

Yogapoint Recipe Book



Recipes from the Ashram Kitchen

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Dedicated to Swami Niranjanananda Saraswati

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The Yogic Diet

There is a natural instinct within all of us to follow a healthy balanced diet. Deep down inside we know what is good and what is not good for us but we chose to ignore the body and mind. Regular practice of yoga helps to stimulate these natural instincts. Yoga changes the habits and is a process of normalization.

The purpose of food should be looked at before choosing what to eat. Why do we need to eat? To give energy to the body and mind, increase the resistance power of the body and to develop the mind. Fresh food gives lightness, happiness, joyfulness and increases intelligence. The food should be suitable for the mind, body, intelligence and soul.

There are no special dietary rules for asana practitioners although there are many recommendations with the main ones being to eat natural foods and eat in moderation. Yoga advises a vegetarian diet, particularly as it is preparation for the higher forms of yoga. Vegetarianism has been found to promote inner calmness and harmony between the body and mind, whilst eating meat has been linked with inner tension, anger, disharmony and an increase in desires. Vegetarianism is the basis of a sattvic diet.

A yogic diet ideally follows a sattvic or pure food diet. A balance of fresh fruit, vegetables, cooked whole grains, milk, legumes, nuts and seeds, using a combination of both raw and cooked foods. These foods increase sattwa in the body because they are light, simple and supply all the necessary nutrients. They increase our physical and mental vitality making it easier to experience clarity, lightness and peace of mind. Rajasic foods are prepared with much oil and spice. They create heaviness and restlessness in the mind. Meat and fish are classified under these. Onion and garlic are also under this group as they increase desire. Tamasic foods are foods that are old and stale. They lower the energy and cause laziness. They include foods that are not cooked properly or chewed well and processed foods. Stale, processed and frozen foods have lost their pranic energy. If we try to eat only sattvic foods as much as possible we can slowly change the body chemistry, renewing the digestive system and taking away any strain. Ideally we should eat foods that take minimum energy to digest, so that the remaining energy can be used for more productive uses.

When eating it is important to fill the stomach half full with food. A quarter should be left for water or liquids. The last quarter should be left empty for digestion to take place. This space is necessary for the stomach to churn the food with the digestive juices. It is also said in Hindu culture that this last quarter should be left for Lord Shiva.

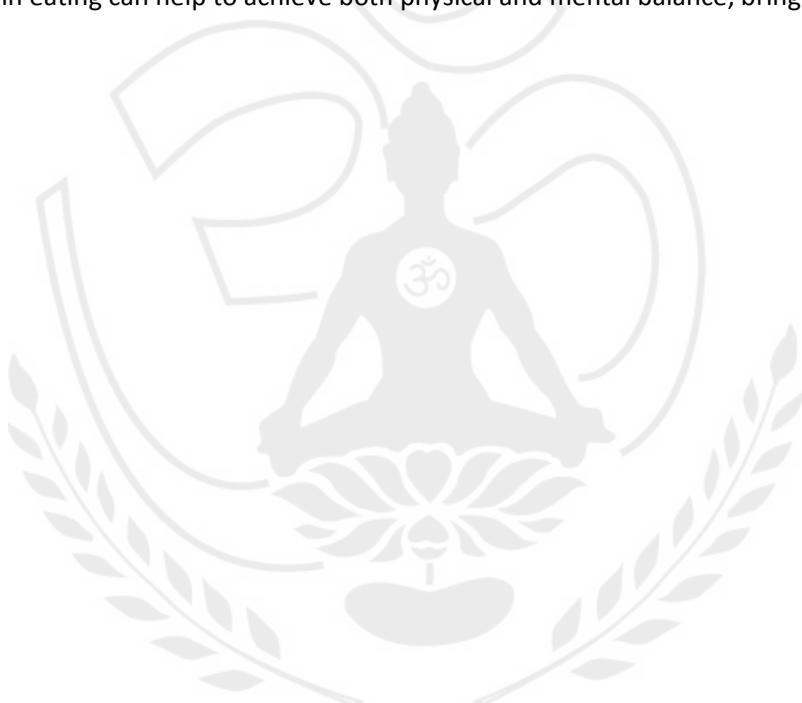
Eat to satisfy hunger without getting any feelings of heaviness or laziness. It is said that you should eat only what is needed. To find out how much you need to eat do an experiment. One time eat until you have a feeling of fullness, being aware of how much you are eating. From there half the amount of food, this is your requirement. There should be enough space in the stomach so that if somebody asked you to eat a meal with them after you had already finished your meal you could do it without any ill effects.

