removed)
- 2-3 ripe bananas (fresh or frozen)
- 3 tbsp freshly squeezed lemon juice
- 1 tsp vanilla extract
- $\frac{1}{2}$ tsp freshly grated lemon zest
- $\frac{1}{8}$ tsp unrefined salt

Method

Blend ice cubes, water, dates, lemon flesh, banana, lemon juice, vanilla extract, lemon zest and salt together in a blender. Pour into glasses and serve. Yummy, like a liquid dessert!

ALMOND MILK THANDAI (Serves 4)

Ingredients

- $\frac{1}{2}$ cup almonds, soaked in water for 8-10 hrs
- 3 cups drinking water
- 6-8 dates, pitted
- $\frac{1}{4}$ tsp cardamom powder
- $\frac{1}{4}$ tsp cinnamon powder
- $\frac{1}{4}$ tsp nutmeg powder

Method

Discard soaking water and rinse almonds. Place them in a blender with $\frac{1}{2}$ cup water and blend to a smooth paste. Add the dates, spices and blend again. Add remaining water and mix. Add more water, if needed, to obtain desired consistency. Once prepared, the milk should be refrigerated. It can be kept for up to 4 days.

C. BEVERAGES

HERBAL INFUSIONS (Serves 2)

Herbal infusions or home-made green teas are a great alternative to the regular milk-based tea/coffee or commercial packaged green tea sachets. They can be made with one or more herbs and spices like lemongrass/*tulsi*/fresh mint/cinnamon/peppercorns /ginger /cloves/green cardamom/ liquorice, etc. Here is a sample recipe:

Ingredients

- 2 cups water
- $\frac{1}{4}$ - $\frac{1}{2}$ cup fresh mint leaves (*pudina*)

- 1 tsp grated unpeeled ginger
- $\frac{1}{2}$ tsp crushed black peppercorns (*kali mirch*)
- 2" long pc of lemongrass

Method

Boil water in a deep pan. Take it off the heat and add mint leaves, ginger, black peppercorns and lemongrass. Take enough of each ingredient so that it lends its flavour. The quantity of each ingredient can be adjusted according to taste. Cover and let the mixture infuse for 5 minutes. Strain into glasses and serve. This infusion can be made in a large quantity and kept in the refrigerator for 3 or 4 days, to have to hand, when required.

MASALA 'CHAI' (Serves 2)

For the Masala

Ingredients

- 4 green cardamoms
- 1½" stick cinnamon
- 6-8 black peppercorns (*kali mirch*)
- 4-5 cloves
- $\frac{1}{2}$ star anise

Method

Grind all ingredients together to a coarse powder.

For the Tea

Ingredients

- 1½ cups water
- $\frac{3}{4}$ cup soy milk

- 6-8 tbsp date paste (Pg. 17)
- 1" pc unpeeled ginger, crushed
- 2 tbsp fresh mint leaves (*pudina*)
- 1-2 blades lemongrass

Method

Mix water, soy milk and chai masala in a pan and boil for 3-4 minutes. Add date paste and ginger and boil for a minute. Add mint leaves and lemongrass, cover and boil for 5 minutes. Strain, pour into cups and serve.

CHOCOLATE NUT MILK CHAI (Raw)

(Serves 2)

This recipe was demonstrated by Lisa Pitman during her Eating without Heating demos in India. For more on Lisa and her recipes, please visit www.veganculinarycrusade.com

Ingredients

- 2 cups almond milk (Pg. 18)
- $\frac{1}{2}$ tsp vanilla extract
- 3-6 large dates, pitted
- $\frac{1}{4}$ tsp green cardamom powder
- $\frac{1}{2}$ tsp cinnamon powder
- $\frac{1}{4}$ tsp grated unpeeled ginger
- 3 tbsp unsweetened cocoa powder

Method

Blend all the ingredients together until smooth. Pour into glasses and serve immediately.

JAL JEERA (Serves 4)

Ingredients

- $\frac{1}{4}$ cup chopped fresh mint leaves (*pudina*)
- $\frac{1}{2}$ cup packed chopped fresh coriander leaves (*hara dhania*)
- 1 marble-sized seedless tamarind (*imli*) ball (for a more pronounced sourness, you can add one more marble sized ball of tamarind)
- 1- $1\frac{1}{2}$ tsp cumin seeds (*jeera*)
- 1 tsp fennel seeds (*saunf*)
- $\frac{1}{2}$ tsp black pepper (*kali mirch*) powder
- $\frac{1}{2}$ -1 tsp dry mango powder (*amchur*)
- $\frac{1}{8}$ tsp asafoetida (*hing*)
- $\frac{1}{2}$ -1 tsp black salt (*kala namak*) or pink unrefined salt (*sendha namak*)
- $3\frac{1}{2}$ - $4\frac{1}{2}$ cups chilled water

Method

Rinse the mint and coriander leaves and blend them in a blender with the tamarind. Add the rest of the ingredients and blend with $\frac{1}{2}$ to $\frac{3}{4}$ cup water until smooth. Strain.

Add 3-4 cups (or as required) of chilled water to the strained mixture. Chill in the refrigerator, pour into glasses and serve chilled.

D. SWEETENER

DATE PASTE (Raw) (Makes $1\frac{1}{2}$ cups)

This is a basic sweetener that can be used in many desserts. It can be prepared in advance and stored in the refrigerator for 7-10 days.

Ingredients

- 1 cup pitted dates
- 1 cup water

Method

Soak dates for a few hours in just enough water (about 1 cup), so that it covers the dates – until they become plump and have absorbed some of the liquid. Process the dates in a food processor or grinder, along with the water, until smooth. Store in the refrigerator. If your dates are soft and juicy, you can make the date paste without any water too.

Storage/Shelf Life

In the refrigerator for up to 7-10 days. Always use a clean, dry spoon to remove the date paste from the jar.



DAIRY ALTERNATIVES

PLANT-BASED MILK

You can make plant-based milks from a variety of ingredients such as soy beans, mature coconut, tender coconut, almonds, cashew nuts, macadamia nuts, hazelnuts, peanuts, whole rice, oats, pumpkin seeds, melon seeds, sunflower seeds, cucumber seeds, etc.

NUT MILK OR SEED MILK (Makes 5 cups)

Ingredients

- $\frac{1}{2}$ cup unroasted nuts (almonds, cashew nuts or seeds such as melon, watermelon, sunflower, pumpkin)
- 4 cups water
- 1-2 dates (optional), pitted

Method

Wash and soak the nuts/seeds in sufficient water for 6-8 hours. Discard the water and rinse. Blend nuts in a blender, until you have a smooth paste, adding a little water only if necessary. The less the water you add, the smoother the paste will be. Once you have a smooth paste, add the remaining water and blend. 1-2 dates may be added to sweeten the nut milk.

COCONUT MILK AND COCONUT

CREAM (Makes 1 cup)

Ingredients

- 1 cup grated fresh mature coconut (not tender coconut)
- 1 cup warm water

Method

Fill a grinder jar up to the halfway mark with the coconut. Add $\frac{1}{2}$ cup warm water and grind. Sieve the mixture through a large, fine mesh sieve/muslin cloth or nut milk bag. Squeeze it well with a spoon or with hands to take out all the milk. This is the thick, first extract. Once all the milk is extracted, repeat the procedure with the residue and remaining water, to extract the remaining milk. Use the residue in making dough for chapattis or for making *laddoos*.

For Coconut Cream

Keep the coconut milk in the refrigerator overnight. Thick cream will rise to the top, leaving water below. Scoop the cream out carefully.

Variations

Sesame seeds/cashew nuts/almonds can be added to the coconut milk by making them into a butter and adding a small quantity of this butter and about 4-6 times this quantity of water to the coconut milk and blending well.

Alternatively, the seeds can be added to the grated coconut directly in the grinder jar.

Note

Use coconut milk judiciously and occasionally only, since it lacks fibre and is high in fat.

Peanut Rice Milk Curd - Page 21



Raw Cashew Cheese - Page 23



PEANUT-RICE MILK CURD (Makes 1 litre)

Peanuts lend creaminess to the milk but have a strong flavour, which can be reduced by mixing in rice. Rice also helps to thicken the milk and curd.

Ingredients

- 1 cup raw peanuts
- ½ cup brown rice flour
- 800 ml drinking water
- 8-12 chilli crowns / 2-3 tbsp non-dairy curd starter

Method

Soak peanuts in sufficient water for 6-8 hours. Discard the water, rinse, place the peanuts in a blender and blend with 200 ml water (adding a little at a time), until you obtain a smooth paste. Then, add 400 ml water to this peanut paste. Similarly, make rice milk by mixing rice flour with 200 ml water. Boil the peanut milk on low heat. Once it starts to thicken, slowly start adding the rice milk, stirring continuously to prevent lumps from forming. Let the milk boil and thicken. Cool down to lukewarm temperature. Set the curd using the vegan starter the first time you make it and keep some as a starter for the next batch.

The starter can also be stored in the freezer for up to 3 months.

Note

If you want a thick set curd, use 800 ml water for making the milk. For slightly runny curd, use 900 ml water.

Tip

If you do not have a vegan curd starter, you can use the chilli crowns of 8-12 green chillies. Wash the chillies, remove the crowns, add them to the milk mixture and keep aside in a warm place for 6-8 hours to set.

The setting time also depends on the climate and the temperature in the room. In summer, the curd may set in 4-6 hours, while in winter it may take a longer time of 10-12 hours. Keep an eye on the curd. Once it starts smelling sour, keep in the refrigerator.

Storage/Shelf Life

This curd keeps for up to 2 weeks in the refrigerator.

CASHEW CURD (Makes 750 ml)

Ingredients

- 75 g raw cashew nuts, soaked for 6-8 hours
- 3 g agar agar
- 750 ml water
- Any of the following vegan curd starters:
- 2-3 tbsp non-dairy curd
- 8-10 green chilli tops/crowns
- 1-2 tbsp rejuvelac

Method

Drain the cashew nuts and grind them with 2-3 tbsp water to a fine paste and keep aside. Take 100 ml water in a pan and add the agar agar to it. Boil this mixture, stirring frequently, until the

agar agar dissolves. Add the cashew paste to this boiling water and mix well. Immediately, add the remaining water to it and keep stirring for 5 minutes. As it boils, it will thicken more.

When thick, remove the mixture from the heat and keep stirring until it cools down to a lukewarm temperature ($37^{\circ}\text{C} / 98^{\circ}\text{F}$). Add the starter to it and keep aside to set at room temperature for about 6-8 hours, depending on the climate. It may take more time to set in cooler places.

Storage/Shelf Life

This curd keeps for 4 to 5 days in the refrigerator.

Tip

Set the curd in a glass or earthen pot for best results. Keep the lid slightly open or cover with a cloth.

PEANUT-RICE CURD BUTTERMILK

(Serves 2)

Ingredients

- $\frac{1}{2}$ cup peanut-rice curd (Pg. 21)
- 500 ml drinking water
- 3-4 curry leaves
- 1 green chilli
- $\frac{1}{8}$ tsp asafoetida (*hing*)
- $\frac{1}{8}$ tsp unrefined salt or black salt

Method

Blend curd, green chilli and water in a blender. Transfer to a bowl. Roast curry leaves and asafoetida in a thick pan without oil and add to the butter milk. Season with unrefined salt or black salt.

Variations

Buttermilk can be made with other plant-based curds such as soy-rice curd. The flavourings can vary according to personal preference - for example, roasted cumin powder, ginger-green chilli paste, fresh mint and coriander leaves, roasted whole cumin seeds and asafoetida. A great blended flavouring is a combination of green chillies, ginger, curry leaves, mint leaves and coriander leaves all blended together and added in a small quantity.

TENDER COCONUT CHAAS (BUTTERMILK) (Serves 3)

Ingredients

- $\frac{1}{2}$ cup creamy flesh of tender coconut
- 6-8 drops lemon juice
- $2\frac{1}{2}$ cups water
- 1 tsp *chaas masala*

Method

Blend the tender coconut flesh to obtain a thick cream, with 2 tbsp water. Add lemon juice, remaining water and *chaas masala*. Stir well. Chill, pour into glasses and serve.

PEANUT, OTHER NUT AND SEED BUTTERS (Makes 100 g)

Ingredients

- 100 g raw peanuts

Method

Roast peanuts on low heat until the skins crack, or roast in an oven at 180°C for 15 minutes.

Fill peanuts in a grinder up to a height of

1". Grind. You will first obtain a powder. Grind until it turns to butter, scraping down the sides at regular intervals.

Variations

You can use different nuts and seeds to make your own butters, using the same method.

Tips

- Nuts and seeds with high fat content like sunflower seeds, cashew nuts, almonds, macadamia nuts, etc. do not need roasting. You can also mix different seed butters.
- You need a high-powered mixer, preferably 900W and above.

COCONUT BUTTER (Makes $\frac{1}{2}$ cup)

This is an excellent replacer for ghee and can be used in small quantities to give the aroma of ghee in food.

With two small kids in the house, the family always insists on adding ghee to their food. This recipe comes to the rescue at such times, for not only is it very similar to ghee in taste, but the aroma and flavour too are very close. Add it to sweets or savoury dishes and food tastes yum. -Madhura

Ingredients

- 1 cup desiccated coconut

Method

Place the desiccated coconut in the grinder until the grinder jar is completely full. Grind until it turns to butter, scraping down the sides at regular intervals, to

ensure that all of it is blended. Do not add water. This should take about 6-7 minutes.

Tips

- Use organic desiccated coconut for best results.
- Always use a mixer with power of 900 W or more.
- Give breaks while blending, to cool the mixer.

Shelf Life

Do not refrigerate. Store at room temperature. Will stay fresh for 2 months.

RAW CASHEW CHEESE (Makes $1\frac{1}{2}$ cups, serves 8-10)

This cheese is easy to make and makes a wonderful spread/dip.

Ingredients

- 1 cup cashew nuts
- $\frac{1}{3}$ tsp unrefined salt
- $\frac{1}{4}$ - $\frac{1}{3}$ cup water

Method

Soak cashew nuts in water for 6-8 hours. Discard water, rinse, drain and place the cashew nuts in a blender. Blend to a smooth paste, adding 1 tbsp water at a time. Transfer the paste to a clean glass container with the lid lightly placed on top (or mouth covered with cheesecloth/muslin) and leave to ferment for 8-24 hours, depending on the weather, or until it begins to smell sour. Add salt. Mix well and serve.

Storage/Shelf Life

In the refrigerator for 10 days or more. Keep unsalted until ready to serve/use. Ideal for making cheesy sauces, dips and spreads, or directly on bread. It can also be used on baked dishes and will brown slightly, when baked.

Note

The fermentation time differs based on room temperature and season. Keep an eye on the cheese after 8 hrs. It should be kept in the refrigerator once it begins to smell sour.

Variation

Make flavoured cashew cheese by adding chopped fresh herbs or crushed red pepper or coarsely crushed black peppercorns or caraway seeds, etc.

SOUR CREAM (Serves 4-6)

Ingredients

- 1 cup whole or broken cashew nuts
- 2 tsp lemon juice
- $\frac{1}{2}$ tsp unrefined salt
- $\frac{1}{4}$ - $\frac{1}{2}$ cup water

Method

Soak the cashew nuts in water for 6 to 8 hours. Discard water, rinse, drain and place the cashew nuts in a blender. Blend, adding 1 tbsp water at a time, until you obtain a thick, creamy consistency. Add lemon juice and salt and blend again. Add more water, if needed, to obtain a thick but flowing consistency. It is now ready to serve.

BOURSIN (Makes 4 cups/serves 10)

Ingredients

- 200 g (1 cup) cashew nuts
- 200 g tofu
- 1 tsp ground or finely minced garlic
- $\frac{1}{2}$ tsp unrefined salt
- 1 cup finely chopped fresh herbs (basil/tarragon/parsley/dill/mint/spring onion greens or chives)
- 1 tbsp fresh lemon juice
- $\frac{1}{4}$ tsp freshly ground black pepper (*kali mirch*)
- $\frac{1}{4}$ - $\frac{1}{2}$ cup water

Method

Soak the cashew nuts in water for 6-8 hours. Discard water, rinse, drain and place them in a blender. Add $\frac{1}{4}$ cup water and grind until you get a reasonably smooth paste.

Add the tofu, garlic and salt and blend to a thick but creamy spread. Transfer from the blender to a bowl. Add finely minced fresh herbs, ground pepper and fresh lemon juice and mix together. (Never put herbs in the blender/food processor or you will have green cheese!)

Nutritional yeast flakes, if available, can be added for a cheesier taste.

NUT FREE CHEESE (Makes 4 cups)

Ingredients

- 2 cups steamed and diced unpeeled potatoes
- 1 cup steamed and diced unpeeled carrots
- $\frac{1}{2}$ cup water
- 2 tsp unrefined salt
- 1 tbsp lemon juice
- $\frac{1}{2}$ cup nutritional yeast

- $\frac{1}{4}$ cup onion powder
- $\frac{1}{4}$ cup garlic powder
- $\frac{1}{4}$ tsp mustard (*rai*) powder

Method

Blend all the ingredients together to a smooth creamy paste.

Storage/Shelf Life

In the refrigerator for 3-4 days.

SHREDDABLE CHEESE (Makes 1 cup)

Ingredients

- $\frac{1}{2}$ cup raw cashew cheese (Pg. 23)
- $\frac{1}{2}$ cup cashew nuts, soaked for 6-8 hours
- 3 tbsp psyllium husk (*isabgol*)
- 4-5 cloves garlic
- 2-3 tbsp lemon juice
- $\frac{1}{4}$ cup water
- $1\frac{1}{2}$ tsp unrefined salt
- $\frac{1}{4}$ tsp turmeric (*haldi*) powder

Method

Take all the ingredients in a blender and blend to a thick, smooth paste.

Transfer to a glass bowl and keep in the refrigerator to harden. After 6-8 hours, the cheese can be shredded.

FETA CHEESE (Serves 6)

Ingredients

- 1 cup almonds, soaked in water for 8 hours
- 2 tbsp fresh lemon juice
- 1 clove garlic
- $1\frac{1}{2}$ tsp unrefined salt
- $\frac{1}{2}$ cup cold water
- 1 tbsp chopped fresh thyme (optional)
- 1 tbsp chopped fresh rosemary (optional)

Method

Discard soaking water and rinse the almonds. Grind them in a powerful blender with lemon juice, garlic, salt and water, until very creamy. Place 3 layers of cheesecloth over a strainer and transfer the mixture to it. Bring up the ends of the cloth and tie with an elastic rubber band. Drain in a sieve in the refrigerator overnight, or at least for 8 hours.

Preheat oven to 200 °C. Line a cookie sheet with parchment paper. Turn the cheese with the crumbly side down onto the paper and shape it like a disc of about $\frac{3}{4}$ inch thickness. Bake for 40-50 minutes, or until top is firm and dry. Cool and chill.

When ready to serve, place cheese on a plate and sprinkle dry or fresh herbs on it.

TOFU RICOTTA (Makes 2 cups)

Ingredients

- 250 g extra firm tofu
- 1 tsp minced garlic
- $\frac{1}{8}$ cup nutritional yeast
- $\frac{1}{4}$ tsp unrefined salt
- $\frac{1}{4}$ tsp black pepper (*kali mirch*) powder
- $\frac{1}{2}$ tbsp dry parsley flakes
- $\frac{1}{2}$ tsp dry basil
- $\frac{1}{2}$ tsp dry oregano
- $\frac{1}{8}$ cup lemon juice
- $\frac{1}{8}$ cup soy milk

Method

Combine all above ingredients in a blender and blend until fairly smooth. Refrigerate and serve or use in a recipe.

BREAKFAST

VEGETABLE POHA (Serves 4)

Breakfast in a Maharashtrian household can never be complete without a plate of delicious poha. This recipe, without a drop of oil, is so tasty and the vegetables add the healthy twist - Madhura

Ingredients

- 1 cup pressed red rice (*poha*)
- 1 cup grated mixed unpeeled vegetables or diced steamed unpeeled vegetables
- 1 tsp mustard (*rai*) seeds
- 2 green chillies, finely chopped
- $\frac{1}{4}$ cup desiccated coconut
- 1 tbsp lemon juice
- $\frac{1}{4}$ tsp turmeric (*haldi*) powder
- $\frac{1}{2}$ tsp unrefined salt
- $\frac{1}{4}$ cup roasted unpeeled peanuts
- 2 tbsp grated fresh coconut (optional)
- 2 tbsp chopped fresh coriander leaves

Method

Rinse the *poha* in a large strainer. Let it sit for about 5 minutes, or until the flakes become moist and thick. Meanwhile, keep a pan on low heat and add mustard seeds. Once they start popping, add green chillies and vegetables. Add desiccated coconut, lemon juice, salt and turmeric powder. Sprinkle some water if too dry and stir for about 3-4

minutes. Add soaked *poha* and toss it around until it is fully coated with the turmeric. Add peanuts, mix well and remove from heat. Garnish with grated coconut and chopped coriander leaves and serve hot.

COLOURFUL MILLET UPMA (Serves 4-6)

Ingredients

- 1 cup barnyard millet, soaked in water for 6-8 hours
- $\frac{1}{4}$ cup diced unpeeled carrot, steamed
- $\frac{1}{4}$ cup green peas, steamed
- $\frac{1}{4}$ cup diced unpeeled potatoes, steamed
- $\frac{1}{2}$ cup finely grated fresh coconut
- 1 tsp black mustard (*rai*) seeds
- 5-6 curry leaves
- 1 tsp fennel (*saunf*) seeds
- $\frac{1}{2}$ tbsp minced unpeeled ginger
- $\frac{1}{2}$ cup roasted unpeeled peanuts
- 1 tsp unrefined salt
- 1-2 green chillies
- 2 tsp lemon juice
- 2 tbsp chopped coriander leaves
- $1\frac{1}{2}$ -2 cups water

Method

Drain and rinse the millet with fresh water and cook in $1\frac{1}{2}$ -2 cups of water, until done. Dry roast the mustard seeds and curry leaves in a *kadhai*. Add fennel

seeds, green chillies and ginger and sauté for a minute. Add vegetables, lemon juice and coconut, cook for 2-3 minutes until the coconut releases its natural oils. Then, add the cooked millet and toss everything well, such that the vegetables and coconut mixture are well blended. Cover and cook for 2-3 minutes, until the *upma* is heated through thoroughly. Finally, add the peanuts and coriander and mix well. Serve with green chutney.

Variations

Replace barnyard millet with *vari*, *samak*, brown rice *poha*, gluten free oats or millet *sevai*. Other vegetables like French beans, peas or corn can be used.

RED RICE IDLI/DOSA (Serves 8-10)

These pretty pink *idlis* and *dosas* are surprisingly tasty, filling and healthy, as they are made of whole ingredients. Once you get hooked on to these, the white rice *idlis* will no longer appeal.