The timing of meals should be fixed. In this way the body begins to release digestive secretions at a certain time. It is important not to skip meals so that the body doesn't keep going into panic mode

and decide to store excess fat. Change the diet according to the seasons. Don't eat imported foods. Always try to eat what is local and fresh. If you know your dosha/prakriti then make your food choices accordingly. Don't eat when negative, angry or depressed. How you are thinking effects your digestion. You should only eat when you are happy and peaceful. When you eat focus, feel and appreciate every mouthful, eating slowly and being thankful for the food that has been given to you. Remember, eat to live, don't live to eat.

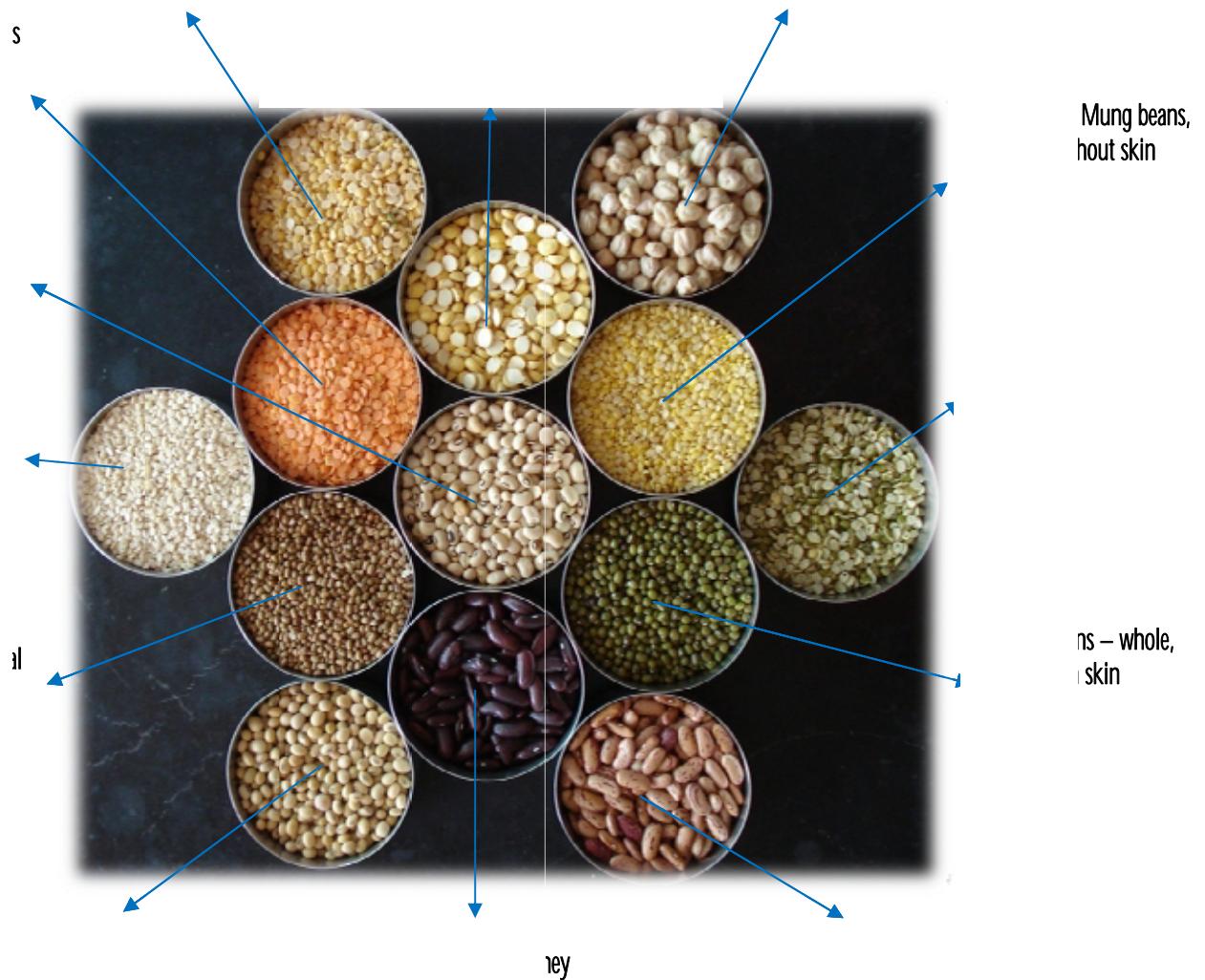
We must start with the basics, the essentials for our survival, if we wish to achieve anything in yoga. Diet and food are among these. We can only really begin to live the full yogic lifestyle when we have gone through the first layers of our needs, desires, intuitions and instincts, preparing us for the physical, mental, psychic and spiritual levels.

The digestive system is one of the most important systems in the body and links all the other systems together. A poor digestive system is the core problem to many health conditions. It is affected not just by what we eat but also by our emotions. An awareness of the digestive processes and the choices we make in eating can help to achieve both physical and mental balance, bringing peace and well being.



Common Ingredients

Lentils & Beans



Most ingredients can be bought in a supermarket, if not in an Indian or Asian food store. If you cannot get an ingredient don't worry. You can either substitute it or leave it out. Most of the spices

below are used not only for flavor but also to improve digestion of the foods and to prevent gases. Many of them have many other qualities that can be used to treat various health problems.



Ajwain - Owa

Very useful for the digestion plus for any cough or mucus problems. It is useful for asthmatics and for removing spasmodic pains.



Asafoetida – Hing

Improves digestion of beans in particular, especially when put into the pan as the beans are boiling. It has a sulfuric smell and is often used instead of onion and garlic.



Bay Leaves - Tamal Patra

Used in India and also Italian dishes. They are useful for muscular pain as well as arthritis, skin conditions, cough and colds.



Cardamon – Veldoda

Used in both savoury and sweet dishes. Green cardamom is the most common. Black cardamom should only be used for savoury dishes and only if specified in the recipe.



Chilli – Mirchi

Used in moderation in yogic food. Improves circulation and prevents coughs and colds. Gives strength to the muscles.



Cinnamon – Dalchini

Used for savoury and sweet dishes. Improves the circulation, warms the body and prevents colds.



Cloves - Lavang

Used for sweet and savoury dishes. It warms the body and is useful for tooth ache.



Coconut - Narial

A complete food, used to remove thirst and hunger. Fresh is best but if not available dried is ok. The water works like saline for the body.



Coriander - Dhane

The seeds, root and leaves are used. The leaves should be put into the food towards or at the end of cooking to preserve their flavour. It maintains the temperature of the body.



Cumin - Jeera

Useful for removing heat in the body. They can remove nausea, prevent colds and be used as a general tonic for the body.



Curry Leaves - Kari Limba

Used in basic spicy mix and also blended in drinks and chutney. They are used for nausea and vomiting, for the kidneys and for the hair.



Fennel - Badishop

Used in meals and also eaten after with the benefit of freshening the breath. Improves intelligence.



Fenugreek - Methi

The seeds and leaves are used. Useful for the hair, diabetes as a bitter tonic.



Ginger - Ale

Used in sweet and savoury dishes. It has a warming effect on the body, useful for colds and many digestive problems.



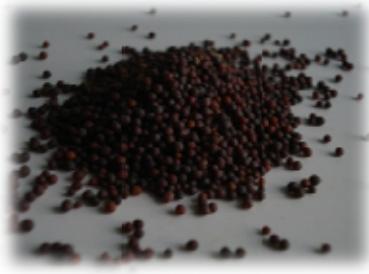
Jaggery/Raw Sugar - Gul

Natural, unprocessed sugar that has a high level of iron. Removes colds.



Mint - Pudina

The leaves are often used in chutneys and can be used in salads and drinks. Mint has a cooling and cleansing effect and is useful for the heart.



Mustard - Moori

Warming and used for pain and respiratory problems. There are yellow, black and brown mustard seeds. Brown and black are normally used in India and are interchangeable. They need to be fried so they pop before eating.



Peanuts - Shengdana

Roasted peanuts or ground peanuts are normally used. Gives protein, oil and extra flavour .



Pepper - Black Kali Miri

Warming and can be added during and after cooking. Whole peppercorns are often used in pulao and the powder or cracked pepper is used for many other dishes.



Salt - Meeth

Improves the taste of foods. Used for rehydration. There is rock salt and sea salt. We use both white salt and black salt, which is a pink colour. The black salt has a sulfuric smell.



Tamarind - Chincha

Used as a souring agent. Soak the tamarind in hot water first. The pulp will separate from the seeds and hard parts. Good source of Vitamin C.



Turmeric - Halada

Used in cooking but also for skin problems, as an anti-inflammatory and antiseptic, as well as for liver problems. Bitter in larger doses.

Notes

- ③ All recipes, except the drinks serve two people approximately, based on the serving size at the ashram. Drink recipes are for one person for a standard glass or for two small glasses, Indian style.