Ingredients

- 3 cups unpolished red rice, soaked in water for 10-12 hours
- 1 cup whole black gram (*dhuli sabut urad*), soaked in water for 10-12 hours
- ½ cup cooked unpolished red rice
- 1 tsp fenugreek seeds, soaked with either the rice or black gram
- 1 tsp unrefined salt

Method

Grind the soaked rice and cooked rice without water in the blender (or *idli grinder*), until you get a slightly coarse batter. Pour into a large bowl. Grind the soaked black gram without water in the blender, until very smooth. Mix this with the rice paste. Leave this mixture at room temperature to ferment for 8-12 hours, depending on the place and season. In summers, 8 hours is sufficient, but on cooler days, it will take longer. You can smell it to find out if it is ready or not. It should have a slightly sour, fermented smell. Add salt and mix. Pour the batter into the wells of an *idli* plate and steam for 8-10 minutes. A toothpick inserted in the middle of the *idli* should come out clean when cooked. Add water to the batter to obtain the consistency of *dosa* batter (somewhat similar to pancake batter) to make *dosas* or *uttapams*.

Tip

Dosas or *uttapams* can be made on a thick iron *dosa tawa* without any oil, by rubbing it with a halved potato or onion before pouring the batter.

Variation for Dosas

An equal volume or less of finely grated bottle gourd (*dudhi*) or pumpkin can be mixed with the mixture, along with ginger-green chilli paste to taste. This makes tasty, slightly thicker *dosas* which are a big hit with children and a good way to feed them vegetables. Serve with *sambar* and coconut chutney.

RAGI PORRIDGE (Serves 2)

Ingredients

- 4 tbsp ragi/*nachni* (finger millet) flour
- 2 cups cold water
- 4 tbsp date paste (Pg. 17)
- 1 tsp grated unpeeled ginger
- 2 tbsp fresh coconut cream (Pg. 18)

Method

In a saucepan, take ragi flour and water and mix evenly without lumps. Cook for about 5 minutes on medium heat, until the ragi is cooked. Stir briskly all the while, because ragi flour tends to form lumps. Add date paste and ginger and turn the heat off. Top with coconut cream and serve.

Variations

Replace ragi with cracked wheat/other millet flours.

Replace ginger with cinnamon and green cardamom powders.

A mix of different millet flours can be roasted and made into a porridge too.

INSTANT MILLET DOSA (Serves 4)

Ingredients

- $\frac{1}{2}$ cup ragi/*nachni* (finger millet) flour
- 1-2 cups warm water
- $\frac{1}{4}$ cup finely chopped onion
- 1 green chilli, finely chopped
- 1 tbsp finely chopped fresh coriander leaves
- 4-5 curry leaves, finely chopped
- $\frac{1}{2}$ tsp unrefined salt

Method

Mix ragi flour with warm water until there is no lump left. Then, add onion, green chilli, coriander leaves, curry leaves and salt. The batter should be thin.

Heat the *dosa tawa* (pancake griddle), pour a ladleful of batter from the outer corners of the *tawa* and fill the inside of the *tawa*. You cannot spread this batter like a normal *dosa*.

It will take time to cook the *dosa*, so have patience. Keep the heat medium to high. Once cooked, turn it over to the other side and let the other side cook.

Remove *dosa* from *tawa* and serve hot with chutney or *sambar*. This *dosa* will taste good only when served hot, direct from the *tawa*. If you have difficulty in preparing this style of ragi *dosa*, you should prepare like regular *dosas*. Add less water to the batter and make small regular *dosa*.

Variation

Any other millet flour may be used instead of ragi.

CREAMY OATMEAL PORRIDGE WITH SUNFLOWER SEEDS (Serves 2)

This vegan porridge is creamy, tasty and very satisfying. Rolled oats or steel cut oats are best, because they are whole. White oats or instant oats are not whole.

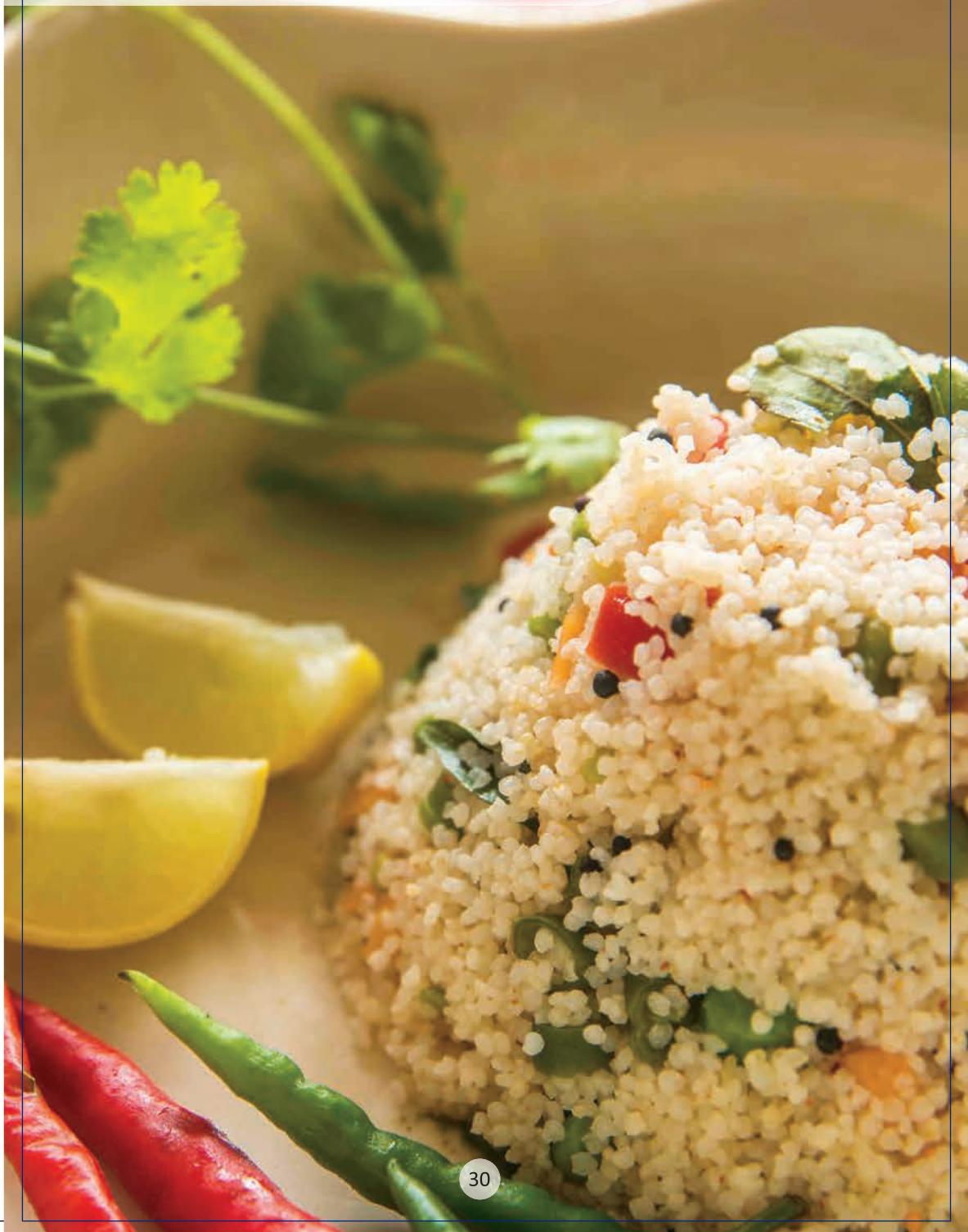
Ingredients

- 2 cups water
- 5-6 tbsp rolled oats
- 2 tbsp date paste (Pg. 17)

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Colourful Millet Upma - Page 26



- 1 tsp sesame butter (Pg. 22)
- 1 tbsp sunflower seeds

Method

Grind oats to form a coarse powder. Mix the water and oatmeal in a pot and cook on medium heat, stirring constantly, until the porridge is ready. Once the oats are cooked, add the date paste and sesame butter. Roast sunflower seeds separately and sprinkle them on top. Serve.

Variations

- Replace sunflower seeds with almonds or mixed nuts or mixed dry fruits.
- Replace sesame butter with soy milk or other nut butters.
- Replace oats with cracked wheat flour or ragi flour and add some fresh, grated ginger.

CHILLA OR PUDLA OR PESARATTU

(Serves 2-3)

Ingredients

- 1 cup whole green gram (*sabut moong*) or any other lentil or beans, soaked for 8-10 hours
- $\frac{1}{4}$ - $\frac{1}{2}$ tsp ginger-green chilli paste
- $\frac{1}{2}$ -1 cup water
- 1 tsp unrefined salt

Method

Drain, rinse and grind *moong* or other lentil to a fine paste with water as required (it will depend on the lentil or

bean used). Add ginger-green chilli paste and salt and mix well. Transfer to a bowl. There is no need to ferment the batter. Heat a *tawa* (pancake griddle), spread a ladleful of batter into a round *chilla* (like a small crepe), cover and cook until the underside is a light golden colour. Turn it over and cook the other side until it is equally done. Serve hot.

Variations

- Mix grated vegetables of your choice in the batter.
- Make *dhoklas* with the same batter.
- Stuff the *chillas* with mixed cooked or grated vegetables such as peas, French beans, carrots, beetroot, broccoli, potatoes or corn.

THALIPEETH (SAVOURY PANCAKE)

(Makes 15)

Protein always seems to be a big concern when your diet is plant-based. My husband is heavily into gymming and loves this dish as it provides the high-quality protein that he is looking for -Madhura

Ingredients

- $\frac{3}{4}$ cup sorghum (*jowar*) flour
- $\frac{1}{4}$ cup chickpea flour (*besan*)
- $\frac{1}{4}$ cup green gram (*moong*) flour
- $\frac{1}{4}$ cup brown Bengal gram (*kala chana*) flour
- $\frac{1}{2}$ cup finely chopped onion

- $\frac{1}{4}$ cup finely chopped fresh coriander leaves
- 2-3 green chillies, finely chopped
- $\frac{1}{4}$ cup peanut rice milk curd (Pg. 21)
- $\frac{1}{2}$ tsp turmeric (*haldi*) powder
- 2 cloves garlic, finely minced
- 1 tsp unrefined salt
- $\frac{1}{4}$ - $\frac{1}{2}$ cup water

Method

Mix all the flours and roast them in a heated pan on low heat, until they are fragrant. Transfer to a mixing bowl and cool. Add the rest of the ingredients and knead with sufficient water to form a stiff dough. Divide the dough into 15 equal balls. Using the palm of your hands, flatten each ball. Dust a clean surface with sorghum flour, roll the ball in this flour and flatten into a 4 to 6 inches diameter disc, by patting it uniformly in all directions. You can make them thick or thin, according to preference. Make two to three holes in the middle with your fingers, for uniform cooking.

Pre-heat an iron skillet or griddle on high heat, place the *thalipeeth* on the skillet. After a few seconds, you will notice small bubbles start to rise on the dough. Turn down the heat to medium and turn it over and roast the *thalipeeth*, until it is completely and evenly cooked on both sides. Serve hot with mint chutney or peanut curd.

Variation

You can add grated pumpkin, cucumber, cabbage or any vegetable of your choice. Instead of *jowar* flour, you may use *bajra* flour, *ragi* flour, etc.

TOFU AKURI (SCRAMBLED TOFU) (Serves 2)

Ingredients

- 300 g firm tofu
- 1 medium-sized onion, finely chopped
- 2 medium-sized tomatoes, finely chopped
- $\frac{1}{4}$ tsp turmeric (*haldi*) powder
- $\frac{1}{2}$ tsp unrefined salt
- 2-3 finely chopped green chillies
- 1 tbsp chopped fresh coriander leaves for garnishing

Method

Crumble the tofu. Heat a heavy-bottomed stainless-steel pan. Roast the onion in the pan until light golden in colour. Add tomatoes and continue to roast on medium heat, for about 2 minutes. Add the turmeric powder, unrefined salt and green chillies and cook for 2-3 minutes. Garnish with coriander leaves and serve warm.

Variations

- Add chopped mushrooms, zucchini, any coloured capsicum (bell pepper) or any other vegetable of your choice.
- Replace coriander leaves with parsley for a more western flavour.

'OMELETTE' (Serves 4)

Ingredients

- 1 cup chickpea flour (*besan*)
- $\frac{3}{4}$ cup water
- $\frac{1}{2}$ cup finely chopped tomatoes
- $\frac{1}{2}$ cup finely chopped onions
- $\frac{1}{2}$ cup finely chopped fresh coriander leaves
- $\frac{1}{2}$ - $\frac{3}{4}$ tsp black salt (*kala namak*)
- $\frac{1}{4}$ tsp red chilli powder
- $\frac{1}{2}$ tsp finely chopped green chillies

Method

Sieve the chickpea flour into a bowl. Add water gradually and mix well, so that there is no lump left. Add tomatoes, onions, coriander leaves, red chilli powder, green chillies, black salt and mix well.

Heat an iron *tawa* (griddle) on medium heat and spread a thick layer of batter on it. As soon as bubbles appear, cover and cook, until the underside is done. Now, turn it over and cook for a few minutes, or until the other side is equally done. Serve hot with ketchup.

MUESLI (Makes approx. 5 cups)

Ingredients

- $1\frac{1}{2}$ cups wheat flakes
- $\frac{3}{4}$ cup rolled oats
- $\frac{1}{2}$ cup barley flakes
- $\frac{1}{2}$ cup sunflower seeds
- $\frac{1}{3}$ cup pumpkin seeds
- $\frac{1}{3}$ cup watermelon seeds

- $\frac{1}{3}$ cup chopped dates
- $\frac{1}{3}$ cup black raisins or chopped figs
- $\frac{1}{3}$ cup chopped pistachios
- $\frac{1}{3}$ cup chopped almonds
- 2-3 tbsp date paste (Pg. 17)
- $1\frac{1}{2}$ tsp lemon juice or 100 ml orange juice
- $\frac{1}{2}$ tsp cinnamon powder

Method

Mix all dry ingredients together in a large mixing bowl. Add date paste, lemon/orange juice and cinnamon powder to the dry mixture and mix well. Spread on a baking tray and bake in a preheated oven at 170 °C for 25-30 minutes. Store in an airtight container.

Serve dry as a snack or with soy/nut/coconut milk for breakfast.

TROPICAL BREAKFAST PARFAIT (Raw)

(Makes 2 large or 4 small servings)

This recipe was demonstrated by Lisa Pitman during her "Eating without Heating" demos in India. For more on Lisa and her recipes, visit www.veganculinarycrusade.com

Ingredients

- 4 large dates, pitted
- Zest and $\frac{1}{4}$ cup juice from 1 orange
- $\frac{1}{4}$ cup roughly chopped almonds
- $\frac{1}{4}$ cup rolled oats
- 2 tbsp chopped dried apricots
- $\frac{1}{4}$ tsp unrefined salt
- 1 cup fresh papaya cubes

- 2 large ripe bananas, peeled, chopped and frozen

Method

Pulse two dates and the orange zest in a food processor, until the dates are finely chopped. Add almonds, oats, apricots and salt. Pulse to create a granola-like texture. Transfer to a bowl and keep aside.

Rinse the food processor. In the clean food processor, take papaya, orange juice, remaining two dates and salt. Blend until completely smooth. Transfer to another bowl and keep aside.

Rinse the food processor. In the clean food processor, blend the two frozen bananas until a soft-serve ice cream texture is achieved. Divide half of each component between two large or four small glasses, adding one layer at a time. Repeat the layers to use up the remaining components. Place the banana layer first and then the papaya layer as bananas on the top will darken.

- 4-5 tbsp frozen strawberries, figs, raisins and other berries.
- 1-2 tbsp chopped nuts and seeds

Method

Blend the avocado, red banana, strawberries and dates without any water to obtain a yoghurt like consistency. Transfer to a cereal bowl. Top with frozen berries, nuts and seeds. Enjoy.

Variation

To make a chocolate smoothie bowl, you can add 1-2 tbsp raw cacao powder and increase the quantity of bananas and dates.

AVOCADO BREAKFAST SUPERBOWL

(Serves 1-2)

Ingredients

- $\frac{1}{2}$ a ripe avocado, flesh scooped out
- $\frac{1}{2}$ a red banana or any banana
- 4-5 ripe red strawberries (substitute with any other berry, mango or seasonal fruit of your choice)
- 2 dates, pitted (for added sweetness)



SALADS

A. DRESSINGS

CASHEW MAYONNAISE (Makes 1 cup)

Ingredients

- ½ cup cashew nuts, soaked for 6-8 hours
- 2 tbsp chopped onion
- 1-2 tbsp lemon juice
- ¼ tsp mustard (*rai*) powder
- 1 small clove garlic
- ½ tsp unrefined salt
- ⅛ tsp black pepper (*kali mirch*) powder
- ¼ cup water

Method

Except for the water, blend all the ingredients together. Then, add water a little at a time, to make a smooth mayonnaise. Transfer to a bowl and use as required.

Shelf Life

Stays in the refrigerator for 3-4 days. To increase shelf life, use dehydrated onion and garlic powders, instead of fresh ones.

NACHO CHEESE (Makes 2 cups)

Ingredients

- 1 cup diced unpeeled potatoes
- ½ cup diced unpeeled carrots
- ⅓ cup almond milk (Pg. 18)
- 1 small onion, roughly chopped
- 6-7 cloves garlic
- 1 tsp red chilli flakes
- 2 tbsp lemon juice
- 1 tsp unrefined salt

Method

Steam potatoes and carrots for 7-8 minutes in a steamer, until completely cooked. Cool and transfer all ingredients to a grinder jar and grind to a smooth paste. This cheese can be served as a dip with vegetable sticks or corn crackers, or you could put dollops of it on a bed of finely shredded vegetables.

Storage/Shelf Life

In the refrigerator for 2-3 days.

GREEN GODDESS DRESSING

(Makes ¾ cup)

Ingredients

- 2-3 average-sized garlic cloves
- ½ cup chopped fresh chives
- ½ cup chopped fresh parsley
- 2 tbsp tahini (sesame butter) (Pg. 22)
- 2 tbsp nutritional yeast
- 1 tbsp miso
- ⅓ cup water
- 2 tbsp fresh lemon juice
- ½ tsp unrefined salt

Method

Mince garlic, chives and parsley in a food processor. Add the remaining ingredients and blend until very smooth. Transfer to a bowl and chill until required to serve.

Storage/Shelf Life

In an airtight jar in the refrigerator for 4-5 days.

CHIPOTLE RANCH DRESSING (Makes 2 cups)

Ingredients

- 225 g silken tofu
- $\frac{1}{2}$ tsp nutritional yeast
- 2 tbsp drained capers
- 1 tbsp fresh lemon juice
- 2 dates, pitted
- 1 tbsp apple cider vinegar
- 1 dried chipotle pepper or any hot chilli pepper
- 2 tbsp chopped onion
- 1 shallot, peeled and minced
- $\frac{1}{2}$ tsp unrefined salt
- $\frac{1}{2}$ tsp red chilli powder
- $\frac{1}{4}$ tsp paprika
- 1 clove garlic, minced

Method

Blend all ingredients together in a blender until smooth.

Transfer to a bowl, taste and adjust the seasoning if required. Serve chilled.

Storage/Shelf Life

In the refrigerator for a week.

TAHINI DRESSING (Makes 2 cups)

Ingredients

- $\frac{1}{3}$ cup well stirred sesame butter (Pg. 22)
- $\frac{1}{3}$ cup water
- $\frac{1}{3}$ cup lemon juice
- $\frac{3}{4}$ tsp unrefined salt
- 1 clove garlic

Method

Blend together all ingredients until smooth. Transfer to a bowl and use when required.

Storage/Shelf Life

Stays in the refrigerator for a week.

Variation

Omit the salt and add soy sauce. This is a great dressing over salad greens.

ORIENTAL STYLE DRESSING (Makes $\frac{1}{2}$ cup)

Ingredients

- 1 tbsp freshly grated unpeeled ginger
- 1 tbsp freshly grated garlic
- 1 tsp finely chopped green chillies (optional)
- $\frac{1}{4}$ cup soy sauce
- 2 tbsp date paste (Pg. 17)
- 3 tbsp lemon juice
- 2 tsp unpolished sesame seeds

Method

Mix together all the ingredients and drizzle over salad to give it a delicious flavour.

Storage/Shelf Life

Stays in the refrigerator for a month.

CUMIN YOGHURT DRESSING

(Makes $\frac{3}{4}$ cup)

Ingredients

- $\frac{1}{2}$ cup peanut yoghurt (Pg. 21)
- $\frac{1}{2}$ tsp coriander powder
- 1 tsp cumin (*jeera*) powder
- $\frac{1}{4}$ cup water
- 2 tbsp lemon juice

Method

Mix all the ingredients together in a bowl and use as required.

Storage/Shelf Life

Stays in the refrigerator for 4-5 days.

LIME CORIANDER DRESSING (Serves 6)

Ingredients

- $\frac{1}{3}$ cup fresh lemon juice
- $\frac{1}{2}$ bunch fresh coriander leaves, coarsely chopped
- $\frac{1}{4}$ cup coarsely chopped onion
- 1 small green chilli or jalapeño pepper
- $\frac{1}{2}$ cup tahini (sesame butter) (Pg. 22)
- $\frac{1}{2}$ cup water
- $\frac{1}{3}$ cup chopped pitted dates
- 1 tsp unrefined salt

Method

Except for coriander leaves, blend all ingredients together in a blender, until creamy. Add coriander leaves and blend again, but you should still be able to see the coriander leaves as slightly large pieces. Transfer to a bowl and use when required.

THOUSAND ISLAND DRESSING (Serves 6)

Ingredients

- 1 cup cashew mayonnaise or any vegan mayonnaise (Pg. 35)
- $\frac{1}{2}$ red bell pepper (red capsicum), coarsely chopped

- $\frac{1}{4}$ cup chopped fresh celery leaves
- 2 tbsp chopped onion
- $\frac{1}{4}$ tsp black pepper (*kali mirch*) powder
- $\frac{1}{4}$ tsp unrefined salt
- $\frac{1}{2}$ tsp lemon juice or vinegar
- 2 dates, pitted
- 2 tbsp finely chopped gherkins
- 2-3 tbsp water

Method

Blend together all ingredients (except the gherkins) in a blender until smooth. Mix in the finely chopped gherkins and transfer to a bowl. Serve.

Storage/Shelf Life

Stays in the refrigerator for 3-4 days.

Variation

Add 2 tbsp finely chopped herbs like dill or parsley.

B. DIPS

CHEESY DIP (Makes 3½ cups)

Ingredients

- 2 cups raw cashew cheese (Pg. 23)
- $\frac{1}{4}$ - $\frac{1}{2}$ cup water
- $\frac{1}{2}$ cup finely chopped red and yellow bell peppers (red and yellow capsicum)
- 2 tbsp finely chopped spring onions
- 2 tbsp chopped fresh basil / parsley / coriander leaves

- 1 tbsp finely grated garlic
- ½-1 tsp unrefined salt
- 1 tsp lemon juice (you may need more if the cashew cheese is not tangy)
- ¼ tsp crushed red peppercorns (optional)

Method

Take all the ingredients in a large bowl and mix well.

This cheese can be used as a dip served with veggies or as a salad dressing.

Storage/Shelf Life

Stays in the refrigerator for 3-4 days.

GUACAMOLE (Makes 1½ cups)

Ingredients

- 1 cup ripe avocado flesh
- 2 tbsp fresh lemon juice
- ½ cup chopped red onion
- ¼ cup chopped red bell pepper (red capsicum)
- 1½ tbsp chopped jalapeno pepper or 2 green chillies, finely chopped
- ½ tsp unrefined salt
- ½ cup chopped fresh coriander leaves

Method

Take avocado flesh in a large bowl, add lemon juice and mash coarsely with a fork. Add onion, red pepper, jalapeno and mix gently. Add salt and coriander leaves and gently mix again. Serve fresh within an hour of making it.