Breakfast



Cracked Wheat with Vegetables

Dalia Upma

- 1 cup cracked wheat / dalia
 - 2 cup water
 - 2 tsp oil
 - 1/2 tsp mustard seeds
 - 1/2 tsp cumin seeds
 - ¼ tsp turmeric
 - 2 pinch asafoetida
 - 8-10 curry leaves
 - ½ tsp coriander powder
 - 1 tsp grated ginger
 - 1 1/2 cups vegetables - chopped - eg potato, carrot, cabbage, cauliflower, tomato
 - Lemon juice
 - Fresh coriander leaves – chopped,
 - Fresh grated coconut
 - Sugar, salt
1. Roast the wheat in a pan for 10 to 15 minutes till it turns pinkish brown then remove it from the pan.
 2. Heat the oil and then add mustard seeds. When they pop add the cumin seeds, turmeric, asafoetida, curry leaves, ginger and coriander powder.
 3. Add the chopped vegetables. Some may need to be added first if they take longer to cook. Add a little water so they do not stick.
 4. When the vegetables are half cooked add the remaining water and wheat. Cover and cook for 10 minutes.
 5. Remove the lid and fry for 2 to 3 minutes.
 6. Add sugar and salt to taste plus lemon juice, coriander leaves and fresh coconut.



Flattened Rice with Carrot, Tomato, Pomegranate and Peanut

Dadpe Pohe



- 1 cup Pohe - thin
- 1 cucumber
- 1 tomato
- 1 carrot
- 1 small green pepper
- 1 tsp oil
- 1/4 tsp mustard seeds
- 1/4 tsp cumin seeds
- 3 pinches turmeric
- 1 pinch asafoetida
- 5-6 curry leaves
- Fresh coriander leaves - chopped
- Salt and sugar to taste
- Lemon juice
- Optional: Any fruits such as pomegranate, shredded fresh coconut, peanuts, grapes

1. Wash pohe and drain.
2. Grate all vegetables and chop the tomatoes
3. Mix pohe and all vegetables.
4. Heat the oil separately. Add the mustard seeds. When they pop add the cumin, turmeric, asafoetida and curry leaves. Add this to the pohe and mix well.
5. Add salt and sugar to taste and any other optional ingredients, plus coriander and lemon.

Flattened Rice with Green Pepper, Potato and Coconut

Phodniche Pohe

- 1/2 cup thick pohe - flattened rice
- 1 cup water
- 1 tsp oil
- 1/4 tsp mustard seeds
- 1/4 tsp cumin seeds
- 3 pinches turmeric
- 1 pinch asafoetida
- 5-6 curry leaves
- Handful peanuts – optional
- 1 1/2 cups vegetables - chopped - eg potato, carrot, cabbage, cauliflower, tomato
- Sugar and salt to taste
- Fresh grated coconut (dried is ok if fresh is not available)
- Lemon juice
- Fresh coriander leaves chopped

1. Clean the pohe and add water. Drain and leave for 5 mins.
2. Meanwhile heat the oil and add the mustard seeds. When they pop add the cumin, then the turmeric, asafoetida, curry leaves and peanuts. Be careful not to burn the peanuts.
3. Add the vegetables plus sugar and salt to taste. Cover and let them steam till cooked, stirring occasionally.
4. Add pohe, stir and cover for another 5-7 mins.
5. Serve with coriander leaves, fresh coconut and lemon juice.



Flattened Rice with Puffed Millet, Pomegranate and Yogurt

Dahi Kala

- 2 cups thin pohe (flattened rice)
- 1 cup puffed millet or rice
- 1 cup thick buttermilk (very thin yogurt)
- 1/2 cup pomegranate pieces
- 5 - 6 curry leaves
- 1/2 teaspoon mustard seeds
- 1/2 teaspoon cumin seeds
- 1/8 teaspoon asafoetida
- 5 teaspoons oil
- Sugar to taste
- Salt to taste
- Fresh or dried coconut - shredded
- Fresh coriander leaves

1. Heat oil and add mustard seeds.
2. When they pop add the cumin seeds, asafoetida and curry leaves.
3. In a large bowl place the pohe. Combine it with the oil spice mix, sugar and salt.
4. When it has cooled mix the yogurt, coriander and coconut with the pohe.
5. Serve with coriander and coconut if desired.



Noodles with Vegetables

Shevaya Upma



- 1 cup vermicelli – roasted to brownish pink colour
- 2 cups water
- 2 tsp oil
- 1/2 tsp mustard seeds
- 1/2 tsp cumin seeds
- ¼ tsp turmeric
- 2 pinch asafoetida
- 8-10 curry leaves
- 1 tsp grated ginger
- 2 cup vegetables - chopped and par boiled, such as potato, carrot and pumpkin
- 2 tomatoes – chopped
- 1 cucumber – chopped
- Sugar and salt to taste
- Fresh coriander leaves chopped
- Fresh coconut if available

1. Heat some oil then add mustard seeds.
2. When the mustard seeds pop add cumin seeds, crushed ginger and curry leaves. Fry for 30 seconds.
3. Add cooked vegetables, chopped tomato and cucumber. Fry for a few minutes.
4. Add the water and a little sugar and salt. When the water boils add broken, one inch pieces of vermicelli. Cook for 15 minutes, covered, until the noodles are soft and the water has evaporated.