MEXICAN SALSAS

SALSA VERDE (Makes 1 cup)

Ingredients

- 6 tomatoes (can substitute with green tomatoes)
- ½ cup finely chopped red onion
- 2 jalapenos, deseeded and diced or 2 green chillies, finely chopped
- 1 cup chopped fresh coriander leaves
- 1 tsp unrefined salt
- 2 tbsp lemon juice

Method

Preheat the oven to 180 °C. Place the tomatoes in a baking dish and bake for 30 minutes. Remove and cool. Transfer the tomatoes to a blender and add onion, jalapeno, coriander leaves, salt and lemon juice. Pulse and blend, keeping it chunky. Transfer to a bowl.

Storage/Shelf Life

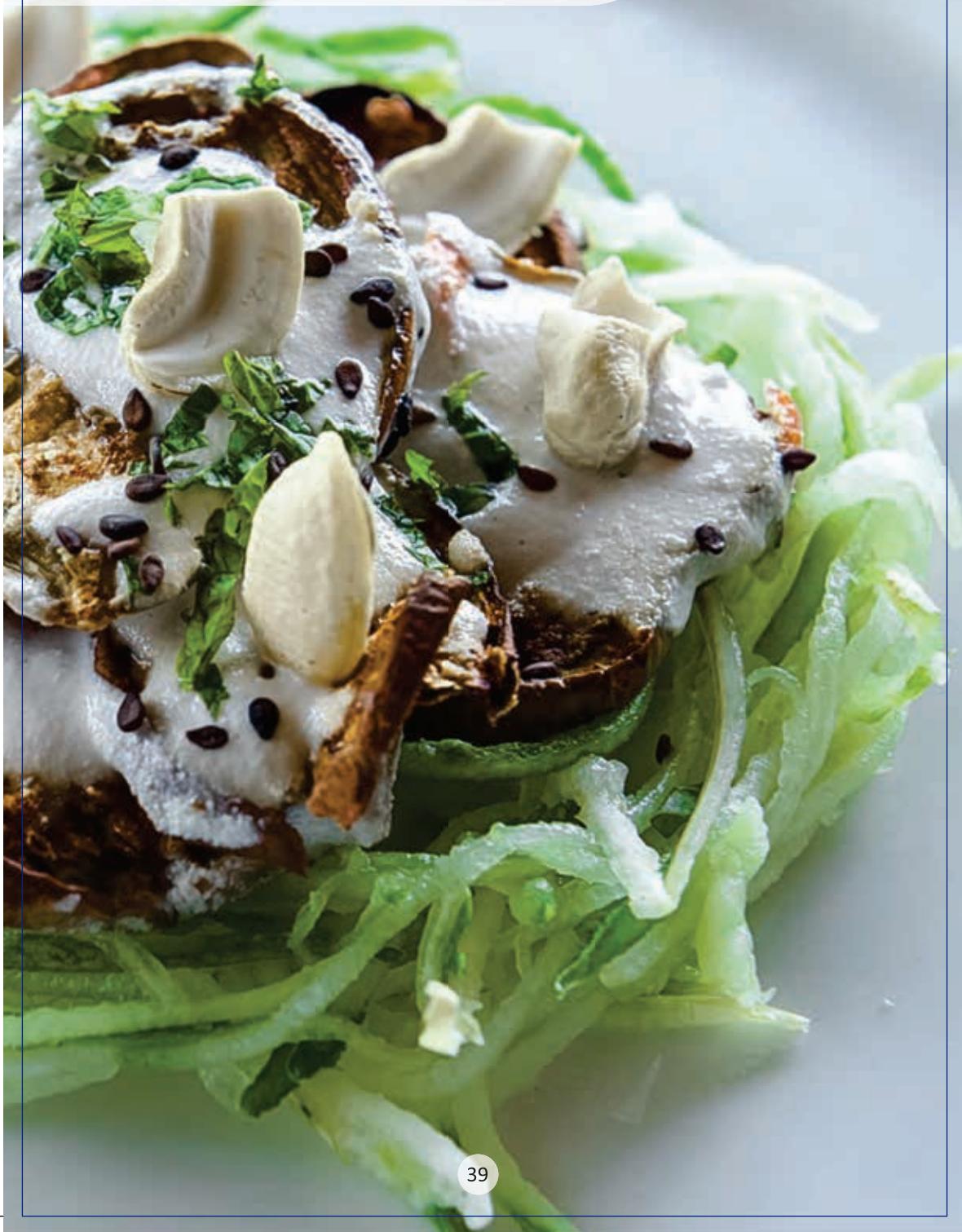
Stays in the refrigerator for up to 5 days.

PICO DE GALLO (Makes 1½-2 cups)

Ingredients

- 6 large red tomatoes, finely chopped
- 1 small onion, finely chopped
- 1 cup finely chopped fresh coriander leaves
- 2 jalapeno peppers, deseeded and coarsely chopped, or 2 green chillies, finely chopped
- 1 tsp unrefined salt

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Method

Mix all the ingredients well in a bowl. Serve at room temperature or chill in the refrigerator for 30 minutes to 6 hours before serving.

TOMATO SALSA (Makes 2 cups)

Ingredients

- 6 large ripe tomatoes
- $\frac{1}{2}$ cup finely chopped red onion
- $\frac{1}{8}$ tsp black pepper (*kali mirch*) powder
- $\frac{1}{8}$ tsp red chilli powder
- 1 tbsp lemon juice
- $\frac{1}{2}$ tsp unrefined salt

Method

Roast the tomatoes individually on an open flame. When the tomato skin gets charred, remove and cool.

Peel the charred skin, roughly chop the tomato and transfer to a bowl. Add the rest of the ingredients and mix.

BABA GANOUSH (Makes 1 cup)

Ingredients

- 1 large eggplant/brinjal
- 2 medium-sized cloves of garlic
- $\frac{1}{2}$ tsp roasted cumin (*jeera*) powder
- $\frac{1}{4}$ tsp unrefined salt
- 1 tbsp lemon juice
- 2 tbsp tahini (sesame butter) (Pg. 22)
- 1 tbsp chopped fresh parsley (optional)

Method

Roast eggplant on direct flame, or

roast in the oven at 180 °C (will take around 45 minutes) until the skin is charred. Keep aside to cool. Once cool, remove charred skin and chop. Take all ingredients except lemon juice and parsley in a blender jar and blend to a smooth paste. Add lemon juice and blend again. Transfer to a bowl. Can be garnished with chopped fresh parsley. Can be used as a dip with crackers, or vegetable crudites (vegetables cut into thick sticks of about 2" length).

HUMMUS (Makes 1½ cups)

Do we love it or do we love it?? My family can polish off large quantities of hummus with just about anything - from cucumber sticks to crackers to rice! Yes, my son actually likes to mix hummus with brown rice and it is one of my favourite recipes to sneak in protein and calcium into his diet - Anubha

Ingredients

- $\frac{1}{2}$ cup chickpeas (*kabuli chana*), soaked overnight (the soaking makes the chickpeas easier to cook and digest)
- 2-3 tsp lemon juice
- $\frac{1}{2}$ tsp unrefined salt
- 1 tbsp sesame butter (Pg. 22)
- 1-2 cloves garlic
- $\frac{1}{8}$ tsp red chilli powder or paprika
- 1 tbsp chopped fresh parsley, to garnish
- $\frac{1}{4}-\frac{1}{2}$ cup water

Method

Discard soaking water, rinse chickpeas

and cook them in a pressure cooker until soft, with just enough water to cover. Drain the water. (Save this water. It can be used as aquafaba). Mix chickpeas, lemon juice, salt, sesame butter and garlic in the blender. Grind, adding water as required, to make a thick, almost smooth paste. Transfer to a bowl. Garnish with parsley and sprinkle red chilli powder or paprika before serving.

Variations

Add sun-dried tomatoes/olives/coriander leaves to the mixture while grinding, to make a flavoured hummus.

Tip

Use ice cubes instead of water for blending to get restaurant style creamy hummus.

NO-BEAN HUMMUS (Makes 3 cups)

Ingredients

- 2 cups chopped zucchini
- ½ cup unpolished sesame seeds
- 2 tbsp lemon juice
- 1 clove garlic (optional)
- 6-8 green olives (stored in brine, not oil)
- 1 tsp paprika
- ¼-½ cup water
- 1 tsp unrefined salt

Method

Except for water, take all ingredients in a blender and coarsely blend. Now, add water, a little at a time and blend until

smooth. Transfer to a bowl and serve with carrot, cucumber and radish sticks, broccoli florets, or salad leaves.

Storage/Shelf Life

Stays in the refrigerator for 24 hours.

C. SIDE SALADS

BETROOT WITH A ZING (Serves 4)

Ingredients

- 4 medium-sized unpeeled beetroots
- 2 tbsp finely chopped onions
- 1 tbsp finely chopped celery
- 1 cup vegan curd, lightly whipped (Pg. 21)
- 1 small raw mango, finely chopped (optional)
- 1 tsp unrefined salt
- ½ tsp red chilli powder
- 1 small onion, sliced and made into rings (optional)
- 1 tbsp mustard (*rai*) seeds

Method

Steam the beets with the skins on, until tender. Cool completely and cut into 1" cubes. Except for mustard seeds, mix all remaining ingredients together in a bowl. Add the beetroot and mix well. Roast the mustard seeds until they pop and add to the beetroot and mix well. Serve at room temperature, as the curd will cake in a refrigerator. Can be served with raw onion rings.

CUCUMBER SUMMER ROLLS WITH GINGER ALMOND SAUCE (Serves 4)

Ingredients

For the Rolls

- 8 leaves of lettuce (any variety with soft leaves, e.g. butterhead)
- 1 cup unpeeled and julienned cucumber
- $\frac{1}{2}$ cup unpeeled and julienned carrot
- $\frac{1}{2}$ cup unpeeled and julienned beetroot
- $\frac{1}{4}$ cup chopped fresh basil
- $\frac{1}{4}$ cup chopped fresh coriander leaves
- $\frac{1}{4}$ cup fresh mint leaves

For the Dipping Sauce

- $\frac{1}{2}$ cup water
- 1 kaffir lime leaf
- $\frac{1}{2}$ cup almond butter/peanut butter (Pg. 22)
- 1 soft date, pitted
- 2 tbsp lemon juice
- 1 tsp unrefined salt
- $\frac{1}{8}$ tsp cayenne pepper
- $\frac{1}{4}$ tsp minced garlic
- 1 tsp minced unpeeled ginger

Method

Arrange lettuce leaves on a flat surface. Evenly distribute cucumber, carrot, beet and fresh herbs among the 8 leaves. Roll up the lettuce leaves. Let them rest seam side down. Serve with dipping sauce on the side.

For the dipping sauce - blend everything together into a smooth sauce. Serve with the cucumber rolls.

BELL PEPPER, CORN AND AVOCADO SALAD WITH MUSTARD DRESSING

(Serves 4)

Ingredients

- 1 red bell pepper (red capsicum)
- 1 ripe firm avocado
- 1 cup steamed corn kernels

Dressing

- 2 tbsp balsamic vinegar
- 1 tbsp soy sauce
- 1 tbsp date paste (Pg. 17)
- 1 tsp mustard sauce

Method

Chop the avocado and red pepper into bite sized pieces and transfer to a bowl. Add corn kernels. To make the dressing, whisk together all the ingredients in a bowl and add to the avocado mixture. Toss all the ingredients together and serve.

CABBAGE ROLLS (Makes 10-15)

Ingredients

- 1 large green cabbage
- 1 cup grated unpeeled carrots
- 1 cup grated unpeeled beetroot
- 1 large onion, finely chopped
- 1 cup grated fresh coconut
- 1 tsp unrefined salt
- 1 tsp ginger-green chilli paste

Method

Peel off the cabbage leaves one by one,

keeping them whole. Boil water in a large pot. Turn the heat off and dip the leaves in the water and leave them in for a few minutes to soften. Take the carrot and beetroot in a bowl. Add onion, coconut, salt and ginger-green chilli paste. Mix well. Flatten the cabbage leaves and trim any hard stems. Spread the carrot beetroot mixture over the cabbage leaves and roll tightly. Cut into 2" long pieces and serve.

CARROT, PEANUT AND RAISIN SALAD

(Serves 6)

Ingredients

- 500 g unpeeled juicy carrots, grated
- ½ cup raisins
- ½ cup roasted and coarsely chopped unpeeled peanuts
- 2 tbsp chopped fresh coriander leaves
- 2 tbsp roasted unpolished sesame seeds

Dressing

- ¼ cup lemon juice
- 2 cloves garlic, crushed
- 1 tbsp date paste (Pg. 17)
- 1 tsp whole cumin (*jeera*) seeds, roasted and coarsely crushed
- 1 tsp unrefined salt
- ½ tsp black pepper (*kali mirch*) powder

Method

Soak the raisins in just enough water until they become plump. If in a hurry,

soak for a few minutes in just enough warm water. Take carrots, raisins, peanuts, coriander leaves and sesame seeds in a bowl.

For the dressing, mix together lemon juice, garlic, date paste, cumin seeds, salt and black pepper powder in a small bowl and add to the carrot mixture. Toss well. Chill in the refrigerator for 30 minutes before serving.

Variation

Julienne the carrots (cut into matchsticks as in Chinese cooking), steam lightly and chill them before mixing with the rest of the ingredients. Substitute carrots with beetroot.

MIXED VEGETABLE SALAD WITH COCONUT AND MUSTARD DRESSING

(Serves 8)

Ingredients

- 2 medium-sized unpeeled cucumbers, diced small
- 1 small 2" x 4" pc unpeeled yellow pumpkin (*kaddu*), diced small
- 1 green capsicum, chopped small
- 1 yellow capsicum, chopped small
- 1 red capsicum, chopped small
- 1 large or 2 small unpeeled carrots, chopped into small cubes
- 1 medium-sized unpeeled white radish (optional), chopped into small cubes
- 2 medium-sized zucchini, chopped into small cubes
- 15-20 tender ivy gourd

(*tindora/tendli*), diced thin and diagonally

- 1 tbsp finely chopped fresh coriander leaves, for garnishing

Dressing

- 1½ cups grated fresh coconut
- 1¼ tbsp ground mustard (*rai*)
- ¼ tsp black pepper (*kali mirch*) powder
- 1 tbsp lemon juice
- 1 tsp unrefined salt

Method

Mix all vegetables together in a bowl. For the dressing, grind together coconut, mustard, pepper powder, lemon juice and salt to a smooth paste. Mix the dressing with the vegetables. Garnish with finely chopped coriander leaves and serve.

COLESLAW (Serves 8)

Ingredients

- 3 cups finely shredded green cabbage
- 2 medium-sized unpeeled carrots, grated
- 1 medium-sized red onion, finely chopped
- 1 cup finely shredded red cabbage (optional)
- 2 tbsp chopped fresh herbs of choice (parsley, dill)
- 1 cup vegan mayonnaise (Pg. 35)
- ½ tsp unrefined salt
- ½-¾ tsp crushed black pepper (*kali mirch*) powder

Method

Mix all ingredients together in a large bowl. Adjust seasoning if required. Chill

in the refrigerator for about half an hour. Serve.

Note

If the salad is too dry, add more vegan mayonnaise. The mayonnaise will also have salt. Therefore, taste the coleslaw and add salt only if required.

LEMONY CARROT SALAD WITH DILL

(Serves 3)

Ingredients

- 4 medium-sized unpeeled carrots, grated
- 2 tbsp chopped spring onion
- 3 tbsp chopped dill leaves
- 1 tbsp lemon juice
- 2 cloves garlic, chopped
- ¼ tsp unrefined salt
- ¼ tsp black pepper (*kali mirch*) powder

Method

To make the dressing, combine the lemon juice, garlic, salt and pepper together in a medium-sized bowl. Add carrots, spring onions and dill. Toss well and serve.

MEDITERRANEAN EGGPLANT SALAD WITH YOGHURT DRESSING (Serves 4)

Ingredients

- 4 medium-sized unpeeled cucumbers
- 2-3 long thin eggplant
- ½ tsp unrefined salt
- ¼ tsp red chilli powder
- ¼ tsp dry mango powder (*amchur*)

- 1 tsp za'atar (optional)
- 1 tbsp pumpkin seeds
- 1 tbsp broken cashew nuts
- 1-2 tsp black sesame seeds, for sprinkling

Yoghurt Dressing

- $\frac{1}{2}$ cup peanut curd (Pg. 21)
- 2 tsp crushed garlic
- $\frac{1}{8}$ tsp unrefined salt
- 10-12 fresh mint leaves, chopped (optional)
- 1 tsp lemon juice

Method

Slice eggplant, add salt, red chilli powder, raw mango powder, za'atar and mix well. Heat a pan, add the eggplant slices and roast evenly on both the sides, until lightly roasted. Alternatively, you can place the eggplant slices on a baking tray lined with parchment paper and bake them in a preheated oven at 180 °C for 20-25 minutes, until they are lightly browned.

For the dressing, mix curd, garlic, salt, mint leaves and lemon juice in a bowl. Cut cucumbers using a spiraliser or julienne peeler. In a serving bowl, place cucumber juliennes, roasted eggplant slices. Pour yoghurt dressing over, sprinkle pumpkin seeds, cashew nuts and black sesame seeds. Serve immediately.

Variation

You can grate cucumber instead of making juliennes.

THAI LETTUCE SPRING ROLLS WITH PEANUT SATAY (Serves 3-4)

Ingredients

- 1 head of lettuce (leaves for the cups)
- $\frac{1}{4}$ cup shredded spinach
- $\frac{1}{2}$ cup chopped tomatoes
- $\frac{1}{2}$ cup chopped unpeeled cucumbers
- $\frac{1}{2}$ cup shredded cabbage

Tangy Peanut Sauce

- $\frac{3}{4}$ cup roasted unpeeled peanuts
- $\frac{1}{3}$ cup dry date powder (*kharak*)
- 2 whole roasted red chillies
- 2 tbsp tamarind (*imli*) pulp
- $\frac{1}{2}$ tsp unrefined salt

Method

Grind all the dressing ingredients in a grinder, along with a bit of water, until you have a smooth dressing. Massage this into the chopped vegetables, until nicely mixed. Spoon some of the mixture onto each lettuce leaf and roll. Serve. Enjoy.

TZATZIKI (Serves 4-6)

This is a garlicky Greek salad that is cool and refreshing.

Ingredients

- 4 medium-sized unpeeled cucumbers, grated
- 1- $\frac{1}{2}$ cups vegan yoghurt (Pg. 21)
- 1 tsp minced garlic
- $\frac{1}{2}$ tsp unrefined salt
- $\frac{1}{8}$ tsp black pepper (*kali mirch*) powder

Method

Mix all the ingredients together in a bowl and serve chilled.

CUCUMBER SESAME SALAD (Serves 6-8)

This easy-to-make salad is great whether served alone or with chilled soba noodles.

Ingredients

- 4 medium unpeeled cucumbers
- 2 tbsp toasted unpolished sesame seeds
- 3 tbsp soy sauce
- 2 tsp rice vinegar
- 1 tsp date paste (Pg. 17)

Method

Cut the cucumbers lengthwise into thick, short sticks. Keep them aside in a bowl. Take soy sauce, rice vinegar and date paste in a small container with a secure lid. Put the lid on and shake to make vinaigrette dressing. Pour the vinaigrette over the cucumber, toss to coat, cover and marinate for 1 hour, stirring once or twice.

Sprinkle the toasted sesame seeds on top, before serving.

D. FERMENTED FOODS

CARROT AND BEETROOT KANJI

(Serves 4-5)

Ingredients

- 1 cup 1" sticks of unpeeled carrots
- 1 cup 1" sticks of unpeeled beetroots
- 2 tbsp mustard (*rai*) powder

- $\frac{1}{2}$ tsp Kashmiri red chilli powder

- 4-5 cups water

Method

Take all the ingredients in a large glass jar. Screw on the lid and leave in a warm corner to ferment for at least 3 days. This can be left in the sun too, until it ferments. Fermentation might take longer in winter, so you might need to leave it longer. It has a sour, pungent taste.

Storage/Shelf Life

1 month in the refrigerator.

FERMENTED RICE PORRIDGE (Serves 2)

Ingredients

- 1 cup cooked whole unpolished rice
- 2 cups water
- Flavourings of your choice - onions, green chillies, ginger-green chilli paste, mustard and curry leaf tempering, vegan curds, etc.
- $\frac{1}{2}$ tsp unrefined salt

Method

Soak the cooked rice overnight in water. Next day, blend rice with water and other ingredients in a blender, to make a surprisingly filling porridge or a drink. Enjoy.

KIMCHI (Serves 10)

Ingredients

- 2 bowls chopped unpeeled radish or 1 head of cabbage, roughly chopped

- 2 tbsp unrefined salt
- 10 cloves garlic
- 1 tsp grated unpeeled ginger
- 1 spring onion, roughly chopped
- 1 tsp date paste (Pg. 17)
- 1 tsp Kashmiri red chilli powder

Method

Add salt to the radish or cabbage and keep aside for 2 hours. Water will leach out of the vegetable. Throw out the water and rinse the vegetable thoroughly.

Make a paste of the remaining ingredients. Spread this paste on to the cabbage leaves or radish and store in a jar, covered loosely for 2 days or until bubbles form.

Storage/Shelf Life

Keep in the refrigerator for up to 3 months and enjoy as a pickled salad.

SAUERKRAUT (Serves 20)

Ingredients

- 2 kg shredded cabbage
- 3 tbsp unrefined salt

Method

Place the cabbage in a large pan. Add salt and mix with your hands. Massage gently with hands or with a potato masher. Transfer to a large sterilised (by rinsing with boiling water) glass container. Cover with a plate and put a weight on it (a heavy stone will do) to press down the plate and compress the

mixture. Depending on the temperature, fermentation will be complete in 3-6 days.

Taste it on the 3rd day. If it is sour enough, it is done. Else, leave for 1-2 days more.

Storage/Shelf Life

In an airtight glass jar in the refrigerator, for up to six months. Always close the jar tightly after every time it is opened.

E. INDIAN SALADS

CABBAGE SALAD WITH TOMATOES

(Serves 4)

Ingredients

- 1 cup finely shredded cabbage
- 2 medium-sized tomatoes, chopped into small cubes
- $\frac{1}{4}$ tsp mustard (*rai*) seeds
- $\frac{1}{8}$ tsp asafoetida (*hing*)
- $\frac{1}{2}$ tsp black salt (*kala namak*)
- 2 tbsp lemon juice
- 1 green chilli, finely chopped
- $\frac{1}{4}$ cup chopped fresh coriander leaves
- $\frac{1}{4}$ cup grated coconut

Method

Heat a pan and add the mustard seeds. When they pop, turn the heat off, add asafoetida and stir. Then, add in the shredded cabbage with the heat still off. The heat of the pan will soften the cabbage slightly. Now mix in all other ingredients and serve.

CUCUMBER SALAD WITH PEANUTS AND COCONUT (Serves 8 - 10)

This refreshing salad is on our lunch menu throughout summer. Cooling cucumber and coconut with that dash of lemon comes together to make a very 'raita' like dish. Those who miss curd after eliminating dairy products can try this convenient recipe and be delighted!