5. Add chopped coriander leaves and coconut.

Potato – Cubed

Batata



- 3 medium sized potatoes – raw and cut into 1 cm cubes
- $\frac{1}{2}$ tsp cumin seeds
- 1 Tbsp oil
- Salt to taste
- Peanuts – whole - 2 tsp or to taste
- 2 pinch asafoetida
- Fresh coriander leaves

1. Heat the pan and add the oil. When it's hot add the cumin seeds then the potato. Fry for a few minutes then cover for a few more minutes.

2. When half cooked add the asafoetida and salt and cook for a few more minutes until the potato is cooked.

3. Garnish with coriander.

- To make it healthier decrease the oil and add a little water when cooking the potatoes.

Potato – Grated

Batata Kis



- 3 medium sized potatoes - grated
 - 3 tablespoon oil
 - $\frac{1}{2}$ teaspoon mustard seeds,
 - $\frac{1}{2}$ tsp cumin seeds
 - 1 pinch asafoetida
 - 5-6 curry leaves
 - Peanuts – whole or powder
 - Salt to taste
 - 2 tablespoons coriander leaves
 - 2 tablespoons fresh grated coconut - optional
1. Heat oil and add mustard seeds, when the mustard seeds pop add cumin, asafoetida and curry leaves.
 2. Add the grated potato, peanuts and salt. Stir, cover and leave to steam until the potato is cooked.
 3. Add coconut and coriander.

Puffed Rice with Peas, Potato and Green Pepper Murmure



- 2 cups murmure – puffed rice - washed

- 1 potato – chopped
- 1 green pepper – sliced
- 1/3 cup green peas
- 1 tsp oil
- ½ tsp cumin seeds
- 5-6 curry leaves
- 2 tsp peanuts – whole
- ½ tsp ginger – grated
- Sugar and salt to taste
- Fresh coriander leaves

1. Heat the oil and add the cumin, curry leaves and peanuts.
2. Add the ginger and potato. Fry for a minute then add a little water and cook for 3-4 minutes.
3. Add the green pepper, peas and continue to cook until the potato is soft.
4. Add the murmure, sugar and salt. Cover and cook for a few more minutes.
5. Add coriander.

Semolina with Vegetables

Rava Upma



- $\frac{1}{2}$ cup semolina
 - 1 cup water
 - 2 tsp oil
 - 1/4 tsp mustard seeds
 - 1/4 tsp cumin seeds
 - 1 pinch asafoetida
 - 5-6 curry leaves
 - $\frac{1}{2}$ tsp grated ginger
 - $\frac{1}{2}$ tsp coriander powder
 - $\frac{1}{2}$ tsp cumin powder
 - Salt to taste
 - 1-2 tomatoes - can cook or eat raw on the side
 - 1 cup potatoes, cabbage, cauliflower, carrots etc
 - Fresh coconut
 - Fresh coriander leaves
1. Dry roast the semolina in a pan for 10 to 15 minutes till it turns pinkish brown. Remove from the pan.
 2. Heat the oil and add the mustard seeds. When they pop add the cumin, asafoetida, curry leaves, ginger, coriander powder and cumin powder. Add vegetables and half cook.
 3. Add the roasted semolina, salt and water. Bring to boil, cover and simmer for 10 minutes.
 4. Uncover and fry for 2 to 3 minutes.
 5. Add fresh coconut to taste and coriander leaves.

Sprouted Mung Beans with Dates, Tomato, Pomegranate and Peanuts

Arogya Bhel



- 1 cup sprouted mung beans or any other sprouted beans.
- 8 pieces dates - soaked for one hour
- $\frac{1}{2}$ cup pomegranate pieces
- 1 -2 tomato – chopped
- 1 Tbsp peanuts - soaked overnight.
- $\frac{1}{2}$ tsp cumin powder or chat masala - optional
- Salt and sugar to taste
- Chopped fresh coriander leaves
- Grated fresh coconut.

1. Combine the sprouts, dates, pomegranate, tomato, peanuts and a little salt to taste.
2. Garnish with coriander leaves and coconut. Sprinkle cumin powder or chat masala if desired.