- Anubha

Ingredients

- 4 medium-size unpeeled cucumbers, chopped into tiny cubes
- $\frac{1}{4}$ cup grated coconut
- $\frac{1}{4}$ cup crushed roasted unpeeled peanuts
- 1-2 tbsp lemon juice
- 1 tsp unrefined salt
- 2 green chillies, finely chopped
- 2 tbsp powdered dried dates (*kharek powder*)
- 1 tbsp chopped fresh coriander leaves, for garnishing

Method

Mix all the ingredients together. Adjust salt and lemon juice to taste. Garnish with coriander leaves and serve.

KOSUMBIRI (Serves 4-6)

Ingredients

- 1 cup grated unpeeled carrot
- 1 cup shredded cabbage
- $\frac{1}{2}$ cup split green gram (*moong dal*), soaked for 4-6 hours
- $\frac{1}{4}$ tsp unrefined salt
- 2 tbsp lemon juice
- $\frac{1}{4}$ cup grated fresh coconut

- 1 tbsp chopped fresh coriander leaves, for garnish (optional)

For Tempering

- $\frac{1}{2}$ tsp mustard (*rai*) seeds
- 1 sprig curry leaves
- $\frac{1}{8}$ tsp asafoetida (*hing*)
- 1 green chilli, finely chopped/ whole dry red chilli (optional)

Method

In a bowl, take the carrot, cabbage, soaked dal, lemon juice, coconut and salt. Mix well.

In a heated pan, dry roast the mustard seeds, curry leaves and red chilli (if you are using it). Turn the heat off and add asafoetida. Add this tempering to the rest of the ingredients and mix. Garnish with coriander leaves. Serve.

Variation

Add steamed corn kernels.

INDIAN CARROT SALAD (Serves 2-3)

Ingredients

- 5 unpeeled carrots, washed and grated
- $\frac{1}{2}$ tsp mustard (*rai*) seeds
- $\frac{1}{8}$ tsp asafoetida (*hing*)
- 8-10 curry leaves
- $\frac{1}{2}$ a green chilli, slit lengthwise and deseeded
- $\frac{1}{2}$ tsp unrefined salt
- 2 tbsp lemon juice
- 2 tbsp fresh coriander leaves, finely chopped, for garnishing
- 3 tbsp grated coconut (optional)
- 1 tsp date paste (optional) (Pg. 17)

Method

Heat a pan on medium high heat. When hot, add mustard seeds. When they start to sputter, reduce the heat to minimum and add the asafoetida, curry leaves and chilli. Turn the heat off within seconds. Add carrots, salt, lemon juice, coriander leaves, coconut and date paste (optional). Mix well and serve.

Variation

You can replace the carrots with grated cabbage and tomatoes.

INDIAN TOSSED SALAD (Serves 4)

Ingredients

- 2 medium-sized unpeeled cucumbers, chopped
- 1 medium-sized onion, chopped
- 3-4 medium-sized tomatoes, chopped
- 1 steamed unpeeled potato, chopped
- 1 tbsp grated coconut
- 2 tbsp unpeeled peanuts, roasted and coarsely crushed
- 1-2 tbsp lemon juice
- 1 tbsp fresh coriander leaves, chopped (optional)
- $\frac{1}{2}$ tsp unrefined salt

Method

Take all the ingredients together in a large bowl and mix thoroughly. Serve immediately.

RAITA (Serves 6)

Ingredients

- 1 cup vegan curd (Pg. 21)

- $\frac{1}{2}$ cup water
- 1 cup grated unpeeled beetroot
- $\frac{1}{2}$ tsp roasted cumin (*jeera*) powder
- 2 tbsp fresh coriander leaves, chopped
- $\frac{1}{2}$ tsp black salt (*kala namak*)
- 1 tbsp lemon juice (optional)

Method

Blend the vegan curd in a blender with $\frac{1}{2}$ cup water, until it reaches a smooth and pourable consistency. Add beetroot, cumin powder and coriander leaves (reserve some for the garnish) and mix to make a pretty pink *raita*. Add black salt, lemon juice and mix well. Garnish with reserved coriander leaves. Serve at room temperature.

Variation

You can replace the beetroot with grated cucumber, steamed unpeeled grated pumpkin, steamed unpeeled mashed potato, or finely chopped tomatoes and onion.

Fresh mint leaves can also be incorporated for added flavour.

F. MEAL REPLACER SALADS

MILLET TABBOULEH SALAD (Serves 1)

Tabbouleh is a Mediterranean dish that is traditionally prepared with bulgur (broken wheat). Indian indigenous millets are a local alternative that are very similar in taste and have higher nutritional value than wheat.

Ingredients

- 150 g whole foxtail millet (*kangni / korra / navane / thinnai*)

- 1½ cups water
- 1 medium-sized unpeeled cucumber, chopped
- 1 small onion, chopped
- 1 medium-sized unpeeled carrot, chopped
- 3 medium-sized red tomatoes, chopped
- ½ cup chopped fresh parsley, coriander leaves and mint leaves
- 1-2 cloves garlic, finely chopped
- ½ tsp unrefined salt
- ¼ tsp black pepper (*kali mirch*) powder
- 1 tbsp lemon juice
- 2 tbsp black sesame seeds

Method

Soak the millet for 8-10 hours. Drain, rinse and cook the millet grains in 1½ cups fresh water, until firm to the bite. Take care not to overcook, else the grains may become mushy. Cool the millet and transfer to a bowl. Add chopped cucumber, onion, carrot and red tomatoes. Add parsley, coriander leaves, mint leaves, garlic, salt, black pepper powder, lemon juice and black sesame seeds and mix well. Goes well with hummus.

PUMPKIN, MUSHROOM WITH CUBED CHEESE AND ROCKET (Serves 2)

Ingredients

- 1 kg unpeeled pumpkin, cubed
- 1 tsp unrefined salt
- ½ tsp black pepper (*kali mirch*) powder

- 8-10 sage leaves
- 300 g button mushrooms
- 4 cloves garlic, chopped
- 2 tsp mixed herbs
- 150 g shreddable cheese, cubed (Pg. 25)
- 250 g rocket, watercress or blanched spinach
- 2-3 tbsp balsamic vinegar
- 2 tsp toasted unpolished sesame seeds

Method

Steam the pumpkin until half cooked. Add salt, pepper powder and sage leaves and mix. Spread the mixture in a parchment lined baking dish and roast in a preheated oven at 180 °C for 30 minutes, or until it looks roasted, with a bit of colour.

Cut the mushrooms into large slices and stir fry in a pan with chopped garlic, salt, pepper powder and mixed herbs for 2 minutes.

Arrange the pumpkin, mushrooms with the cheese and rocket, watercress or spinach and sage leaves on a platter. Add balsamic vinegar and sprinkle roasted sesame seeds. Serve.

RAINBOW PAD THAI (Serves 1)

Ingredients

- ½ medium-sized red bell pepper (red capsicum), thinly sliced
- 1 medium-sized unpeeled carrot, julienned
- 1 medium-sized unpeeled zucchini, spiralised into noodles

- $\frac{1}{4}$ cup shredded purple cabbage
- $\frac{1}{4}$ cup Chinese bean sprouts
- 1 tbsp toasted broken pistachios

Dressing

- 1 tbsp tahini (sesame butter) (Pg. 22)
- $\frac{1}{4}$ cup tamarind (*imli*) paste
- 2 tbsp date paste (Pg. 17)
- $\frac{1}{2}$ tsp grated unpeeled ginger
- $\frac{1}{2}$ tsp grated garlic
- $\frac{1}{2}$ tsp unrefined salt

Method

Except for the pistachios, mix all the salad ingredients together in a large bowl.

Mix all the dressing ingredients together, until smooth. Toss the salad with the dressing, until it is well mixed. Sprinkle pistachios on top. Serve immediately.

ROCKET AND SWEET POTATO SALAD

(Serves 1)

Ingredients

- 100 g arugula (salad rocket) leaves
- 250-300 g unpeeled sweet potatoes, chopped into 1" cubes, steamed or roasted
- 1 large onion, finely sliced
- 2 medium tomatoes, thinly sliced
- 1 tsp unrefined salt
- $\frac{1}{4}$ tsp black pepper (*kali mirch*) powder
- 2 tbsp lemon juice

Method

Mix all the ingredients together in a bowl and serve!

SALAD NICOISE (Serves 4)

Modified from the original by Isa Chandra Moskowitz - Appetite for Reduction

Salad Nicoise is steamed potatoes, crisp green beans and salty Nicoise olives dunked in a lush dressing. Traditionally, it is served with tuna which is replaced here with mashed chickpeas. Green Goddess Garlic Dressing is a perfect accompaniment, but you can also serve it with a more traditional balsamic vinaigrette, if you prefer. Tiny red potatoes work best here, but if you can't find any, then chop up regular ones into 1" cubes.

Ingredients

- 1½ cups chickpeas (*kabuli chana*), soaked overnight
- 2 tbsp capers
- $\frac{1}{4}$ kg small, whole red potatoes
- $\frac{1}{4}$ kg green beans, stems removed
- $\frac{1}{2}$ a small red onion, cut into thin strips
- $\frac{1}{3}$ cup Nicoise olives (Kalamata olives work too)
- 8 cups chopped red leaf lettuce
- 1 cup cherry tomatoes (orange ones if you can get them)
- 2-3 tbsp fresh parsley and chopped chives, for garnish
- $\frac{3}{4}$ cup Green Goddess garlic dressing (Pg. 35)

Method

Drain, rinse and pressure cook chickpeas for 1 whistle and 10 minutes on simmer, until done. Steam the potatoes for 10

to 15 minutes - they should be easily pierced with a fork. Meanwhile, prepare an ice bath by filling a mixing bowl up to the halfway mark with ice water. Add the green beans to the steamer and steam for 2 minutes, until the beans are bright green. Transfer the potatoes and green beans to the ice bath immediately. Let them cool, while you prepare everything else. Place the chickpeas in a mixing bowl and use a small potato masher or fork to mash them. There should be no whole chickpeas left, but they shouldn't be completely smooth like hummus either - you want some texture. Add the capers and 2 tbsp of the dressing. Mix well and keep aside. To assemble, place the lettuce in wide bowls.

In Salad Nicoise, usually all the components are kept together, instead of tossed. Place a handful each of potatoes and green beans in piles on the lettuce, along with a wedge of sliced onion and a handful of tomatoes. Place a scoop of the chickpea mixture in the centre and top with the olives. Garnish with fresh herbs and serve with the dressing on the side.

SPICY PEARL MILLET SALAD (Serves 2)

The inspiration for this dish came from my house help. In her family, millet is used throughout the day in different meals and she showed me how to sprout it. Not many people know how to do this so I feel that this dish has a real history
- Rose

Ingredients

- $\frac{1}{2}$ cup pearl millet (*bajra*), soaked and sprouted

- $\frac{1}{2}$ cup chopped unpeeled cucumber
- $\frac{1}{2}$ cup chopped tomato
- 1 green chilli, finely chopped
- $\frac{1}{4}$ cup grated coconut
- 1 tsp black sesame seeds
- $\frac{1}{2}$ tsp unrefined salt
- 1 tsp mustard (*rai*) seeds
- 1 or 2 sprigs curry leaves

Method

For sprouting the millet, soak the pearl millet in water for 8-10 hours, drain the water and tie in a muslin cloth and keep in a dark, warm place for 12-24 hours until sprouts are formed.

In a bowl, mix the sprouted millet, cucumber, tomatoes and green chilli. Add coconut, black sesame seeds and unrefined salt and mix again.

In a heated pan, add the mustard seeds and let them pop. Add curry leaves, dry roast for 30 seconds and add this to the rest of the salad. Mix well and enjoy.

STEAMED PUMPKIN AND SPINACH WITH TAHINI DRESSING (Serves 1)

Ingredients

- 250 g unpeeled red pumpkin, chopped into bite size pieces
- 150 g spinach leaves
- $\frac{1}{4}$ cup tahini dressing (Pg. 36)

Method

Steam pumpkin. Blanch spinach. Let both pumpkin and spinach cool down. Place the steamed pumpkin and spinach on a platter and pour the tahini dressing over. Serve warm.

SWEET POTATO AND BROCCOLI WITH CUMIN AND YOGHURT DRESSING (Serves 2)

Ingredients

- 3 medium-sized unpeeled sweet potatoes, thickly sliced
- 2 cups broccoli florets
- 2 large brown onions, thinly sliced
- 2 cloves garlic, crushed
- 2 tsp red chilli paste, mixed with 1 tbsp lemon juice
- 1 cup cumin yoghurt dressing (Pg. 36)

Method

Steam sweet potatoes until almost tender. Steam broccoli florets for 2-3 minutes, until their colour brightens.

Stir-fry the onions, garlic and red chilli paste with a little water, until the onions brown slightly. Add the sweet potato and broccoli and stir fry, tossing until the vegetables are heated through. Just before serving, drizzle cumin yoghurt dressing.

VIETNAMESE SPRING ROLLS WITH SPICY PEANUT SAUCE (Serves 3)

Ingredients

- 6 rice paper sheets
- 1 cup thinly sliced unpeeled carrots
- 1 cup thinly sliced mixed bell peppers (3 coloured capsicums)
- 1 cup 3-inch long thin slices of unpeeled cucumbers
- 1 cup finely shredded cabbage

- 1 cup rice vermicelli (optional)
- 1 cup chopped fresh coriander leaves
- 1 cup spicy peanut sauce (Pg. 57)

Method

Soak the vermicelli in warm water for approximately 10 minutes, until it softens. Drain and keep aside.

Take one rice sheet at a time. Submerge it in water for 15-30 seconds. Remove and place on a kitchen towel. Place some coriander leaves, small amounts of carrots, cabbage, other vegetables and vermicelli in a thick line in the centre of each sheet. Top it with dollops of the dressing. Fold the sheet from the side and then roll to the opposite side to make rolls. Repeat for all rolls.

Serve immediately with Spicy Peanut Sauce.

BETTER THAN TUNA SALAD (Serves 6-8)

Ingredients

- 1 cup cooked or canned garbanzo beans (chickpeas)
- ¼ cup chopped onion
- 2 tbsp bell pepper (red or green capsicum), finely chopped
- 2 tbsp finely chopped celery
- 5-6 tbsp vegan mayonnaise (Pg. 35)
- 2 tbsp lemon juice
- ½ tsp unrefined salt
- ¼ tsp black pepper (*kali mirch*) powder
- 1-2 fresh sprigs of parsley, for garnish

Method

Take the chickpeas in a mixing bowl and lightly mash them. Add the other ingredients. Mix well. Garnish with parsley and serve.

BROCCOLI SALAD (Serves 4-6)

This recipe was demonstrated by Lisa Pitman during her Eating without Heating demos in India.

Ingredients

- 5 cups broccoli florets
- ½ cup sunflower seeds
- ¼ a red or sweet onion, chopped
- ½ cup raisins

Dressing

- ½ cup cashew nuts, soaked for 6 hours and drained
- 2 dates, pitted
- 1 tbsp apple cider vinegar
- ⅛ tsp unrefined salt
- 6 tbsp water

Method

In a large mixing bowl, toss together the broccoli, sunflower seeds, red onion and raisins. Take all dressing ingredients in a blender and blend until smooth. Pour the dressing over the salad ingredients and toss to coat. Serve.

CARIBBEAN SWEET POTATO SALAD

(Serves 4)

Ingredients

- 2 small unpeeled sweet potatoes, diced
- ½ tsp cinnamon powder

- ½ tsp dry ginger powder
- ¼ tsp red chilli powder
- ⅛ tsp nutmeg powder
- 1 tsp dry mixed herbs
- 1-2 tsp date paste (Pg. 17)
- 1 tbsp lemon juice
- ½ tsp unrefined salt
- ¼ tsp black pepper (*kali mirch*) powder

Method

Preheat oven to 400 °F (200 °C). Line a baking tray with parchment paper and keep aside.

Mix the spice powders, herbs, salt and date paste in a bowl. Add the potatoes and mix so that they are well coated. Use more, if required. Spread them on a baking tray and bake for 20 minutes or until tender and crisp.

Before serving, squeeze lemon juice on top and season lightly with unrefined salt and black pepper powder.

EGGLESS EGG SALAD (Serves 2-3)

Ingredients

- 1 cup crumbled firm tofu
- ¼ cup chopped onion
- 2 tbsp finely chopped red or green bell pepper (capsicum)
- 2 tbsp finely chopped celery
- 6 tbsp vegan mayonnaise (Pg. 35)
- 1 tbsp lemon juice
- 1 tsp unrefined salt
- ½ tsp black pepper (*kali mirch*) powder
- 1 sprig fresh parsley, for garnish (optional)

Method

Mix well together all the ingredients except for parsley. Garnish with parsley and serve.

SALAD WITH KAFFIR LIME DRESSING

(Serves 2)

Ingredients for Salad

- 2 medium-sized unpeeled carrots, diced
- ½ a medium-sized broccoli, separated into florets
- 8-10 green long beans or French beans, cut into 1" long pieces
- ½ a medium-sized unpeeled zucchini, diced
- 2-3 medium-sized unpeeled cucumbers, diced
- 2-3 kaffir lime leaves, finely shredded
- 1 cup cooked chickpeas
- ½ a yellow bell pepper (yellow capsicum), diced
- ½ a red bell pepper (red capsicum), diced

Dressing

- 5-10 cashew nuts, soaked for 6 hours, drained and rinsed
- ½ cup cooked chickpeas
- 1 tsp mustard sauce
- 2 tbsp lemon juice
- ¼ tsp black pepper powder
- 1 green chilli
- 1 date, pitted
- 1 tsp unrefined salt

Method

Lightly steam the carrots, broccoli and beans. Blend all the dressing ingredients together. Take all the steamed vegetables, cucumbers, zucchini, kaffir lime leaves, chickpeas, yellow and red bell peppers in a mixing bowl. Add the dressing and toss well. Serve.

WARM LENTIL SALAD (Serves 4)

Ingredients

- 1½ cups red lentils (*sabut masoor*), soaked for 6-8 hours
- 2 spring onions, finely chopped
- 1 clove garlic, crushed
- 1 medium-sized unpeeled carrot, finely chopped
- 1 medium-sized red bell pepper (red capsicum), finely chopped
- 2 medium-sized green zucchinis, finely chopped
- 1 trimmed celery stick, finely chopped
- 2 large tomatoes, finely chopped
- 2 tbsp lemon juice
- 1 tsp dry date (*kharek*) powder
- 1 tbsp finely chopped fresh mint leaves
- 1 tbsp finely chopped fresh flat leaf parsley

Method

Steam lentils for about 8 minutes or until just tender.

Heat a wok, add spring onions, garlic, carrot, bell pepper, zucchini and celery, toss and cook until the vegetables are just tender but crunchy. Remove wok from heat, add lentils and remaining ingredients, toss until combined. Serve warm.

ZUCCHINI PASTA & CHOICE OF THREE SAUCES (Serves 2)

For the Pasta

- 3-4 unpeeled green zucchini, spiralised into spaghetti

Serve the zucchini pasta with any of the 3 sauces given below.

SPICY PEANUT SAUCE (Makes 2 cups)

Ingredients

- 1 cup smooth peanut butter (Pg. 22)
- $\frac{1}{2}$ cup boiling water (more if you need)
- $\frac{3}{4}$ cup sesame seeds, roasted and made into sesame butter (can also be used raw) (Pg. 22)
- 8 Omani dates, made into paste (Pg. 17)
- 3 cloves garlic
- 1 tbsp minced unpeeled ginger
- $\frac{1}{8}$ - $\frac{1}{4}$ tsp red chilli flakes
- 2-3 tbsp lemon juice
- $\frac{1}{2}$ tsp unrefined salt

Method

Combine peanut butter and water in a bowl and stir until smooth. Add the sesame butter, date paste, garlic, ginger and chilli flakes. Blend well until smooth. Add lemon juice and salt and mix. To dilute or re-warm the sauce, slowly stir in some boiling water, a little at a time, until you get the desired consistency. Do not reheat the sauce in a saucepan.

RED MARINARA SAUCE (Raw) (Makes 1 cup)

Ingredients

- 1 red bell pepper (red capsicum), chopped
- $\frac{1}{4}$ - $\frac{1}{2}$ cup sun-dried tomatoes
- $\frac{1}{4}$ cup raisins, soaked
- $\frac{1}{2}$ tsp minced garlic
- 1 tbsp chopped fresh basil
- $\frac{1}{2}$ tsp unrefined salt
- 1-2 tbsp water
- 3 tbsp cashew cheese (Pg. 23)

Method

In a blender, add all ingredients except cashew cheese and blend to a paste. Add the cashew cheese and blend again to form a creamy sauce.

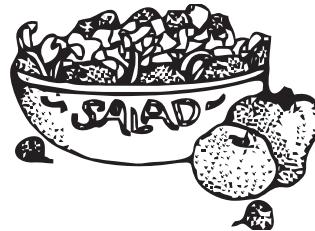
CREAMY GREEN PESTO (Makes $\frac{1}{2}$ cup)

Ingredients

- $\frac{1}{4}$ cup pine nuts (optional)
- $\frac{1}{4}$ cup cashew nuts/walnuts
- 2-3 cloves garlic
- $\frac{1}{2}$ cup fresh basil leaves
- $\frac{1}{2}$ tsp unrefined salt
- 2-3 tbsp water

Method

Blend all ingredients together to a smooth paste.



SOUPS

VEGETABLE STOCK (Makes 5 cups)

Ingredients

- 1 cup chopped vegetables and fresh herbs (any vegetable of your choice can be used, plus leftover roots of herbs, vegetable peels, etc.)
- 4-5 cups of water

Method

Boil the vegetables with water in a deep, covered pan, for approximately 20 minutes. The water will turn darkish yellow and have a vegetable fragrance. Remove from heat and strain. Let the water cool.

Storage/Shelf Life

Store in a glass container in the refrigerator for up to a week.

Note

- This can be used in soups and curries instead of water to add more flavour.
- You can choose vegetables according to cuisine too.
E.g. For South Asian, use bok choy, cabbage, carrot, etc.
For Mediterranean, use tomato, onion, thyme, etc.
- The vegetables used to make the stock can be blended and used as manure in the soil or for potted plants.

MINESTRONE SOUP (Serves 4)

Ingredients

- 4 medium-sized tomatoes, quartered

- 1 stalk of fresh celery, chopped
- $\frac{1}{4}$ medium-sized green cabbage, roughly chopped
- 1 medium-sized onion, chopped
- 6 cloves garlic
- 1 medium-sized unpeeled carrot, diced
- $\frac{1}{2}$ a medium-sized unpeeled green zucchini, diced
- 3 cups water/vegetable stock (Pg. 58)
- $\frac{1}{8}$ tsp oregano
- $\frac{1}{8}$ tsp unrefined salt
- $\frac{1}{8}$ tsp tabasco sauce
- 1-2 fresh parsley sprigs, to garnish

Method

Steam all vegetables together until tender. In a saucepan, take the steamed vegetables, add vegetable stock, oregano, salt and tabasco and bring the mixture to a boil. Garnish with parsley sprigs and serve piping hot.

TOM YUM SOUP (Serves 4)

Ingredients

- 1 tsp roughly chopped galangal
- 3 kaffir lime leaves
- 1" long pc lemongrass stalk
- 8 button mushrooms, quartered
- 4 cups water
- 1 medium-sized tomato, cut lengthwise into 8 slices
- 1 spring onion, cut into 1" pieces
- $\frac{1}{2}$ cup lemon juice

- $\frac{1}{2}$ tsp red chilli flakes (optional)
- 1 fresh red chilli, sliced into thin rounds
- Unrefined salt to taste (keep it low since soy sauce has salt)
- $\frac{1}{2}$ tbsp soy sauce
- 1 tbsp chopped fresh coriander leaves

Method

Roughly crush the lemongrass and kaffir lime leaves, to allow the juices to release. Boil the galangal, kaffir lime leaves, lemongrass and mushrooms with water in a deep pan. Add tomato and spring onions. Cook for 1 minute and turn the heat off. Add lemon juice, chilli flakes, red chilli rounds, salt and soy sauce.

Garnish with a green chilli or coriander leaves before serving.

CARROT AND GINGER SOUP (Serves 6)

Ingredients

- 750 g unpeeled carrots, diced
- 1 tsp grated fresh unpeeled ginger
- 1 medium-sized onion, chopped
- 2 tsp coriander seeds, crushed
- 4 cups vegetable stock (Pg. 58)
- $\frac{3}{4}$ tsp unrefined salt
- $\frac{1}{2}$ tsp black pepper (*kali mirch*) powder
- 8 tsp coconut cream (Pg. 18)
- 2 tbsp fresh coriander or parsley, to garnish

Method

Steam the carrots for about 4 minutes, or until tender. Sauté the onions in a deep pan for about 5 minutes or until transparent. If they stick, add a little water. Add the carrots, ginger and crushed coriander seeds and stir on medium heat for 2 minutes. Add the vegetable stock or water and bring to a boil. Simmer on medium heat until the vegetables soften. Take the pan off the heat and let the mixture cool. Purée the mixture in a blender and transfer into the deep pan and reheat. Season with salt and pepper powder. Ladle into bowls and spoon a spoonful of coconut cream into each bowl and garnish with coriander or parsley. Serve hot with bread.

DAL SOUP (Serves 4-6)

Ingredients

For the Dal

- 1 cup lentil of your choice – split skinless green gram (*dhuli moong dal*) or split red lentils (*masoor dal*) or split pigeon peas (*arhar dal/toor dal*)
- $\frac{1}{4}$ - $\frac{1}{2}$ tsp turmeric (*haldi*) powder
- 1 tsp unrefined salt
- 1 tsp curry powder
- 2 tsp lemon juice
- $\frac{1}{4}$ cup chopped fresh coriander leaves, to garnish

For tempering choose any 3-5 of the following

- 1 tsp mustard (*rai*) seeds
- 1 tsp cumin (*jeera*) seeds
- 1-3 cloves
- 1" pc cinnamon
- 1 sprig curry leaves
- $\frac{1}{2}$ tsp red chilli powder/1 whole red chilli
- $\frac{1}{8}$ tsp asafoetida (*hing*)
- $\frac{1}{4}$ cup chopped onions
- $\frac{1}{4}$ cup chopped tomatoes
- 1 tsp chopped garlic
- 1 tsp grated unpeeled ginger
- $\frac{1}{2}$ tsp chopped green chillies

Method

Soak the lentil of your choice for 4-6 hours. Drain, rinse and cook the lentils until they are soft. Cool down to room temperature and blend in a blender until smooth in consistency. Heat a pan and temper, as per your choice, with 1 tsp mustard seeds, 1 tsp cumin seeds, 1-3 cloves, 1 small cinnamon stick, curry leaves, red chilli and asafoetida.

As per your choice, add chopped onions, tomatoes, garlic, ginger and green chillies and cook a little. Add the cooked lentils, salt to taste, curry powder and $\frac{1}{2}$ tsp turmeric powder. Bring to a boil. Add lemon juice and garnish with coriander leaves. Serve hot by itself or with steamed rice.

MUSHROOM SOUP (Serves 4)

Ingredients

- 3 cups sliced fresh button mushrooms
- $\frac{1}{2}$ cup diced onion
- 2 cloves garlic, minced
- 3 cups vegetable stock/water (Pg. 58)
- 2 tbsp whole wheat flour
- 1 cup soy milk/coconut milk (Pg. 18)
- 1 tsp unrefined salt
- $\frac{1}{2}$ tsp black pepper (*kali mirch*) powder

Method

In a large soup or stock pot, roast the mushrooms, onion and garlic for 3-5 minutes, or until the onions are soft. Reduce heat to medium-low and add the vegetable stock. Cover and simmer for 4-5 minutes. Mix the flour in soy milk or coconut milk until smooth, without lumps. Add this to the mushroom mixture. Simmer for another 10 minutes, or until the soup thickens. Season with salt and pepper powder before serving.

PUMPKIN FENUGREEK SOUP (Serves 4)

Ingredients

- 3 cups diced unpeeled pumpkin
- 2 tsp fenugreek seeds (*methi dana*), soaked in water for an hour
- 1 medium-sized onion, chopped
- 1 dry red chilli
- 1 tsp unrefined salt
- $\frac{1}{2}$ cup soy milk/coconut milk (Pg. 18)

Method

Steam the pumpkin for 7-8 minutes until it is tender. Let it cool down completely. Blend and form a smooth puree. In a saucepan, roast chopped onions and red chilli. Keep adding a teaspoon of water and stirring at intervals, until the onions are translucent.

Add the fenugreek seeds and pumpkin puree and bring to a boil. Add salt and the soy or coconut milk and bring to a boil. Serve hot.

Important

Fenugreek seeds are used, not fenugreek leaves. Do not puree the fenugreek or you will have a bitter soup. The fenugreek seeds add an amazing flavour but if you do not like them, you may leave them out.

MILLET NOODLE SOUP WITH GREENS AND MISO (Serves 2-3)

Ingredients

- 4 cloves garlic, grated
- 1 small onion, finely chopped
- 4 cups vegetable stock (Pg. 58)
- 1 pack millet noodles (gluten free)
- 1 tsp unrefined salt
- 1 head of bok choy, shredded
- 6-7 leaves kale or Swiss chard, shredded
- $\frac{1}{4}$ cup chopped spring onion greens
- $\frac{1}{2}$ cup finely chopped red pepper (red capsicum)

- $\frac{1}{4}$ cup tofu cubes (optional)

- 1 tbsp brown rice miso

Method

Roast the garlic and onion in a pan, until brown. Add vegetable stock and bring it to a boil. Add noodles and salt and cook for 3 minutes. Add bok choy, kale and spring onion greens and boil until they wilt. Add red pepper and tofu and turn the heat off. Mix the miso with a little warm water in a small bowl and add to the soup once it has cooled slightly, so that probiotics in miso are not destroyed. Serve hot.

THREE BEAN CHILI SOUP (Serves 8)

This soup makes a complete hearty meal.

Ingredients

- 400 g cooked kidney beans (*rajma*) (made from about 150 g dried beans)
- 400 g cooked chickpeas (*kabuli chana*) (made from about 150 g dried chickpeas)
- 400 g cooked whole black gram (*sabut urad*) (made from about 150 g dried gram)
- 2 green bell peppers (green capsicums), chopped
- 2 jalapeno peppers, chopped
- 2 green chillies, chopped
- 1 tsp red chilli powder
- 1 tbsp black pepper powder
- $\frac{1}{2}$ a medium-sized onion, chopped
- 2 bay leaves

- 1 tbsp cumin (*jeera*) powder
- 2 tbsp dried oregano
- 1 tbsp unrefined salt
- 2 stalks celery, chopped
- 3 cloves garlic, chopped
- 750 g tomatoes, crushed
- 1 L water
- 400 g corn kernels

Method

Heat a large pot over medium heat. Add onion, bay leaves, cumin powder, oregano and salt. Mix and stir until the onion is tender, then add celery, green bell pepper, jalapeno pepper, garlic and green chillies. When the vegetables are heated through, reduce heat to low, cover pot and cook for 5 minutes.

Add the tomatoes, chilli powder and pepper powder and cook for 2-3 minutes. Add kidney beans, chickpeas and black gram and mix well. Add 1 L water and bring the mixture to a boil; reduce heat to low and simmer for 45 minutes. Add corn and continue cooking for 5 minutes.

The consistency of this soup is supposed to be very thick. Add more water if you want a thinner soup. Serve piping hot.

BROCCOLI SOUP (Serves 6)

Ingredients

- 5 cups roughly cut broccoli
- 2 cloves garlic, chopped
- $\frac{1}{4}$ cup diced onion
- 1" fresh unpeeled ginger, chopped

- 3 cups diced unpeeled golden potatoes
- 2-3 cups water, as needed
- $\frac{1}{4}$ cup roughly chopped fresh parsley, to flavour and to garnish
- 1 tsp unrefined salt
- $\frac{1}{2}$ tsp black pepper (*kali mirch*) powder
- 1 cup coconut milk (Pg. 18)

Method

Heat a deep pot on medium heat, add garlic, onion, ginger and mix. Sauté the onions until they are translucent. Add broccoli, golden potatoes and enough water to cover the vegetables. You can always add more water later, if needed. Add parsley (after reserving about a tablespoon to garnish), salt and black pepper powder and mix well. Let the mixture come to a boil. Cover the pot and reduce the heat to medium. Cook for about 20 minutes, or until the potatoes are fork tender. Turn the heat off. Use an immersion blender to puree the soup. Return the pot to the heat. Add coconut milk. Stir and heat gently (don't boil the pureed soup). Taste and adjust seasoning. Sprinkle freshly minced parsley and serve piping hot.

FIERY PAPAYA AND LEMONGRASS

Soup (Serves 4)

Ingredients

- 1 small green papaya, peeled, deseeded and cut into pieces
- 1-2 dried red chillies

- 2 tsp coriander seeds
- 1 medium-sized onion, chopped
- 3 stalks lemongrass
- 2-3 cloves garlic
- $\frac{1}{2}$ " pc unpeeled ginger
- 2 cups coconut milk/peanut milk (Pg. 18)
- 1 tsp unrefined salt
- 5 kaffir lime leaves or lemon leaves

Method

Steam the papaya for approximately 5 minutes or until it is soft. Dry roast dried chillies and coriander seeds in a deep pan. Add onion and roast until golden brown. Add lemon grass, garlic and ginger along with some water and cook until the flavours are infused, for about 4-5 minutes. Remove the lemon grass and let the mixture cool. Blend this mixture with papaya. Add coconut milk/peanut milk, blend well and transfer back to the pan. Add salt and lemon leaves and bring to a boil. Serve piping hot.

- 4 cups vegetable stock (Pg. 58) or dal water
- Unrefined salt to taste
- 2 tbsp roasted seeds (watermelon, sunflower, etc.), for garnish.

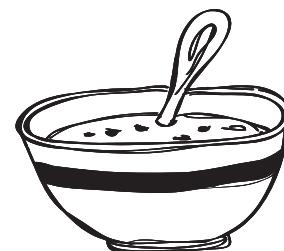
Method

In a heated pan, add cumin seeds and let them crackle. Add chopped garlic and sauté until light brown. Add the chopped red/green chillies and sauté. Add roughly chopped tomatoes and sauté. Add vegetable stock or dal water and bring to a boil. Add salt. Simmer until tomatoes are cooked. Check for taste. Add seasoning, if needed. Garnish with roasted seeds and chopped mint. Serve hot.

TOMATO MINT SOUP (Serves 4)

Ingredients

- 2 tsp cumin (*jeera*) seeds
- 2 tsp chopped garlic
- 2 tsp chopped fresh red/green chillies
- 2 tsp chopped mint
- 4 cups roughly chopped tomatoes



HEALTHY SNACKS

3 OPEN SANDWICHES (Serves 3-6)

1. Ingredients

- 2 slices whole wheat bread (Pg. 97)
- 4 tbsp raw cashew cheese (Pg. 23)
- 1" pc unpeeled ginger
- $\frac{1}{6}$ tsp unrefined salt
- $\frac{1}{6}$ tsp black pepper (*kali mirch*) powder
- 10 fresh mint leaves
- 18 slices tomato, for garnishing

Method

Blend raw cashew cheese, ginger, salt, black pepper powder and mint leaves in a blender to make a chutney. Spread this on the two bread slices and cut each into 4 pieces. Cover with tomato slices and serve immediately.

2. Ingredients

- 2 slices whole wheat bread (Pg. 97)
- 2 tbsp peanut butter (Pg. 22)
- 2 tbsp green coriander and mint chutney (Pg. 78)
- 18 cucumber slices for garnishing

Method

Apply one layer of butter and one layer of chutney on each slice of bread. Cut into 4 pieces. Cover with cucumber slices and serve immediately.

3. Ingredients

- 2 slices whole wheat bread
- $\frac{1}{4}$ cup cashew mayonnaise (Pg. 35)

- 1 cup shredded cabbage + for garnish
- 1" pc unpeeled ginger, cut into thin pieces
- $\frac{1}{8}$ tsp unrefined salt
- 1 tbsp chopped fresh coriander leaves

Method

Mix cashew mayonnaise, cabbage, ginger, salt and coriander leaves in a bowl. Cover both the slices of bread with this mixture. Cut each slice into pieces. Cover with a small slice of cabbage for decoration.

Variation

For gluten-free option, use lentil bread instead of whole wheat bread.

ADZUKI BEAN OR SPROUTS BURGERS

(Serves 4)

These are amazing, versatile and healthy and can be made in a jiffy.

This recipe is one of the most versatile ones. Dr. Nandita had mentioned this at a seminar in Bangalore and I just loved the way she gave a vivid description of the recipe. The sprouts and veggies -mixed and steamed, make for a hearty burger or tikki or vada. I also use this recipe as a "kofta" replacement with the addition of garam masala. - Anubha

Ingredients

- 2 cups adzuki bean (*lal lobia*) sprouts (ones sprouted over a day are best)

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- 2 small unpeeled carrots, grated
- ½ small unpeeled beetroot, grated
- 1 tsp ginger-green chilli paste
- ½ tsp unrefined salt

Method

Take all the ingredients in a food processor and grind to a coarse mixture without adding water. Shape into 2" x ½" round patties and place in a steamer to cook. You will know that they are done once they become firm and come off easily. Serve with a chutney of your choice, or as a burger inside a whole wheat or multi-grain bun with veggies and condiments. Additionally, you may also bake the burgers in a preheated oven at 180 °C for 12-15 minutes, to brown them.

Variations

You can replace the adzuki bean sprouts with *moong* sprouts, *masoor* sprouts or any other sprouts of your choice. The roots should be small. Replace the veggies with sweet potatoes, potatoes, pumpkin or any grated fibrous vegetable. Replace the ginger-green chilli paste with herbs of your choice. You can make burgers with different flavours to suit every palate and menu.

MILLET AND OATS CRACKERS

(Serves 8-10)

Ingredients

- 100 g sorghum (*jowar*) flour
- 100 g oat flour

- ½ tsp carom seeds (*ajwain*)
- 1 tsp unrefined salt
- 1" pc unpeeled ginger, grated
- ¼-½ cup coconut, oat or rice milk, for kneading (Pg. 18)
- ½ tsp dry herbs like thyme, rosemary, parsley - as per choice
- 1 tsp unpolished sesame seeds

Method

Preheat oven to 180 °C.

Knead the *jowar* flour with carom seeds, ½ tsp salt, ginger and sufficient coconut milk to make a dough. Knead the oat flour separately with sufficient coconut milk, dry herbs of your choice, sesame seeds and salt into a dough.

Roll out each dough into 2-3 mm thick *chapattis* and cut lengthwise into cracker shape. Bake them in the preheated oven on a parchment lined baking tray for 20-30 minutes, or until crisp.

Serve with dips or chutneys of your choice.

Variations

Sorghum flour can be replaced with *ragi*, amaranth or any other flour.

THAI LAYERED DIP (Serves 6-8)

Ingredients

- 1 cup grated unpeeled carrots
- ½ cup salsa (Pg. 41)
- 1 cup chopped fresh coriander leaves and mint leaves
- 1 cup *moong* sprouts, tossed

with salt and pepper (*kali mirch*) powder

- 1 tbsp toasted unpolished sesame seeds
- 1 tsp lemon juice
- $\frac{1}{6}$ tsp unrefined salt
- $\frac{1}{8}$ tsp black pepper (*kali mirch*) powder

Peanut/Almond Butter Sauce

- $\frac{1}{2}$ cup creamy peanut butter or almond butter (Pg. 22)
- 2" piece fresh unpeeled ginger, coarsely chopped
- 2 cloves garlic
- 1 tbsp soy sauce
- 1-2 tbsp lemon juice
- 1-2 dates, pitted
- $\frac{1}{4}$ tsp red chilli powder
- 3 tbsp (or more) water

Method

Make the nut butter sauce by blending all the ingredients together until smooth and creamy. Taste and adjust the spiciness, tanginess and sweetness as per your taste. Add more water to blend to a dip-like consistency.

In a bowl, layer the carrots, peanut butter sauce, salsa, coriander and mint leaves, sprouts, sesame seeds, lemon juice, salt and pepper powder. Warm in the oven at 160 °C for 5 to 10 minutes, if needed (optional).

Serve with crackers, oil-free chips or carrots, celery, cucumber, any other vegetables.

TOMATO BRUSCHETTA (Serves 4)

Ingredients

- 8 slices whole wheat bread (Pg. 97)

Green Pesto

- $\frac{1}{3}$ cup pine nuts/cashew nuts/walnuts
- 1 clove garlic
- 5 cups fresh basil leaves
- $\frac{1}{8}$ tsp unrefined salt
- 1 tbsp lemon juice
- 1-2 tbsp water

Topping

- 4 chopped tomatoes
- 2 cloves garlic
- 10 fresh basil leaves
- 2 tbsp balsamic vinegar
- $\frac{1}{4}$ tsp unrefined salt

Garnish

- 4 black olives, cut into rings
- Fresh whole basil leaves

Method

Make the pesto by blending all its ingredients in a food processor. Transfer to a bowl and keep aside. Mix all the topping ingredients in a separate bowl and keep aside.

Toast the bread slices, spread pesto over them. Spread the topping over them. Garnish with black olive rings and whole basil leaves and serve immediately.

BAKED FALAFEL (Serves 4-6)

Ingredients

- 2 cups chickpeas (*kabuli chane*), soaked overnight
- ½ cup finely chopped onion
- 3 cloves garlic, minced
- ½ cup unpolished sesame seeds
- 1½ cups finely chopped fresh coriander leaves and mint leaves (parsley is optional)
- 1 green chilli
- ¾ tsp unrefined salt
- 2 tsp cumin (*jeera*) powder
- 2 tsp coriander powder
- ¼ tsp black pepper (*kali mirch*) powder
- ½ tsp cayenne pepper

Method

Drain and grind the soaked chickpeas in a food processor. Add the rest of the ingredients and grind again. Transfer to a bowl and allow to stand for an hour. Form into 1" balls; flatten slightly and steam until fully done. You will know that they are cooked when they come off easily from the steamer plate without sticking to it or breaking. Now place them half an inch apart on a baking tray lined with parchment paper and bake in a preheated oven at 200 °C for 5 minutes, or until brown. Then turn them over, so that both sides turn brown and crispy.

Alternatively, bake the falafel instead of steaming. Turn them over and bake the other side too.

Variation

Baked falafels can be made into a meal by wrapping them in millet or whole wheat wraps with Lebanese salads, hummus, tahini or any other dips like baba ganoush.

BAKED POTATO/ SWEET POTATO

WEDGES (Serves 6)

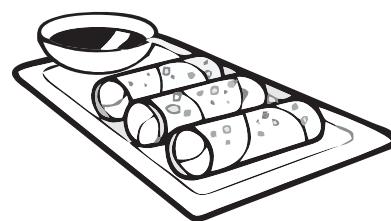
Ingredients

- 4 medium-sized unpeeled sweet potatoes / potatoes, thoroughly washed and cut into wedges
- 4 tbsp coconut milk (Pg. 18)
- 1-2 tsp dry mixed herbs such as parsley, thyme, rosemary, cayenne, etc.
- ¼ tsp unrefined salt

Method

Steam the potatoes until they are 70% done. Preheat oven to 200 °C. Mix the coconut milk with the herbs and salt. Add this to the wedges and toss to coat them thoroughly. Spread wedges on a baking tray lined with parchment paper and bake for 15-20 minutes. Then, turn the wedges over and bake for another 5-10 minutes.

Enjoy with home-made ketchup or green chutney.



MUTHIA (Serves 4)

Ingredients

- 1 cup chickpea flour (*besan*)
- $\frac{1}{2}$ cup fresh green fenugreek leaves (*methi*), finely chopped
- $\frac{3}{4}$ tbsp lemon juice
- 1 tbsp dry date (*kharek*) powder
- $\frac{1}{2}$ tsp red chilli paste
- $\frac{1}{2}$ tsp paste of unpeeled ginger
- $\frac{1}{4}$ tsp turmeric (*haldi*) powder
- 2 tsp unpolished sesame powder (optional)
- 2-3 tbsp peanut butter (Pg. 22)
- $\frac{1}{2}$ tsp unrefined salt

Method

Mix all the ingredients, adding a few drops of water if needed, to make a dough. Divide into equal portions and shape them into little rolls. Steam in a steamer. It's ready when a fork inserted in the centre comes out clean. Moreover, it will be easy to take them off the steamer plate. Cool and serve.

Variation

Replace fenugreek leaves with grated bottle gourd or pumpkin.

DAHI VADA (Serves 8)

Ingredients

- $\frac{1}{2}$ cup whole or split green gram (*sabut moong/chilkewali moong dal*), soaked overnight
- $\frac{1}{2}$ cup whole or split black gram with skin (*sabut urad / chilkewali urad dal*), soaked overnight

- 1 tsp ginger-green chilli paste
- $\frac{1}{2}$ tsp unrefined salt
- 2 cups vegan curd (Pg. 21)
- 2 tbsp date-tamarind (*imli*) chutney (Pg. 77)
- 2 tbsp chopped fresh coriander leaves, to garnish
- $\frac{1}{4}$ tsp roasted cumin (*jeera*) powder
- $\frac{1}{8}$ tsp red chilli powder

Method

Drain and grind both the soaked grams separately to a smooth paste. Mix them in a large bowl. Leave this paste to ferment for 8 hours. It will double in size. Add ginger-green chilli paste and salt and mix well. Scoop batter into an *idli* pan and steam. They are ready when a toothpick inserted in the centre comes out clean. Cool them completely. Alternatively, you can make it in a paniyaram pan, by spooning some batter into each cavity (greased using a peanut butter potli), covering and cooking for a minute or two. Flip the vadas and cook on the other side for a minute or two until they are evenly brown on both sides. If cooked in a paniyaram pan, soak the vadas in water for 2 minutes, remove and squeeze the excess water.

Arrange the *vadas* on a serving plate, pour vegan curd on top and serve drizzled with date-tamarind chutney, garnished with coriander leaves and sprinkled with cumin powder, chilli powder and salt.

PAKORAS (Serves 6-8)

Ingredients

- 1 cup sliced onions
- 1 cup shredded cabbage
- 1 medium-sized unpeeled carrot, thickly grated
- 1 medium-sized green bell pepper (capsicum), julienned
- 1 cup gram flour (*besan*)
- 1 tsp chopped fresh red chillies (green chillies optional)
- 1 tsp carom seeds (*ajwain*)
- 3 tbsp chopped fresh coriander leaves
- $\frac{1}{4}$ cup peanut butter (Pg. 22)
- 1 tsp unrefined salt

Method

Mix all ingredients together. If needed, add very little water to make a dough. Since the vegetables release water, you may not need water.