Soups



Beetroot Soup

Beet Saar



- 1 large beetroot
- 1 cup water
- 2 pinch cumin powder
- 2 pinch pepper
- 1 pinch cinnamon
- 4 pinch salt
- Squeeze of lemon
- $\frac{1}{2}$ tsp ghee

1. Boil the beetroot then peel.
2. Blend with the water and filter if desired.
3. Boil the mixture then add the remaining ingredients and serve.

Buttermilk & Chick Pea Soup

Kadhi



- 3 cups buttermilk (Indian style not the heavy western style – see miscellaneous)
- 1/2 cup chickpea flour
- 5-6 curry leaves
- 2 cloves
- 1/8 tsp turmeric
- 1/4 tsp cumin
- 1/8 tsp asafoetida
- 1 tsp grated ginger
- Salt to taste

1. Mix together the buttermilk and chickpea flour till there are no lumps.
2. Heat the oil and add cumin, asafoetida, curry leaves, cloves and turmeric.
3. Add ginger and salt and cook for a minute.
4. Add the spice mixture to the buttermilk and chickpea mixture. Over a medium heat cook the soup. When the soup starts to rise and boil the soup is ready.

Carrot Soup

Gajar Saar



- 2 cups carrots – peeled and chopped
- Water
- Salt and sugar to taste
- Pinch nutmeg
- $\frac{1}{2}$ tsp butter or ghee - optional
- 2 tsp yogurt – optional
- Black pepper to taste
- Chives to garnish - optional

1. Place the carrots in a pot and cover with water. Boil until the carrots are soft.
2. Cool slightly then blend the carrots and water together till smooth.
3. Add more water after blending if a thinner soup is desired.
4. Add sugar, salt, nutmeg, pepper and butter. Bring to the boil.
5. Serve with yogurt if desired and a few chopped chives.

Mixed Dal Soup

Amati



- 1/2 cup dal (mung, toor, urid, chickpea, red lentils)
- 1 ½ cups water
- ½ tsp turmeric
- 1 tsp oil
- ½ tsp mustard seeds
- ½ tsp cumin seeds
- 5-6 curry leaves
- ½ tsp ginger – grated
- ½ tsp coriander powder
- Pinch asafoetida
- 1 tomato - chopped
- Fresh grated coconut - optional
- Salt and jaggery/brown sugar to taste
- Fresh coriander

1. Place water and dal in a large pot or pressure cooker and add turmeric. Bring to the boil and cook until the dal is soft.
2. In a separate pan heat the oil, add the mustard seeds, then cumin seeds, curry leaves, ginger, coriander powder and asafoetida. Add the tomato and fry for 5 minutes.
3. Add the tomato mixture to the dal. Add coconut, salt and jaggery to taste.
4. Garnish with fresh coriander and coconut.

Mung Dal Soup

Mung Dal Varan

- 1/2 cup mung beans
- 5-6 curry leaves
- 1 Tbsp coconut
- 1 1/2 cups water
- 2 tsp oil
- 1/4 tsp cumin
- 1/4 tsp mustard seeds
- 1/4 tsp turmeric
- Salt to taste
- Coriander leaves
- Fresh coconut

1. Steam the mung beans in a pressure cooker or boil.
 2. Heat the oil and add the mustard seeds. When they pop add cumin seeds, asafoetida and curry leaves.
 3. Add the mung beans, turmeric, water and cook for ten more minutes.
 4. Add salt, coriander and coconut.
- Optional – can add chopped tomatoes.



Pumpkin Soup

Lal Bopla Saar



- 1 cup pumpkin - chopped
- Water
- 4 pinch roasted cumin powder
- 2 pinch black pepper
- 1 pinch cinnamon powder
- 4 pinch salt
- $\frac{1}{2}$ tsp butter or ghee - optional
- Yogurt - optional
- Chives - optional

1. In a pot place the pumpkin and cover with water. Boil until the pumpkin is soft.
2. Blend the pumpkin and water together until smooth.
3. Add more water if a thinner soup is required.
4. Add all spices and bring to boil.
5. Serve with butter, yogurt and/or chives if desired.