Preheat oven to 200 °C. Heat water in an *idli* steamer. Scoop a tablespoonful of the dough into each well of an *idli* mould, place in the steamer and steam for 10 minutes, or until dry. Unmould and place in a baking tray lined with parchment paper, or a silicone mat. Bake for 12-15 minutes, or until golden brown. Turn each *pakora* over and bake again until evenly golden on both sides.

Serve with green chutney or date-tamarind chutney.

RAW BANANA TIKKIS (Serves 4)

Ingredients

- 2 raw bananas, steamed, peeled and mashed
- $\frac{1}{2}$ a medium-sized unpeeled beetroot, grated
- $\frac{1}{2}$ a medium-sized unpeeled carrot, grated
- 1" pc unpeeled ginger, chopped
- 2 cloves garlic, chopped
- 2 green chillies, finely chopped
- 2 tbsp chopped fresh coriander leaves
- $\frac{1}{2}$ tsp unrefined salt
- 2 tbsp powdered roasted unpeeled peanuts

Method

In a bowl, mix together all the ingredients, except roasted peanut powder and form a dough. Divide the dough into 8 equal sized balls. Flatten the balls to form *tikkis* (patties). Coat with roasted peanut powder. Dry roast on a cast iron *tawa* (griddle) until the peanut powder browns. Enjoy with chickpea curry or green chutney and date-tamarind chutney.

GRANOLA BARS (Makes 10)

Ingredients

- $1\frac{1}{2}$ cups rolled oats
- $\frac{1}{2}$ cup raw almonds / walnuts / pecans, roughly chopped
- 1 cup pitted and tightly packed down dates

- 2 tbsp chia seeds
- 2 tbsp sunflower seeds (roasted or raw)
- 2 tbsp flax seeds (ground or whole)
- 2 tbsp hemp seeds
- 2 tbsp coconut butter (Pg. 23)
- $\frac{1}{4}$ cup date paste (Pg. 17)
- $\frac{1}{4}$ cup creamy salted natural peanut butter or almond butter (Pg. 22)

Method

Toast oats and almonds in a pre-heated oven at 180 °C (350 °F) for 13 – 15 minutes, or until a light, golden brown. Process the dates in a food processor, until only small bits remain (about 1 minute). It should be of a “dough”-like consistency.

Place oats, almonds and dates in a large mixing bowl. Add seeds and keep aside.

Warm the date paste, coconut butter and peanut/almond butter together, on low heat, in a small saucepan. Stir and pour it over the oat mixture and then mix, breaking up the dates to disperse throughout. Use a spoon or your hands to thoroughly mix. Transfer to an 8" x 8" dish, or any other small pan lined with parchment paper, so that they can be easily taken out.

Cover with parchment paper and press down firmly with something flat, such as a book, to get them packed down really tight. This will prevent them from becoming crumbly. Chill in the freezer for 15 – 20 minutes, to harden.

Remove the slab from the dish and cut neatly into 10 even bars. Store in an

airtight container in the refrigerator for up to a few days.

NAV RATNA CHIWADA

(Makes approx. 3½ cups)

Ingredients

- 2 cups red rice flakes (poha)
- $\frac{1}{4}$ cup dalia (roasted chana dal/Bengal gram)
- $\frac{1}{4}$ cup peanuts
- $\frac{1}{4}$ cup broken cashew nuts
- $\frac{1}{4}$ cup whole almonds
- 2 tbsp unpolished sesame seeds (til)
- 3 tbsp sunflower seeds
- 1 tsp mustard seeds (rai)
- 1 tsp cumin seeds (jeera)
- 2-3 green chillies, slit in half, lengthwise
- 2 – 3 sprigs of curry leaves, or according to taste
- $\frac{1}{4}$ cup raisins
- 2 tsp flax seeds
- 1 tsp unrefined salt (if required, since chaat masala also has salt in it)
- 2 tsp chaat masala

Method

Roast all the ingredients separately on medium heat and mix them well together, along with salt (if required) and chaat masala. Serve immediately, or store in an airtight container.

CHAATS

SPROUTS CHAAT (Serves 2-3)

Ingredients

- 2 cups green gram (*moong*) sprouts (sprouted over a day).
- $\frac{1}{4}$ tsp turmeric (*haldi*) powder
- $\frac{1}{2}$ cup chopped tomatoes
- $\frac{1}{4}$ cup chopped onions
- $\frac{1}{2}$ cup chopped and steamed unpeeled potatoes
- $\frac{1}{2}$ cup chopped fresh coriander leaves
- $\frac{1}{2}$ tsp lemon juice
- $\frac{1}{4}$ tsp black salt
- $\frac{1}{4}$ tsp *chaat* masala (optional)
- $\frac{1}{2}$ tsp grated unpeeled ginger
- $\frac{1}{2}$ tsp minced green chillies
- 1 tbsp date-tamarind chutney (Pg. 77)

Method

Steam the *moong* sprouts with a little turmeric powder so that they are just cooked, yet crunchy. Cool, add tomatoes, onions, potatoes, coriander leaves and lemon juice and mix. Add black salt, *chaat* masala, ginger, green chillies and date chutney and mix well. Serve.

SWEET POTATO CHAAT (Serves 4)

I had never tasted sweet potatoes before I went on a whole plant-based diet and now I love them! Whenever in season, it's a part of our menu once a week for sure, at times replacing dinner! - Reyna

Ingredients

- 500 g unpeeled sweet potatoes / purple yam (*kand*)
- $\frac{1}{2}$ cup thick coconut milk (Pg. 18)
- $\frac{1}{2}$ cup roasted unpeeled peanuts, coarsely crushed
- $\frac{1}{4}$ cup finely chopped fresh coriander leaves
- $\frac{1}{2}$ tbsp roasted cumin (*jeera*) powder
- 1-2 tbsp spicy green chutney to taste
- 1 tsp red chilli powder
- $1\frac{1}{2}$ tsp finely chopped green chillies
- $\frac{1}{2}$ tsp black salt (*kala namak*)
- 1 tsp unrefined salt (*sendha namak*)
- $\frac{1}{2}$ tsp black pepper (*kali mirch*) powder
- $\frac{1}{2}$ tsp coriander powder
- 8-10 fresh mint leaves, for garnishing
- 1 tbsp tamarind (*imli*) paste or 1 tbsp lemon juice

Method

Preheat oven to 180 °C. If you are using sweet potato, wash well and chop into 1" cubes with skin on. Steam for 5-6 minutes.

If you are using purple yam (*kand*), wash, remove skin, cut into pieces and steam for 5-6 minutes. Add the coconut milk to sweet potatoes or purple yam and bake until golden.

Add the rest of the ingredients to the steamed tubers and mix well. Adjust

taste by adding more spice and tamarind paste or lemon juice. Garnish with mint leaves and serve.

GRAIN FREE ‘PAPDI’ CHAAT (Serves 2-4)

Ingredients

- 250 g unpeeled sweet potatoes, washed and chopped into small pieces
- 2 medium-sized unpeeled potatoes, washed and halved
- 1 medium-sized unpeeled carrot, thickly grated
- $\frac{1}{8}$ tsp black pepper (*kali mirch*) powder
- 2 tbsp chopped fresh coriander leaves
- 1 tsp unrefined salt
- 1 medium-sized tomato, finely chopped
- 2 tbsp date and tamarind chutney (Pg. 77)
- 1 tbsp green chutney (Pg. 78)
- 1 tsp lemon juice (optional)

Method

Steam potatoes and sweet potatoes together for 10-12 minutes.

Take one potato and coarsely mash with the sweet potatoes, pepper powder, coriander leaves and salt to mix well. Slice the other potato into thin round slices.

On a plate, arrange the potato slices like *papdi* and top with the mashed mixture. Garnish with chopped tomato and the two chutneys. Sprinkle the grated

carrot on top, which resembles *sev*. Drizzle lemon juice, if you like it tangy. Serve immediately.

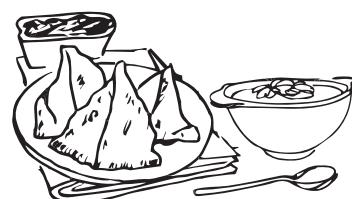
HEALTHY BHEL (Serves 4)

Ingredients

- 3 cups puffed brown rice (*murmura*), roasted
- $\frac{1}{2}$ cup finely chopped onions
- 2 medium-sized tomatoes, finely chopped
- 2 small unpeeled cucumbers, finely chopped
- 2 tbsp finely chopped fresh coriander leaves
- $\frac{1}{4}$ cup roasted unpeeled peanuts, coarsely crushed
- 1 tbsp lemon juice or date and tamarind chutney (Pg. 77)
- $\frac{1}{2}$ tsp black salt (*kala namak*)
- 2 green chillies, chopped
- 1 tbsp chopped fresh coriander leaves, for garnishing

Method

Toss all ingredients together until everything is coated with the chutneys and seasonings. Garnish with coriander leaves and serve.



Coriander-Mint-Chutney - Page 78



Tomato Ketchup - Page 78



CHUTNEYS

GREEN COCONUT CHUTNEY

(Serves 2-3)

This super chutney is both filling and nutritious. It can be eaten as just a spread on bread or used as a sandwich spread with sliced cucumbers, tomatoes, boiled potatoes (and onions, capsicum, beetroots) as a filler.

Ingredients

- 1 bunch fresh coriander leaves, washed and chopped with the stems
- 1-2 tsp lemon juice
- $\frac{1}{4}$ tsp unrefined salt
- $\frac{1}{2}$ cup grated fresh coconut
- $\frac{1}{2}$ tsp cumin (*jeera*) seeds
- 6-8 fresh mint leaves (optional)
- $\frac{1}{2}$ a green chilli

Method

Grind everything together in the grinder until smooth. Enjoy.

Variation

Substitute half the coriander leaves with curry leaves.

DATE AND TAMARIND CHUTNEY

(Serves 7-8)

This sweet and sour chutney spruces up almost all *chaat* recipes.

Ingredients

- 2 cups pitted dates
- $\frac{1}{4}$ cup tamarind (*imli*) paste
- 1 cup water
- 1 tsp red chilli powder

- $\frac{1}{8}$ tsp asafoetida (*hing*)
- $\frac{1}{4}$ tsp roasted cumin (*jeera*) seeds
- 1 tsp unrefined salt

Method

Wash the dates, place them in a saucepan. Add 1 cup water and cook for about 10 minutes on low heat. Cool and blend in a blender to make a paste. Add chilli powder, asafoetida, tamarind paste, roasted cumin seeds and unrefined salt and mix well until blended. This can be stored in the freezer and used, as needed. When it is to be used, water can be added to obtain the required consistency.

Storage/Shelf Life

In the refrigerator for up to 15 days and in the freezer for more than 6 months. Always use a clean, dry spoon to remove the date paste from the jar.



CORIANDER AND MINT CHUTNEY

(Serves 5-6)

Green coriander and mint flavoured chutney is great as a sandwich spread. Mint adds freshness to this chutney. The addition of lemon juice enhances the flavours of mint and coriander leaves and prevents discolouration of the greens.

Ingredients

- 3 cups chopped fresh coriander leaves
- $\frac{1}{2}$ cup chopped fresh mint leaves
- 1 large onion, sliced (optional)
- 2 tbsp shredded raw mango (optional)
- $\frac{1}{2}$ tsp crushed fresh green garlic (optional)
- 1-2 tsp lemon juice
- 4-6 green chillies, de-seeded and chopped
- 1 tsp unrefined salt
- 2-3 tbsp water

Method

Combine all the ingredients and grind to a smooth paste in a blender, using very little water. Refrigerate and use, as required.

Storage/Shelf Life

In the refrigerator for 3-4 days.

TOMATO KETCHUP (Makes 300 ml)

Ingredients

- $\frac{1}{2}$ kg tomatoes, quartered
- 1 small onion, quartered (optional)
- 3-4 cloves garlic (optional), peeled

- $\frac{1}{4}$ cup raisins, soaked for 4 hours
- $\frac{1}{2}$ tsp unrefined salt
- $\frac{1}{4}$ tsp Kashmiri red chilli powder
- 1 tbsp any natural vinegar (e.g. apple cider vinegar or rice vinegar)

Method

Heat a pan with a tight-fitting lid. Cook tomatoes, onion and garlic in this, covered, on medium heat. Stir after 10 minutes, when the tomatoes have released a lot of juice.

Continue to cook on medium heat until the tomatoes are quite soft. This should take another 10 minutes. Remove from heat and allow to cool. Blend to obtain a smooth puree. Transfer the sauce to a deep pan and boil for a few minutes to thicken the pulp.

Blend the soaked raisins to a smooth paste. Add the raisin paste to the boiling tomato pulp. Then, add the chilli powder and cook for another 2-3 minutes, or until the desired consistency is achieved.

Remove from heat and keep aside to cool. Add vinegar. Sauce will thicken further upon cooling. Pour into a glass bottle and close the lid.

Storage/Shelf Life

In the refrigerator for up to 2 weeks.



MAIN COURSE

MIXED VEGETABLE PORIYAL

(Serves 6-8)

Ingredients

For the Vegetable

- ½ kg mixed vegetables (beans, unpeeled carrots, unpeeled potatoes and peas), cut into 1 cm cubes
- 2 tbsp grated fresh coconut

Tempering

- 1 tsp mustard (*rai*) seeds
- ¼ tsp asafoetida (*hing*)
- 1 dry red chilli, broken
- ½ tsp turmeric (*haldi*) powder
- 10-12 curry leaves
- 1 tsp ginger-green chilli paste
- 1 tsp unrefined salt

Method

Steam the mixed vegetables, taking care not to overcook, so that the colours are vibrant (takes about 5-7 minutes). In a heated pan, add mustard seeds. When they sputter, turn the heat off and add asafoetida, red chilli and turmeric powder and dry roast. Once the mixture is fragrant, turn the heat back on. Add curry leaves and the steamed vegetables, ginger-green chilli paste, salt and fresh coconut. Mix well. Take off from the heat. Serve hot.

Variation

Use only 1 vegetable or mixed veggies of your choice. They can also be grated instead of chopped.

BHINDI MASALA (Serves 4)

Ingredients

- ½ kg ladies' fingers (*bhindi*), washed, wiped and cut into ½" pieces
- 1 tsp red chilli powder
- ½ tsp dry mango powder (*amchur*)
- 1 tsp coriander powder
- 1 tsp cumin (*jeera*) powder
- 2 tsp *garam masala* powder
- 1 tsp unrefined salt
- ½ tsp turmeric (*haldi*) powder
- 2 medium-sized onions, cut lengthwise
- 2 medium-sized tomatoes, cut lengthwise
- 2 tbsp chopped fresh coriander leaves, for garnishing

Method

Mix all the dry masalas and add to ladies' fingers and steam. The colour should remain green (takes about 10 minutes). Dry mango powder prevents the ladies' fingers from becoming sticky.

Roast the onion in a *kadhai* (or heavy bottomed stainless-steel pan) on high heat. When it browns, add tomatoes and sauté. Cook for a minute or two, until the tomatoes start releasing water. Add ladies' fingers and stir well, so that the onion-tomato mixture coats them. Cook until heated through. Garnish with coriander leaves. If you want the *bhindi* to be crisp, bake in a preheated oven at 200 °C for 10 minutes after steaming. Serve hot.

STUFFED VEGETABLES (Serves 4-6)

Ingredients

- ¼ kg brinjals (eggplant), slit lengthwise into half without cutting through
- ¼ kg small onions, slit into half without cutting through
- ¼ kg small potatoes, unpeeled, slit into half without cutting through
- 2 tbsp unpolished sesame seeds (*safed til*)
- 2 tbsp grated dry coconut
- 2 tbsp unpeeled peanuts
- 1 tsp red chilli powder
- ½ tsp turmeric (*haldi*) powder
- 4 cloves garlic, grated
- 2 tbsp date paste (Pg. 17)
- 1½ tsp unrefined salt
- 1 tbsp lemon juice
- 2 tbsp chopped fresh coriander leaves

Method

Roast the sesame seeds, coconut and peanuts until fragrant. Cool and grind to a coarse powder. Add chilli, turmeric powder, garlic, date paste, salt and lemon juice and mix well. Stuff the vegetables with this mixture. Steam them until cooked (about 7-8 minutes). Make a sauce with the remaining *masala* (spice mixture) by adding 3-4 tbsp water and blending into a smooth paste and pour over the veggies. Garnish with coriander leaves and serve.

Variations

You can use a host of other vegetables. Just make sure that they all take almost the same time to cook, or first add in vegetables that need longer to cook.

MIXED VEGETABLE MAKHANWALA

(Serves 2-3)

Ingredients

- 1½ cups cubed and steamed mixed vegetables (unpeeled carrots, unpeeled potatoes, green peas, cauliflower and French beans)
- ½ tsp cumin (*jeera*) seeds
- 1 green chilli, slit
- 6-8 large tomatoes, cut into quarters, steamed and pureed
- ½ cup cashew cream (made from ¼ cup cashew nuts and water - soak cashew nuts for 4 hrs and grind with very little water to make cashew cream)
- ¼ tsp Kashmiri red chilli powder
- ½ tsp *garam masala* powder
- 1 tsp unrefined salt
- 1 tsp dry fenugreek leaves (*kasoori methi*), roasted and rubbed between palms
- 3 tbsp chopped fresh coriander leaves

Method

Dry roast the cumin seeds. First add the green chilli and then add tomato puree and cook for a few minutes. Reserve

1 tsp of cashew cream for garnish and add the rest to the tomato puree. Cook for a few minutes. Add chilli powder, garam masala powder, salt and cook for a minute. Add the vegetables and dry fenugreek leaves powder. Add 2 tbsp chopped fresh coriander leaves and mix. Garnish with the reserved cashew cream and remaining coriander leaves. Serve hot.

PUNJABI RAJMA (Serves 4)

Ingredients

- 1 cup red kidney beans (*rajma*), soaked for 8 hours.
- 4 cups water (or more according to desired consistency)
- 1 tsp unrefined salt
- 4 medium-sized tomatoes
- $\frac{1}{2}$ " pc unpeeled ginger
- 1 tsp cumin (*jeera*) powder
- $\frac{1}{2}$ tsp turmeric (*haldi*) powder
- 1 tsp coriander powder
- $\frac{1}{2}$ tsp red chilli powder
- $\frac{1}{8}$ tsp asafoetida (*hing*)
- $\frac{1}{2}$ tsp *garam* masala powder/*rajma* masala powder
- 1 tbsp chopped fresh coriander leaves

Method

Discard soaking water and rinse the soaked kidney beans. Add 4 cups water and $\frac{1}{2}$ tsp salt and pressure cook on medium heat until the first whistle. Then reduce heat and cook for 15 minutes. Blend the tomatoes and ginger to a paste. Dry roast the cumin powder on

medium heat. Reduce heat and add turmeric powder, coriander powder, red chilli powder and asafoetida and roast for 1 minute (taking care that the mixture does not burn). Add the tomato-ginger paste and remaining salt and cook for 10 minutes. Mash well 1 ladleful of cooked kidney beans to thicken the gravy. Now add this to the cooked tomato paste and mix well. Add remaining cooked kidney beans and mix well. Cook uncovered on low heat for 20 minutes. Turn the heat off and garnish with coriander leaves and *garam masala*.

DAL MAKHANI (Serves 8)

This North Indian preparation is a healthy mix of many lentils in a dark brown gravy. Enjoy this thick stew with steamed whole plain or flavoured rice, *rotis* or *parathas*.

Ingredients

- $1\frac{1}{2}$ cups whole black gram (*sabut urad*), washed and soaked for minimum 8 hours
- $\frac{1}{2}$ cup kidney beans (*rajma*), washed and soaked for minimum 8 hours
- 4 cups water
- 1" long pc unpeeled ginger
- 7-8 cloves garlic
- 1 tsp cumin (*jeera*) seeds
- $\frac{1}{4}$ tsp asafoetida (*hing*)
- 2-3 green chillies, thinly sliced
- 2 medium-sized onions, finely chopped
- 3 medium-sized tomatoes, finely chopped

- 1 tsp unrefined salt
- 1 tbsp cashew butter (Pg. 22)
- 1 tbsp cashew cream, to garnish (soak cashew nuts for 4 hrs and grind with very little water to make cashew cream)
- 1 tbsp chopped fresh coriander leaves, to garnish

Method

Discard soaking water and rinse the black gram and kidney beans, add 4 cups water and cook in a pressure cooker for 1 whistle. Then, reduce heat to medium and cook for about 5 to 10 minutes.

Grind ginger and garlic to a paste. Heat a pan and dry roast cumin seeds and asafoetida in it on low flame. Add thinly sliced green chillies and mix. Add ginger-garlic paste and onions and roast on medium heat until golden brown, adding a tbsp of water if the mixture dries up. Add tomatoes and salt. Cook while stirring regularly, until the mixture thickens into a pulpy sauce (about 3 minutes). Now, add cooked black gram and kidney beans and mix well. Cook for 4-5 minutes. You can add half a cup of water if you find the mixture to be too thick. Add the cashew butter and cook for 2 minutes. Dal makhani is ready to serve. Garnish with cashew cream and coriander leaves and serve hot.

SHAHI 'PANEER' (Serves 4-6)

Ingredients

- 250 g extra firm tofu, cut into cubes

- 2 tbsp poppy seeds (*khushkhus*), soaked in water for 1 hr
- 2 tbsp watermelon seeds (*magaz*), soaked in water for 1 hr
- 1 medium-sized onion, grated
- 1 cup vegan curd, beaten (Pg. 21)
- $\frac{1}{2}$ tsp *garam* masala powder
- $\frac{1}{2}$ tsp red chilli powder (optional)
- 1 tsp unrefined salt
- 1 tsp cashew butter, mixed with water to a creamy consistency (optional) (Pg. 22)
- 1 cup water
- 1 tbsp finely chopped fresh coriander leaves, for garnishing

Method

Drain water and grind soaked *khushkhus* and watermelon seeds to a fine paste. In a hot pan, cook the grated onion until translucent. Add poppy and watermelon seed paste and cook for 2 minutes.

Gradually add the curd and mix well. Bring to a boil. Add *garam* masala powder, red chilli powder, salt, diluted cashew butter (if using) and mix well. Cook for 2-3 minutes. Add tofu and 1 cup water and let it cook until the tofu softens and the gravy thickens. Garnish with coriander leaves before serving.

PALAK MUSHROOM (Serves 2-3)

Ingredients

- 4 cups spinach leaves (*palak*), washed thoroughly
- 1 tsp cumin (*jeera*) seeds
- 1 tsp crushed garlic
- 1 small onion, chopped

- 1 tsp crushed unpeeled ginger
- 2 green chillies, chopped
- $\frac{1}{8}$ tsp turmeric (*haldi*) powder
- 1 tsp red chilli powder
- 2 tsp coriander powder
- 1 tsp cumin (*jeera*) powder
- 1 tsp *garam masala* powder
- 1 small tomato, chopped
- 1 tsp unrefined salt
- 2 cups cleaned and halved button mushrooms
- 1 tsp dry fenugreek leaves (*kasoori methi*) powder
- 1 tbsp almond paste or unpolished white sesame paste (soaked for 4-6 hours and ground with a little water)

Method

Blanch the spinach leaves in boiling water for 1-2 minutes, until the colour brightens. Drain, cool and puree in blender, or roughly chop. Heat a pan. Add cumin seeds and let them sputter/pop. Add crushed garlic and sauté until light brown. Add onion, ginger and green chillies and roast until onions turn a light brown. Add turmeric, red chilli, coriander, cumin and *garam masala* powders, sauté and cook for 2 minutes. Add tomato and salt, mix well and cook. Add a little water and simmer until tomato is cooked. Add spinach and mushrooms, mix and cook for 2-3 minutes. Check seasoning. Add almond or sesame butter and *kasoori methi*, mix well and cook for a minute. Serve hot.