Tomato Soup

Tomato Saar



- 6 tomatoes (ripe and medium size)
- 1/4 tsp cumin seeds
- 1/4 tsp asafoetida
- 1 Tbsp jaggery
- 2 Tbsp coconut – fresh or dried
- 5-6 curry leaves
- 1 tsp oil
- Salt to taste
- Coriander leaves

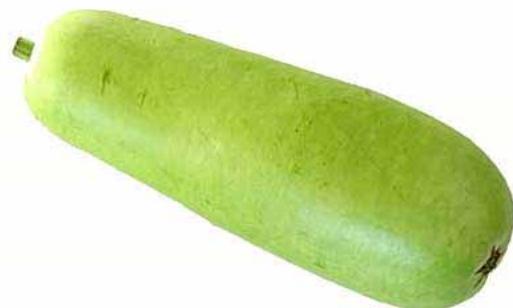
1. Boil the tomatoes whole for ten minutes.
2. Strain, keeping the water, and blend the tomatoes.
3. Heat oil then add cumin, asafoetida and curry leaves.
4. Add tomatoes and one cup of the reserved water. If a thicker or thinner soup is required then adjust the amount of water. Boil for ten minutes.
5. Add jaggery, coconut, salt and coriander.

White Pumpkin Soup

Dudhi Bopla Saar



- 1 medium size white pumpkin, also known as gourd
 - $\frac{1}{2}$ tsp cumin seeds
 - 5-6 curry leaves
 - Fresh coriander leaves
 - Salt and sugar to taste
 - Coconut to taste
1. Boil the gourd then blend to a liquid.
 2. Mix the gourd pulp and water (saved from boiling) to the thickness desired.
 3. Add cumin seeds and curry leaves.
 4. Add sugar and salt to taste. Bring to the boil.
 5. Garnish with fresh coriander leaves and coconut.



Whole Mung Soup

Mung Saar

- ½ cup mung beans, whole
 - 1 cup water
 - ¼ tsp cumin powder
 - 4-6 drops of lemon
 - ½ tsp butter/ghee - optional
 - Salt to taste
1. Soak the mung beans overnight or for 10 hours.
 2. Boil the mung beans in the water or in a pressure cooker (2 whistles) till soft.
 3. Blend mung beans and water together until smooth. Bring to the boil.
 4. Add lemon, cumin powder, butter/ghee and salt.



Lentil Dishes



Black Eye Bean Curry

Chawli Usal



- $\frac{1}{2}$ cup black eye beans, sprouted if possible
- 2 cups water
- 1 tsp oil
- $\frac{1}{2}$ tsp mustard seeds
- $\frac{1}{2}$ tsp cumin seeds
- $\frac{1}{4}$ tsp asafoetida
- 1 tsp grated ginger
- 5-6 curry leaves
- $\frac{1}{4}$ tsp turmeric
- $\frac{1}{2}$ tsp coriander powder
- 2 tomatoes - chopped
- 1-2 tbs. roasted peanut powder
- Fresh coriander leaves
- Fresh coconut -grated
- Sugar and salt to taste

1. Soak the beans in water for 6-8 hours or overnight. Cook the beans in a pressure cooker or boil in a pot.
2. Heat the oil and add the mustard seeds. When they pop add the cumin seeds, asafoetida, ginger, curry leaves, turmeric and coriander powder.
3. Add roasted peanut powder and tomatoes.
4. Add the beans and water. Continue stirring occasionally until thoroughly cooked. Add more water if necessary.
5. Add sugar and salt to taste, garnish with coriander leaves and coconut.

Chick Pea Curry

Chhole



- 1 cup chick peas (soaked overnight and boiled or one can cooked chickpeas)
- 2 cups tomatoes - chopped
- 1 tsp grated ginger
- 1 tsp cumin seeds
- 4 pinches asafoetida
- 1 pinch black pepper powder
- 1 pinch cinnamon powder
- Salt to taste
- 2 cups water
- 1 tsp peanut oil
- Coriander leaves
- Fresh coconut - grated

1. Heat oil in the pan, add cumin seeds and ginger. Fry for 30 seconds and then add the tomato.
2. Add black pepper, asafoetida, cinnamon and salt. Cook for 5 minutes.
3. Add water and chick peas. Bring to boil and simmer for 10 minutes.
4. Garnish with coriander leaves and coconut.

Optional: If you want to thicken the curry mash some of the chickpeas.

Kidney Bean Curry

Rajma Saar



- 1 cup rajma/kidney beans(soaked overnight and boiled, or one can cooked beans)
 - 2 cups tomatoes - chopped
 - 1 tsp grated ginger
 - 1/2 tsp cumin seeds
 - 4 pinch asafoetida
 - 1 pinch black pepper powder
 - 1 pinch cinnamon powder
 - Sugar and salt to taste
 - 2 cups water
 - 2 tsp oil
 - 2 par-boiled potatoes – chopped into large pieces
 - Coriander leaves
 - Fresh coconut - grated
1. Heat oil in the pan, add cumin seeds and ginger. Fry for 30 seconds and then add the tomato.
 2. Add black pepper, asafoetida, cinnamon and salt. Cook for 5 minutes.
 3. Add water, kidney beans and potato pieces. Bring to boil, cover and simmer for 10 minutes.
 4. Garnish with coriander leaves and coconut.