SHAHI 'CHICKEN' (Serves 1-2)

Ingredients

- 250 g raw jackfruit (*kathal*), cut into 1" pieces
- $\frac{1}{3}$ cup vegan curd (Pg. 21)
- 1 tsp ginger-garlic paste
- $\frac{1}{2}$ tsp Kashmiri red chilli powder
- 1 tsp unrefined salt
- 1 medium-sized onion, finely chopped
- 4 medium-sized tomatoes, chopped
- 1 tsp chicken masala powder
- $\frac{1}{2}$ tsp black pepper (*kali mirch*) powder
- $\frac{1}{2}$ tbsp dry fenugreek leaves (*kasoori methi*)

Method

Marinate the jackfruit pieces with vegan curd, ginger-garlic paste, Kashmiri red chilli powder and salt for 1 hour.

Heat a pan, add onion and roast it until lightly browned. Add tomatoes and cook until the water evaporates and tomatoes are mushy. You will know it is done when the paste is thick. Cool and blend this mixture to a smooth paste.

Preheat oven to 200 °C. Cook the marinated jackfruit in the preheated oven for approximately 15 minutes or until you see the edges are slightly more browned than the rest.

Heat the tomato-onion paste in a *kadhai*. Add the jackfruit to the paste and cover and cook for 5-10 minutes. Add chicken masala powder, pepper powder and dry

fenugreek leaves, mix well and cook for 2-3 minutes, or until all flavours merge well together. Serve with *naan* or *kulcha*.

KADHI (Serves 4-6)

Ingredients

- $\frac{1}{4}$ cup chickpea flour (*besan*)
- $\frac{1}{2}$ cup vegan curd (Pg. 21)
- 3 cups water
- $\frac{1}{2}$ tsp ginger paste
- 1 tsp green chilli paste
- $\frac{1}{2}$ tsp unrefined salt
- 2 pcs of $\frac{1}{2}$ " cinnamon sticks
- 4-6 cloves
- 2-3 dry red chillies
- 2-3 bay leaves
- 1 tsp mustard (*rai*) seeds
- $\frac{1}{2}$ tsp cumin (*jeera*) seeds
- $\frac{1}{4}$ tsp asafoetida (*hing*)
- 8-10 curry leaves
- 1 tbsp chopped fresh coriander leaves, to garnish

Method

To make *kadhi*, mix chickpea flour, vegan curd and just enough water to make a smooth paste. Add ginger paste, green chilli paste and salt and mix well.

Heat a deep pan, add cinnamon sticks, cloves, red chillies, bay leaves, mustard seeds, cumin seeds, asafoetida, curry leaves and roast, until the seeds sputter. Add the chickpea flour mixture and mix well. Cook, stirring continuously to avoid lumps, until the mixture comes to a boil. Let it simmer for 5-6 minutes. Sprinkle coriander leaves on top and serve hot with steamed brown rice.

YAM 'FISH' CURRY (Serves 2-4)

At Easter we normally had appam and fish curry. When I became vegan, I made it with yam instead of fish. This way I could continue the tradition and still remain vegan. - Rose

Ingredients

- $\frac{1}{2}$ kg yam (*suran*), peeled, cut into thin squares and steamed
- 1 tsp turmeric (*haldi*) powder
- 1 tsp unrefined salt
- 4 pieces kokum
- 10-12 curry leaves

For the Masala

- 1 tsp fenugreek seeds (*methi dana*)
- 1 cup sliced onions
- 2 tbsp minced unpeeled ginger
- 1 tsp minced garlic
- 4-5 Kashmiri red chillies
- 1 tsp mustard (*rai*) seeds
- $\frac{1}{4}$ cup grated fresh coconut

Method

Roast all the masala ingredients together until golden. Blend the roasted masala coconut mixture together to a fine paste, with a little water.

Heat a pan, add half a cup of water, add steamed yam, turmeric powder, salt, masala paste and kokum and mix well. Add $1\frac{1}{2}$ cups water and let the mixture come to a boil. Cook for 5 minutes. Turn the heat off. Add curry leaves as garnish and serve.

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CHETTINAD CURRY (Serves 4)

As I really loved this dish before I turned vegan, I decided to make it using only vegetables. As an added bonus, I discovered that it was actually much simpler to make, since instead of making coconut milk I could just add coconut paste! - Rose

Ingredients

- ½ cup chopped unpeeled carrots
- ½ cup chopped French beans
- ½ cup cauliflower florets
- 2 medium-sized green bell peppers (capsicums), deseeded and chopped
- 3-4 medium-sized tomatoes, finely chopped
- 1 tsp unrefined salt
- 1 cup water
- 1 sprig curry leaves

Curry Masala

- 1 medium-sized onion, roughly chopped
- ½ cup grated fresh coconut
- ½ tsp chopped unpeeled ginger
- 1 tsp chopped garlic
- ¼ tsp turmeric (*haldi*) powder
- 1 tsp black pepper (*kali mirch*) powder
- 2 Kashmiri red chillies
- 1 tsp fennel seeds (*saunf*)

Tempering

- 2 medium onions, finely chopped
- ½" pc cinnamon
- 2 cloves

- 2 green cardamoms
- 1 pc star anise

Method

Grind curry masala ingredients with a little water to make a smooth paste. Take all the vegetables (except onions and tomatoes) in a bowl, add curry paste, mix well and marinate for 10-15 minutes.

Dry roast the onions, cinnamon, cloves, green cardamoms and star anise in a deep pan until the onions are translucent and the spices are fragrant. Add the tomatoes and salt and cook until the tomatoes are pulpy. Add marinated vegetables and 1 cup of water and let it simmer for 5 minutes, or until the vegetables are done. Garnish with curry leaves and serve hot.

SAMBAR (Serves 8-10)

This oil free version of the South Indian staple can be teamed with rice, *dosas*, *idlis*, *vadas* and *uttapams*.

Ingredients

- ½ cup split pigeon peas (*toor dal / arhar dal*), soaked for 6 hrs
- 1 medium-sized tomato, cubed
- 1 medium-sized onion, cubed
- 2 medium-sized brinjals, cubed
- 1 drumstick, cut into 3" long pieces
- 2-3 ladies' fingers, cut into ½" long pieces
- 1 tbsp tamarind (*imli*) pulp
- 1 tsp unrefined salt

Sambar Masala

- 6-8 red chillies
- 1 tbsp coriander seeds (*sabut dhania*)
- 1 tsp fenugreek seeds (*methi dana*)
- 1 tbsp split pigeon peas (*toor dal / arhar dal*)
- 1 tbsp split Bengal gram (*chana dal*)
- 1 tbsp split skinless black gram (*dhuli urad dal*)
- 1 tsp turmeric (*haldi*) powder
- $\frac{1}{4}$ tsp asafoetida (*hing*)

Tempering

- 1 tsp mustard (*rai*) seeds
- 6 curry leaves
- $\frac{1}{4}$ tsp asafoetida (*hing*)

Method

To prepare the *sambar* masala, dry roast all the ingredients until fragrant. Grind them to a fine paste in a blender with a little water. (You can also grind this into a powder (without adding water) in a larger quantity and keep it ready for the future). Keep aside.

Discard soaking water and rinse the *dal*. Pressure cook for 1 whistle and then for 10 minutes more on simmer. Steam the vegetables separately for 5-6 minutes and add them to the *dal*. Then, add the tamarind pulp, *sambar* masala, salt and 4 cups of water and bring to a boil.

Prepare the tempering by dry roasting the mustard seeds until they crackle. Add curry leaves and asafoetida. Add this to the *sambar* and simmer for 5 minutes. Serve hot.

APPAM AND STEW (Serves 5)

For the Appam

Ingredients

- 1 cup whole red rice, soaked for 5-6 hours
- $\frac{1}{4}$ cup cooked rice
- $\frac{1}{2}$ cup grated fresh coconut
- 2 dates, pitted
- 1 tsp unrefined salt
- $\frac{1}{4}$ tsp active dry yeast

Method

Grind the soaked rice, cooked rice, coconut and dates to a fine paste. Transfer to a large bowl, add salt and yeast and mix well. Keep at room temperature for 4-5 hours or until it ferments well. Heat the *appam* pan. Spoon one ladleful of batter into the centre and rotate the pan to spread the batter all around the pan. Cover and cook. Do not turn it over. Make more *appams* in the same manner.

For the Stew

Ingredients

- $\frac{1}{4}$ cup diced unpeeled carrots
- $\frac{1}{4}$ cup diced French beans
- $\frac{1}{4}$ cup shelled green peas
- 50 g unpeeled potatoes, steamed
- 1" pc cinnamon
- 30 g diced onion
- 1 tbsp minced unpeeled ginger
- 1 green chilli (optional)
- 1 bay leaf
- 1 cup water
- 200 ml coconut milk (Pg. 18)
- $\frac{1}{2}$ tsp unrefined salt

Method

Steam carrot, French beans and green peas for 4-5 minutes. Do not overcook. Using a fork, break the potatoes up into rough cubes of $\frac{1}{2}$ " each. Coarsely mash half of it and use to thicken the gravy.

In a *kadhai*, add all the vegetables except the potatoes, along with onion, bay leaf, cinnamon, ginger, green chilli and 1 cup water and boil together, until the vegetables are tender. Add mashed potatoes and coconut milk, mix well. Cook until the mixture comes to a boil and thickens slightly. Season with salt. Serve hot with *appams*.

THAI GREEN CURRY (Serves 4-5)

My family loves Thai curries and earlier I would buy the paste, which was full of oil and preservatives. The other day, we made the paste at home and it turned out wonderfully well. My son actually thought this could feature in a restaurant menu! - Reyna

Ingredients

Paste

- 4 cloves garlic
- 2 green chillies (if you want to make red or yellow curry, replace green chillies with 1 tbsp Kashmiri red chilli powder or 1 tbsp yellow chilli powder)
- 1 tbsp chopped rind of kaffir lime
- 1 medium-sized onion, chopped into 4-6 pieces
- $\frac{1}{2}$ " pc galangal
- 2-3 lemongrass stalks

- $\frac{1}{2}$ tsp cumin (*jeera*) powder
- $\frac{1}{2}$ tsp turmeric (*haldi*) powder
- 1 tsp unrefined salt

Curry

- 1 cup chopped baby corn or unpeeled carrots
- 1 cup chopped spring onions with greens
- 1 cup chopped French beans or diced green capsicum
- $\frac{1}{2}$ cup chopped brinjal (optional)
- 1 cup quartered button mushrooms
- 1-2 cups diced red pepper (red capsicum)
- 1 $\frac{1}{2}$ cups fresh coconut milk (Pg. 18)
- 6-8 kaffir lime leaves (this is the magical ingredient and it is critical to the taste of Thai curry)
- 1 cup diced tofu (optional)

Method

Lightly steam the vegetables (except mushrooms and red pepper) so that they remain crunchy.

Grind garlic, green chillies, kaffir lime rind, onion, galangal and lemon grass with $\frac{1}{2}$ a cup of water to a fine paste. Roast the cumin and turmeric powders in a medium hot *kadhai* for 1-2 minutes. Add the paste and salt, mix and cook for 3-4 minutes.

Sieve the coconut milk into the paste and mix. Add kaffir lime leaves and tofu (if using) and mix. Add the steamed

vegetables and mix. Once the curry comes to a boil, add the mushrooms and red pepper and turn the heat off within 30 seconds. Cover and let it rest for 10-15 minutes before serving.

EGGPLANT PARMESAN (Serves 4-6)

Ingredients for Vegetable Layers

- 2 medium purple/black eggplants, with fewer seeds
- 4-5 potatoes, unpeeled, sliced into $\frac{1}{4}$ " thick slices, steamed
- $\frac{1}{8}$ tsp unrefined salt
- 1 tomato, thinly sliced, to garnish
- 1 tbsp chopped fresh parsley, to garnish
- $\frac{1}{4}$ cup white sauce, to garnish

Method

Cut the eggplant into $\frac{1}{4}$ inch thick round slices. Cut each round into half. Sprinkle salt over the slices and leave for 5 minutes. When the eggplant softens, place the semi-circular slices (with the water that has been released) on a hot tawa (griddle). Cover the eggplant and cook the slices until brown on both sides.

Ingredients for the Red Sauce

- 4-6 cloves garlic, finely chopped
- 2 medium sized onions, finely chopped
- $\frac{1}{8}$ tsp unrefined salt
- 6-8 medium-sized tomatoes, cut into large chunks
- $\frac{1}{8}$ tsp oregano or dried mixed herbs
- $\frac{1}{8}$ tsp red chilli flakes

Method

Roast garlic until brown. Add onions and salt and roast for 2-3 minutes. Add tomatoes and mix well. Cook until tomatoes soften. Cool and blend the mixture to a smooth paste. Return the sauce to the heat and cook for a few minutes more. Add salt, oregano or mixed dried herbs and red chilli flakes. Cook until the sauce thickens to a medium consistency.

Ingredients for the White Sauce

- $1\frac{1}{2}$ cups raw cashew nuts (not soaked)
- $\frac{1}{4}$ tsp unrefined salt
- 10 white peppercorns
- 2-4 tbsp lemon juice
- $\frac{1}{2}$ cup water

Method

Blend the raw cashew nuts, salt, peppercorns, lemon juice and water. The cashew nuts will make the mixture thick, creamy and fluffy. The texture should be smooth and not granular. Add just enough water to get this consistency.

To Serve

Preheat oven to 180 °C. Layer the serving dish with the eggplant slices at the bottom. Place the sliced, boiled potatoes on top of the eggplant slices. Next, layer with the red sauce. Now place a layer of eggplant and a layer of potatoes again. Then, layer with the white sauce. Continue until all the vegetables have been layered. Then mix the remaining red and white sauce. It has a beautiful pinkish colour. Pour

this over the contents. Place dish in the preheated oven and bake for 20-25 minutes and serve piping hot. Garnish with thinly sliced tomatoes, parsley and dollops of the white sauce.

SHEPHERD'S PIE (Serves 4)

Ingredients

- $\frac{1}{2}$ cup soy nuggets or soy mince
- 4 medium-sized unpeeled potatoes, diced
- $\frac{1}{2}$ cup soy milk
- 1 tsp unrefined salt
- $\frac{1}{2}$ tsp black pepper (*kali mirch*) powder
- 1 medium-sized onion, minced
- 1 medium-sized unpeeled carrot, grated
- 1 small celery stalk with leaves, finely chopped
- 7 medium-sized tomatoes, crushed
- 3 tbsp soy sauce
- $\frac{1}{2}$ tsp each of thyme and rosemary
- $\frac{1}{3}$ cup sour cream (Pg. 24)
- $\frac{1}{2}$ a red bell pepper (red capsicum), finely chopped

Method

Soak the soy nuggets or mince for 20-30 minutes. Squeeze out all the water from them. Wash and squeeze again. If using nuggets, mince them in a food processor to make them into small flakes. If you are using soy mince, all you need to do is soak, wash and squeeze out the water.

Steam the potatoes until tender. Mash

them and add soy milk. Season with salt and pepper to obtain the consistency of mashed potatoes.

In a medium sized pan, roast the onion until translucent, then add the carrot and celery and cook for 10 minutes, stirring at regular intervals, until they are tender.

Add crushed tomatoes, ground soy nuggets, soy sauce and black pepper powder and cook for about 10 minutes. Taste the mixture to see if the salt is right, or adjust by adding some more soy sauce or salt. Add thyme and rosemary and cook a bit longer. Transfer this mixture to a 6" square baking tray and press to a height of about 1 inch. Top with a layer of similar height of potatoes. Top with a layer of sour cream cheese.

Bake in a preheated oven at 180 °C for 15-20 minutes, or until the sour cream turns brown. Sprinkle the red capsicum over it as a garnish, or you can sprinkle the capsicum over it after 10 minutes of baking and allow the capsicum to bake a bit too. Cut into squares and serve.

VEGGIE MILLET BAKE (Serves 4)

Ingredients

- $\frac{1}{2}$ cup unpeeled, diced potato
- 1 medium-sized onion, peeled and diced
- 2 cloves garlic, peeled and minced
- 1 tbsp fresh thyme leaves (or 1 tsp dried)
- 1 tbsp fresh rosemary, finely chopped (or 1 tsp dried)

- $\frac{1}{4}$ tsp crushed red chilli flakes
- $1\frac{1}{2}$ cups spinach leaves
- 2 cups cooked barnyard/foxtail millet
- 1 cup cashew cheese (Pg. 23)
- 1 tsp fresh lemon zest
- $\frac{1}{4}$ tsp freshly ground black pepper (*kali mirch*)
- 1 tsp unrefined salt
- $\frac{1}{2}$ cup broccoli florets
- 1 cup vegetable stock (Pg. 58)

Method

Steam the potato until cooked. Preheat oven to 180 °C. In a deep pan, dry roast the onion and garlic until translucent. Add thyme, rosemary, red chilli flakes and spinach and sauté until the leaves wilt. Remove from heat. Add millet, cashew cheese, lemon zest, ground pepper, salt, potato and broccoli to the spinach-onion mixture, along with vegetable stock and stir until well combined. Pour the mixture into the prepared baking dish and place in the preheated oven. Bake for 30 minutes or until set and the edges are brown. Let it cool slightly before slicing. Serve warm or at room temperature (it tastes good when cold too).

BURMESE KHOW SUEY (Serves 3-4)

Ingredients

- 2 tbsp gram flour (*besan*)
- 1 tsp cumin (*jeera*) powder
- 2 cups vegetable stock (Pg. 58)

- 2 cups chopped mixed vegetables (baby corn, button mushrooms, unpeeled carrots, French beans, onions, broccoli, cauliflower)
- 2 cups fresh coconut cream (Pg. 18)
- 2 tbsp lemon juice
- $1\frac{1}{2}$ tsp unrefined salt
- 2 cups buckwheat or brown rice noodles or brown rice, as per choice

Garnish

- $\frac{1}{4}$ cup chopped roasted garlic
- $\frac{1}{2}$ cup sliced roasted onion
- $\frac{1}{2}$ cup chopped tomatoes
- $\frac{1}{4}$ cup chopped fresh coriander leaves
- 2-3 tbsp chopped green chilli
- $\frac{1}{2}$ cup chopped unpeeled cucumber
- $\frac{1}{4}$ cup roasted crushed unpeeled peanuts

Method

In a saucepan, dry roast the gram flour with the cumin powder. Add vegetable stock and all the vegetables, one by one, in the order of time taken by each of them to get cooked. Do not cook them until soft. They should be a bit crunchy. Add the coconut cream, lemon juice and salt.

Serve with rice or noodles and add garnishes according to individual taste.

MEXICAN BEANS/FRIJOLES REFRITOS

(Serves 8-10)

Also known as Refried Beans. Although beans have a relatively long shelf life – the older they are, the longer they will have to be cooked, for them to soften. Fresh beans are best. If you have some that have been sitting around for a year, don't even bother with them – throw them out.

Ingredients

- 2½ cups dry pinto beans (or white rajma) (about 1 lb or 450 g)
- 3 quarts (2.8 L) + ¼ cup water
- ½ cup chopped onion (optional)
- 2-3 cloves garlic, chopped
- 2 cups chopped tomatoes
- 1 tbsp roasted cumin (*jeera*) powder
- Unrefined salt to taste

Method

Soak the beans overnight. Rinse the beans in water and remove any small stones, pieces of dirt or bad beans. Throwing out the water used for soaking and washing them is important – to prevent bloating and abdominal discomfort.

Cook the beans in water.

Pressure Cooker Method: Take the beans in a 4 quart (approximately 4 litre) pressure cooker. Fill the pressure cooker up with water, up to the line that indicates the capacity for the pot. Cook for 30-35 minutes – until the beans are soft and the skins are just breaking open.

Regular Method: Take the beans in a pot and cover the beans with at least 3 inches of water – about 3 quarts (2.8 litres) for 2½ cups of dry beans. Bring to a boil and then reduce heat to simmer and cook covered, for about 2½ hours. The cooking time will vary, depending on the batch of beans you have. The beans are done when they are soft and the skin is just beginning to break open. Strain the beans from the cooking water and wash. (Again, to prevent abdominal discomfort).

Heat a sturdy, wide frying pan on medium-high heat and add onions and garlic. Cook onions until translucent. Add the tomatoes and cook for a few minutes, until the tomatoes are cooked. Add the strained beans and about a ¼ cup of water to the pan. Using a potato masher, mash the beans in the pan, while you are cooking them, until they are a rough purée. Add more water if needed, to keep the fried beans from getting too dry. Add salt to taste and the beans are ready to serve.

BREADS AND RICE

WHOLE WHEAT ROTI (Serves 4-5)

Ingredients

- 1 cup of whole wheat flour + to dust
- $\frac{1}{4}$ - $\frac{1}{2}$ cup warm water as required
- $\frac{1}{8}$ tsp unrefined salt

Method

Take the whole wheat flour in a mixing bowl, add salt and warm water and knead into a firm dough. Divide the dough into 8-10 equal balls, dust each ball with a little dry flour and roll each ball out into 6" diameter round flat thin *rotis*. Heat an iron *tawa* and roast each *roti* on the *tawa*, turning over until equally done on both sides. Serve hot.

ONION-STUFFED WHOLE WHEAT KULCHA (Serves 8-10)

Ingredients

- 3 cups whole wheat flour
- 2 tsp date paste (Pg. 17)
- $1\frac{1}{2}$ tsp active dry yeast
- 1 cup warm water, to make dough
- 2 unpeeled potatoes, diced, steamed and mashed
- $\frac{1}{8}$ tsp unrefined salt
- 4 medium-sized onions, finely chopped
- 2 tbsp chopped fresh coriander leaves
- 2 tbsp thick coconut cream/coconut butter (Pg. 18)

Method

Dough

In a cup of warm water, add date paste and yeast, mix well and keep aside for 10 minutes to activate.

Take whole wheat flour in a mixing bowl. Add mashed potatoes, salt and coriander leaves to the flour. When the yeast starts frothing, add the entire yeast water to the flour mixture and knead into a soft dough. Cover the dough and allow to rise in a warm place for 30-45 minutes or until it doubles in volume.

Filling

In a heavy-bottomed pan, roast the onions lightly until they are soft. Add salt to taste. Keep stirring. Once done, the onions should be relatively dry.

Making the Kulchas

Divide the dough into 10 equal portions. Roll each one out into a small *roti*. Place a spoonful of the onion filling in the centre. Close from all sides to make a ball. Dust with a little dry flour and roll out a *kulcha*.

Heat a *tawa* and roast each *kulcha*, turning over, until light brown spots appear on both sides, or until they are done. Once removed from the *tawa*, apply $\frac{1}{4}$ tsp thick coconut cream on top. Serve hot.

Whole Wheat Bread - Page 97



Millet Biryani - Page 99



WHOLE WHEAT BREAD (Serves 4)

Ingredients

- 2 cups whole wheat flour
- 1 tbsp date paste (Pg. 17)
- 1 tbsp cashew butter/coconut butter (Pg. 23)
- 1 cup lukewarm water
- 1 tsp yeast
- 1 tsp unrefined salt

Method

In a bowl, add all the ingredients, except water and mix well to a crumbly texture. Add water a little at a time and make a soft dough without lumps. Knead this dough for 5 minutes. Cover and keep for 30 minutes for first rising, until it doubles in size. (If this doesn't happen, that means the yeast has expired and you need to restart with a fresh batch of yeast)

Knead the dough lightly and give it whatever shape you desire- pizza base, bread sticks, sandwich loaf, baguette, pita pockets, pav, dinner rolls, etc. Place them on a baking tray lined with parchment paper. Cover and keep for a second rising for 15-20 minutes.

Preheat oven to 180 °C for 10-15 minutes. Bake the bread for 25-40 minutes, depending on the shape that you have made. (Breadsticks will take less time, while sandwich loaf will take more time). Insert a knife to test if the bread is baked or knock on it. If it sounds hollow, it's done. Remove onto a wire rack to cool completely, before slicing or cutting. Serve.

WHOLE WHEAT AND CORN TORTILLAS

(Makes 5-6)

Ingredients

- 100 g whole wheat flour
- 100 g corn meal (*makai ka atta*)
- 1 tbsp tahini or unpolished sesame seed powder
- $\frac{1}{2}$ tsp unrefined salt
- $\frac{1}{4}$ - $\frac{1}{3}$ cup warm water for kneading, as required

Method

In a bowl, mix all the ingredients except water. Knead into a firm dough, adding warm water, a little at a time. Cover the dough with a kitchen towel and allow to rest for 30 minutes. Make 12-16 small balls and use a tortilla press to form small tortillas. Alternatively, if you don't have a tortilla press, dust a flat surface with dry wheat flour and roll out the dough balls into evenly thin tortillas, about 4 inches in diameter. Heat an iron skillet or *tawa* and roast the tortillas, one at a time, on both sides, until they are done. Cover and keep until they are served.

JOWAR/RAJGIRA ROTI (Serves 4-5)

Ingredients

- 2 cups sorghum (*jowar*) flour/amaranth (*rajgira*) flour
- 1 cup steamed and mashed unpeeled potatoes
- 1 tsp ginger-green chilli paste
- $\frac{1}{4}$ tsp unrefined salt (optional)
- $\frac{1}{4}$ - $\frac{1}{2}$ cup hot water, as required

Method

Mix all the ingredients except hot water in a big bowl and then bind with hot water into a tight dough. Divide into 10 equal balls, dust them with dry flour and roll out into thin *rotis*. Heat a *tawa* and roast them, one at a time, turning over, until both sides are evenly done.

FRAGRANT BROWN RICE (Serves 6-8)

Ingredients

- 2 cups whole brown basmati rice, washed and soaked for 4 hours
- 2 cloves
- 1" long stick cinnamon
- 2 green cardamoms
- $\frac{1}{2}$ tsp (about 20 threads) saffron
- 1 tsp unrefined salt
- 4 cups water

Method

Discard soaking water and rinse the rice. In a pan, roast cloves, cinnamon and cardamoms for 1 minute, or until they are fragrant. Add 4 cups of water, saffron and salt. When the mixture comes to a boil, add soaked rice. Cover the pan and cook on medium heat until the rice is completely done and fluffy. Serve hot.

MEXICAN RICE (Serves 3-4)

Best served with Mexican beans, Mexican tortillas, chilli sauce and salsa. Also great as a side dish to Mexican entrees such as tacos, enchiladas, burritos, etc.

Ingredients

- 1 cup whole brown rice
- 2 cloves garlic, minced or crushed
- 2 cups water
- $\frac{1}{2}$ a medium-sized onion, chopped
- 1 cup coarsely chopped tomatoes
- 1 hot pepper of your choice, sliced lengthwise
- 1 tsp roasted cumin (*jeera*) powder
- 1 tbsp chopped celery
- $\frac{1}{2}$ tsp oregano
- 1 tsp unrefined salt

Method

Heat a medium-sized pot on medium heat, add the uncooked rice and roast. You do not have to stir the rice around very much at first while browning, but as the rice becomes browner, keep stirring to make sure it all browns evenly and doesn't burn. Towards the end of the browning, add the garlic so that it is also browned.

Next, add the water to the rice (it will steam) and add the remaining ingredients. Mix well and cover the pan (with a small gap left for steam to escape). Reduce heat to medium-low to medium and cook for 20-30 minutes. (Cooking time and temperature varies with your stove. Check after 20 minutes to make sure it doesn't burn). The essential rule of this recipe is "Do Not Peek" while the rice is cooking.

When ready, all the water would have been absorbed, the rice will be fluffy and each grain will be “split open” because of the browning. It should be dry, not mushy. You may adjust the spices/peppers to your taste. The recipe can be changed by keeping with the 1 cup rice: 2 cups water ratio and adjusting remaining ingredients.

CAULIFLOWER ‘RICE’ (Raw) (Serves 4)

Ingredients

- 5 cups cauliflower florets
- 1 cup raw cashew nuts
- 1 tsp unrefined salt

Method

In a food processor, combine the cashew nuts and salt. Pulse to achieve a fine meal. Add the cauliflower and pulse to create a “rice-like” texture. Do not over process. Transfer to a serving dish and serve.

MILLET BIRYANI (Serves 3-4)

Ingredients

For Millet

- 1 cup uncooked barnyard millet
- 1 green cardamom
- 1 black cardamom
- 2 cloves
- 1” cinnamon stick
- 1 bay leaf
- $\frac{2}{3}$ tsp unrefined salt
- 1½-2 cups water

For Cauliflower Gravy

- $\frac{1}{2}$ a medium-sized cauliflower, separated into small florets
- $\frac{1}{3}$ cup fresh green peas
- 2 medium-sized onions, finely sliced
- 1 green chilli, chopped
- 2 tbsp thinly sliced unpeeled ginger
- 1 tbsp finely chopped garlic
- 3-4 cloves
- $\frac{1}{2}$ tsp cumin (*jeera*) seeds
- 4 green cardamoms
- 1” pc cinnamon
- 1 bay leaf
- 2 cups peanut and rice milk curd (Pg. 21) /cashew cream + lemon juice
- 1 tsp *garam masala* powder
- $\frac{1}{4}$ tsp turmeric (*haldi*) powder
- $\frac{1}{2}$ tsp red chilli powder
- $\frac{3}{4}$ tsp unrefined salt
- 2-3 tbsp raw cashew nuts
- 1 tbsp raisins or cranberries

For Layering

- $\frac{1}{2}$ a medium-sized onion, finely sliced
- $\frac{1}{2}$ cup chopped fresh coriander leaves
- $\frac{1}{2}$ cup fresh mint leaves (optional)
- $\frac{1}{2}$ cup saffron milk (20 saffron strands mixed with $\frac{1}{2}$ cup warm water or nut milk)
(Pg. 18 for nut milk)

Method

Preheat oven to 200 °C and roast the onion for layering for 10 minutes, until golden brown. Remove from oven and keep aside.

Millet: In a deep pan, take the millets, spices, salt and water. Stir well, cover and cook for 5-7 minutes, until the millets are just cooked and not mushy. Remove from the heat and allow to cool completely.

Cauliflower Gravy: Steam the cauliflower and peas for 5 minutes, until 70% done. In a heavy-bottomed deep pan, dry roast the onions, green chilli, ginger, garlic, until onions brown. In a separate pan, dry roast the whole spices. Add steamed vegetables to the onions and sauté for a minute. Then add the roasted whole spices. Cook for a minute. Now, add the curd, *garam masala* powder, turmeric powder, red chilli powder and salt. Stir and cook for 6-7 minutes on medium-low heat or until the cauliflower is tender. Add half the cashew nuts, raisins, mix everything and keep aside for layering.

Assembly: In a baking tray or clay pot, use half the gravy as the first layer, then half the millets; sprinkle half the roasted onions, coriander leaves, mint leaves and saffron milk. Now, again spread another layer of gravy, then millets and then the same sprinklings on top. Cover and cook either in preheated oven at 180 °C or on the stove on low heat for 25-30 minutes. Serve hot with non-dairy raita and onion rings.

SAFFRON BROWN RICE WITH VEGETABLES AND SOY NUGGETS

(Serves 8)

Ingredients

- 2 cups whole brown rice/ whole basmati rice, washed and soaked for 2 hours
- ½ cup soy nuggets
- 8 cups water
- 1½ tsp unrefined salt
- ½ cup chopped onions
- 2 bay leaves
- 1" pc cinnamon
- 5-6 cloves
- ½ tsp (about 20 threads) saffron
- ½ cup chopped and steamed French beans
- ½ cup green peas, steamed
- ½ cup grated unpeeled carrots
- 1 tsp black pepper (*kali mirch*) powder
- 2 tbsp chopped fresh coriander leaves, for the garnish
- 3-4 lemon slices, for the garnish

Method

Drain and keep soaked brown rice aside. In a pan, take one cup soy nuggets, add 4 cups water with a pinch of salt and bring it to a boil. Boil for 5 minutes. Remove from heat and allow to cool for about 10 minutes. Drain and rinse soy nuggets 2-3 times in fresh water. Lightly squeeze out excess water.

In a separate pan, add chopped onions, bay leaves, cinnamon stick and cloves.

Sauté for 2 minutes. Add soaked brown rice with 4 cups of water and add saffron threads. Cover the pan and cook until the rice is fluffy. You may have to add extra water until the rice is cooked.

Add French beans, green peas and carrot to the cooked rice. Add boiled nuggets and mix well.

Add black pepper powder and remaining salt and mix well. Garnish with coriander leaves and lemon slices. Serve hot.

PUMPKIN BUN STEAMED/BAKED

(Makes 7)

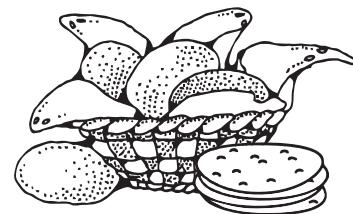
Ingredients

- 1 cup steamed unpeeled pumpkin puree
- 2 cups + 2 tbsp whole wheat flour
- $\frac{1}{8}$ tsp unrefined salt
- 1 tbsp date paste (optional) (Pg. 17)
- 2 tsp instant yeast ($1\frac{1}{2}$ tsp in summer)
- 1 tbsp plant-based milk (Pg. 18)
- 1 tsp black sesame seeds, to garnish
- 1 tsp pumpkin seeds, to garnish

Method

Take flour in a mixing bowl, add salt, date paste and yeast. Pour in pumpkin puree, mix and knead for 6-8 minutes, until you get a smooth, elastic and soft dough. Transfer it to a bowl and cover with a kitchen towel or plate, until the dough is almost double in size. Dust your pastry board with a thin layer of

flour and re-knead the dough until the surface becomes smooth again. Shape the dough into a long log. Cut it into 7 small portions. Now brush the buns with plant-based milk and sprinkle sesame seeds and pumpkin seeds. Heat sufficient water in a steamer. Once the water boils, place the buns on a plate lined with parchment paper, place this in the steamer and steam for 15 minutes. Turn the heat off; wait for 3-5 minutes and lift the cover. Serve warm. If you like it baked, preheat the oven to 180 °C. Bake for about 18-20 minutes. Enjoy.



DESSERTS

DATE AND WALNUT SWEETS (Makes 12)

This takes seconds to make and satisfy that sweet tooth!

Ingredients

- 12 dark soft dates
- 12 walnuts

Method

Neatly slice open each date; remove the seed and stuff with a whole walnut. Repeat this process with all the dates and walnuts. Serve.

BANANA NICE CREAM (Serves 4)

This is an unbelievably creamy ice cream and it is so easy!

Ingredients

- 4 (or more) ripe bananas, peeled, frozen for 2 days or more
- 1 tbsp non-dairy milk (Pg. 18)/ water (optional)
- $\frac{1}{2}$ tsp cinnamon powder
- 4 walnuts, coarsely ground

Method

Chop and blend the frozen bananas in a blender or food processor, until you get a smooth, creamy ice cream. If hard to blend, add a tablespoon of non-dairy milk or water to churn it well. Scoop out the delicious nice cream in serving bowls. Sprinkle cinnamon powder and add walnuts for an extra punch. Serve immediately.

Variations

Garnish with berries, raisins or chopped fruit of your choice.

Add the zest of $\frac{1}{4}$ orange and 1 tbsp grated ginger for extra flavour.

Add cocoa powder for chocolate nice cream.

Add any frozen fruit to create different flavoured nice creams.

COCONUT MILK AND FIG ICE CREAM

(Serves 4)

Ingredients

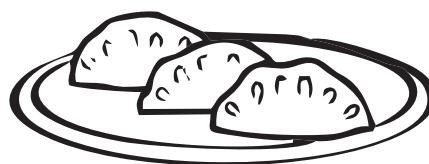
- 400 ml thick coconut milk (Pg. 18)
- 100 g dried figs

Method

Soak dried figs in coconut milk for about 1 hour or a bit more (in warm climates, it is better to keep the mixture in the refrigerator). The figs will swell up and become softer. Blend the mixture in a blender. Freeze for about 4-6 hours. Once it is almost frozen, it's ready to serve. Scoop out the ice cream in serving bowls and serve.

Variation

Use fresh lychees with lemon juice and a dash of rosewater instead of figs. It is a lovely, delicate flavour that is refreshing in the summer time. Another variation is to add banana or strawberries with figs.



TROPICAL FRUIT CRUMBLE (Serves 6-8)

Ingredients

- 1 small pineapple, diced
- 2 medium-sized mangoes, peeled and cubed
- 2 ripe bananas, peeled and cubed
- $\frac{1}{4}$ cup raisins (optional)
- 1 tbsp lemon juice
- $\frac{1}{4}$ tsp cinnamon powder

For the Crust

- 6 tbsp ground almonds
- 8 tbsp dry date (*kharek*) powder
- 5 tbsp grated dry coconut
- $\frac{1}{2}$ tsp cinnamon powder

Method

Preheat the oven to 200 °C. In a bowl, mix all the fruits together with lemon juice and cinnamon powder. In a separate bowl, mix the crust ingredients thoroughly. Spread the fruits evenly in a 1" thick layer, along the bottom of a flat glass baking tray. Spread the crust mixture over to completely cover it. Bake in the oven at 200 °C for 40 minutes, or until the fruits start bubbling.

Variation

It can be served without cooking, as a raw dessert.

RAW CARROT HALWA (Serves 2)

Ingredients

- $\frac{1}{2}$ cup finely grated unpeeled carrots
- $\frac{1}{4}$ tsp green cardamom powder
- $\frac{1}{2}$ cup grated fresh coconut
- $\frac{1}{4}$ cup pitted soft black dates,

ground between fingers, a few at a time

- 8-10 almonds, slivered

Method

Take carrots, cardamom powder and coconut in a bowl and mix well. Knead the ground dates into the carrot coconut mixture. Repeat this process until all the dates are kneaded into the mixture. Transfer to a serving bowl and chill in the refrigerator for 2 hours. Decorate with slivered almonds and serve.

Variations

Substitute carrot with unpeeled grated beetroot, pumpkin or bottle gourd.

BEETROOT HALWA (Serves 2)

Ingredients

- $\frac{1}{2}$ cup finely grated unpeeled beetroot
- $\frac{1}{4}$ tsp green cardamom powder
- 10 cashew nuts/walnuts, soaked for 8 hours
- 2 tsp water
- $\frac{1}{2}$ cup pitted soft black dates, ground between fingers or otherwise ground into a paste
- 8-10 almonds slivered

Method

Steam the grated beetroot with cardamom powder, for about 5 minutes. Blend the cashew nuts or walnuts with the water to make a thick cream. Add this and the ground dates to the steamed beetroot and mix very well. Transfer to a serving bowl. Garnish with the slivered almonds. Chill before serving.

Variation

Substitute beetroot with carrot, pumpkin or bottle gourd.

Substitute cashew nuts/walnuts with coconut.

RAW CHOCOLATE BROWNIE (Serves 18)

Ingredients

- 2 cups walnuts
- $\frac{1}{2}$ cup unsweetened cocoa powder
- $\frac{1}{8}$ tsp unrefined salt
- $1\frac{1}{2}$ cup soft pitted dates

Method

Process the walnuts in a food processor until coarse and sticky. Add cocoa powder and salt to this mixture. Next, add the dates, a little at a time, and keep blending until it becomes like cake crumbs. Keep adding dates until the mixture sticks together. Transfer into a dish/mould and set to desired shape. You may chill this for about 1 hour or serve immediately. Cut into squares or wedges before serving. Keep refrigerated to store.

CHOCOLATE MOUSSE (Serves 8)

Ingredients

- 2 ripe avocados
- $\frac{1}{2}$ cup unsweetened cocoa powder
- $\frac{3}{4}$ cup date paste (Pg. 17)

Method

Blend all the ingredients in a food processor or blender. The mixture should be smooth and homogeneous. Pour into small serving bowls or ramekins and refrigerate for 2 hours.

Variation

If you cannot get avocados, try using 200 g of soaked cashew nuts. Tofu or tender coconut flesh can also be used instead of avocado.

BESAN LADDOOS (Makes 12-15)

Ingredients

- $\frac{1}{2}$ cup split Bengal gram (*chana dal*)
- 3-4 green cardamom pods
- $\frac{1}{2}$ cup grated fresh coconut
- $\frac{1}{4}$ cup pitted soft dark dates
- 10-12 almonds, chopped

Method

In a heavy bottomed pan, roast the split Bengal gram and cardamom together on medium heat, until it turns a lovely golden colour. Cool and grind coarsely. Add grated coconut, chopped almonds and mix well. Transfer to a bowl, add dates a few at a time and knead into the Bengal gram mixture. Keep doing this until the mixture comes together to form a dough. Adjust the sweetness by adding more dates if required. Divide the mixture into equal portions (about 12-15) and shape each portion into a *laddoo*.

Variation

Substitute *chana dal* with red rice, whole *ragi*, whole amaranth, green *moong dal*, nuts, etc.

DUTCH OAT COOKIES (Makes 18-20)

Ingredients

- 1 cup raw cashew nuts
- $\frac{1}{2}$ cup pitted dates
- $\frac{1}{2}$ cup rolled oats
- $\frac{1}{4}$ tsp dried ginger powder
- $\frac{1}{8}$ tsp unrefined salt
- $\frac{1}{8}$ tsp freshly ground nutmeg
- $\frac{1}{4}$ tsp vanilla extract
- 1 tsp cinnamon powder
- 2 tbsp raisins

Method

In a food processor, grind the cashew nuts to a fine powder. Add the other ingredients except the raisins and pulse to combine. Once the mixture begins to clump together, mix in the raisins. Transfer to a bowl and roll into 1" diameter balls. Press them slightly to form cookie shape. Make a design with a fork. Serve immediately or store in the freezer or refrigerator.

PAYASAM (Serves 6)

Ingredients

- ½ cup raw whole unpolished rice
- 1 cup grated coconut or 10 cashew nuts/ almonds, soaked for 8 hours
- 10-12 pitted black dates
- 3 cups water, as needed
- ¼ tsp green cardamom (*elaichi*) powder
- 8-10 almonds, slivered

Method

Cook the rice with double the amount of water in a pressure cooker for 1 whistle and 10 minutes on simmer. Grind one cup grated coconut or almonds and 10 dates into a smooth paste with 2 cups water. In a heavy bottomed deep pan, add the paste and rice and mix well. Add remaining water and boil to a liquid form. Add cardamom powder. Cook for about five minutes. Transfer to a serving bowl and garnish with slivered almonds.

Variation

Substitute whole rice with millets, pulses like *moong dal*, carrot, pumpkin, bottle gourd.

KESAR KULFI (Raw) (Serves 8)

Ingredients

- 1 cup thick coconut milk (Pg. 18)
- ¼ cup thick cashew cream (soak cashew nuts for 4 hrs and grind with very little water to make cashew cream)
- 3-4 tbsp date paste (Pg. 17)
- 2 tbsp powdered rolled oats
- ¼ tsp green cardamom (*elaichi*) powder
- 3 tbsp chopped pistachios
- 10-15 strands *kesar* (saffron)

Method

Soak the saffron in some water and leave for 10 minutes. Meanwhile, add all the ingredients to the blender, except for saffron and pistachios. Blend to a smooth paste without any bits or lumps. Once blended, add the pistachios (reserving 1 tbsp for garnishing) and saffron water and mix well with a spoon. Do not blend again. Keep this mixture in the refrigerator for 2 hours. Remove from the refrigerator and stir well again. Pour the mixture into kulfi moulds, cover and freeze them for 4-6 hours. It's important to cover, else ice crystals will form. Before serving, remove from the freezer and leave at room temperature for a couple of minutes. Unmould, garnish with a few pistachio bits, saffron strands and serve.

Note

Please do not use store brought coconut milk or coconut powder.



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Recipes in this book have been curated with love, dedication and standardisation by the SHARAN team over several years. Special mention of Anubha Kothari, Bhavna Kapoor, Chef Joy, Jyotsna Dvivedi, Kommal Shah, Lisa Pitman, Madhura Vayal, Mala Barua, Mayavi Khandelwal, Millie Mitra, Nandini Gulati, Dr Nandita Shah, Neelima Sriram, Reyna Rupani, Rosemary Parambi, Rosemol Pinto, Ruchi Singh, Dr. Suman Govil, Seema Nayak, Shreya Singhania, Tehseen Dudani, Vandana Tiwari, Vandana Vinod, Vasanti Sundaram and many others, who have helped in giving shape to this book. We hope you enjoy making these recipes as much as we have.

Happy and healthy cooking!



Timeless Recipes For Healthy Living

This book is very helpful with simple recipes that give you all the easy alternatives of dairy and oil-free cooking. It is a must have for all vegans. It really has Timeless Recipes for every day as well as gourmet cooking. I love it! - **Surekha Sadana, Dubai**

I have hugely benefitted by using the recipes from this book. I have lost oodles of weight, feel lighter and more energetic. I highly recommend the SHARAN recipe book, as the recipes are easy to follow and full of dairy free, oil free and sugar alternative options.

- **Jayshree M, Canada**

SHARAN and its Timeless Recipe book has opened up a whole new world for us. It is the bible of cookery books and should be in every kitchen. The recipes are as simple as lemon squeeze! - **Yogesh Shah, UK**

I have fallen in love with cooking all over again! The possibilities, the alternate cooking methods, not compromising on taste makes it a 'must have' for every kitchen. I am losing weight, gaining health while eating sumptuously! Thanks SHARAN!

- **Shashikala Ravi, Bangalore**

Super and highly recommended recipe booklet. I had issues with my diet being a diabetic but learning the SHARAN way of cooking has improved my health a lot and is also helping me enjoy my food better. - **Bina Popat, UK**

The SHARAN recipe book is essential for every kitchen! It has helped turn my life around in every way possible - weight loss, control of my diet, clearer mind and yes, finally control over my blood pressure! I never knew that there are so many quick and easy delicious alternatives to all the foods that I used to eat, that made me sick in the first place! - **Parita Haria, UK**



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