Mung & Ridged Gourd Curry

Mung Dodka Bhaji



- 1 tsp oil
- ½ cup mung dal
- 1 tsp grated ginger
- Salt to taste
- 4 pinch asafoefida
- ½ tsp mustard seeds
- ½ tsp cumin seeds
- Pinch turmeric powder
- 2 tomatoes – chopped - optional
- ½ cup chopped dodka/ridged gourd
- 4 cups water
- Coriander leaves
- Fresh coconut - grated

1. Heat oil in pan. Add the mustard seeds. When they pop add the cumin seeds.
2. Add turmeric, ginger and asafoetida.
3. Add tomatoes, if using, and fry for a few minutes.
4. Add dodka, salt, washed mung dal and water.
5. Simmer for 20 minutes. Garnish with coriander leaves and coconut.



Mung & White Gourd Curry

Dudhi Bopla Mung Bhaji



- 1 tsp oil
 - ½ cup mung dal
 - 1 tsp grated ginger
 - Salt to taste
 - 4 pinches asafoefida
 - ½ tsp mustard seeds
 - ½ tsp cumin seeds
 - Pinch turmeric powder
 - 5-6 curry leaves
 - 2 tomatoes – chopped - optional
 - ½ cup chopped dudhi bopla/ white gourd/white pumpkin
 - 4 cups water
 - Coriander leaves
 - Fresh coconut - grated
1. Heat oil in pan. Add the mustard seeds. When they pop add the cumin seeds and curry leaves.
 2. Add turmeric, ginger and asafoetida.
 3. Add tomatoes, if using, and fry for a few minutes.
 4. Add dudhi bopla, salt, washed mung dal and water.
 5. Simmer for 20 minutes. Garnish with coriander leaves and coconut.

Scrambled Chick Pea

Pithla



- 1 cup chick pea flour/besan flour
- 1 tomato
- $\frac{1}{2}$ cup vegetables - chopped into one cm pieces - such as corn, peas, carrot, green beans
- 2 cups water
- $\frac{1}{2}$ teaspoon mustard seeds
- $\frac{1}{2}$ tsp cumin seeds
- Pinch asafoetida
- 4-5 curry leaves
- $\frac{1}{4}$ tsp turmeric
- $\frac{1}{2}$ tsp coriander powder
- $\frac{1}{2}$ onion - optional
- 2 tablespoons oil
- Fresh coriander leaves

1. Heat oil and add mustard seeds. When they pop add the cumin then onion if using. Cook till brown then add the asafoetida and curry leaves.
2. Add salt, tomato and other vegetables. You may need to add some vegetables earlier if they take longer to cook.
3. In a separate bowl mix the chick pea flour with the water, removing any lumps.
4. Slowly add the flour mixture to the vegetables, stirring continuously.
5. Cook for 15-20 minutes until the mixture starts to brown at the bottom and there is no beany/raw taste.

*More water can be added for a more liquid dish or less water for a more scrambled egg consistency.

Sprouted Bean Curry

Modachi Usal



- $\frac{1}{2}$ cup sprouted beans such as mung, mutki, whole lentils, black eye beans etc (cooked)
- Salt to taste
- 2 tsp oil
- 2 pinch turmeric
- 2-3 pinches asafoetida
- 1 tsp grated ginger
- 1 cup tomatoes –chopped - optional
- 1 cup water
- Coriander leaves
- Fresh coconut - grated

1. Heat oil in pan then add cumin seeds, asafoetida, turmeric, ginger and tomatoes. Cook for a few minutes.
 2. Add sprouted beans, salt and water. Simmer for 15 minutes.
 3. Add coriander leaves and coconut to garnish.
- To make any sprouted bean soak the beans in water for 10 hours. Remove water and leave them for another 10 hours in a piece of cotton cloth in a warm place. Depending on the country they will sprout within 10 to 24 hrs)

Split Mung Curry

Salachi Mung Amti



- 1 tsp oil
- ½ cup split mung beans with skin - cooked
- 1 tsp grated ginger
- Salt to taste
- 4 pinch asafoefida
- ½ tsp mustard seeds
- ½ tsp cumin seeds
- Pinch turmeric powder
- 5-6 curry leaves
- 2 tomatoes – chopped - optional
- 1 1/2 cups water
- Coriander leaves
- Fresh coconut - grated



1. Heat oil in pan. Add the mustard seeds. When they pop add the cumin seeds and curry leaves.
2. Add turmeric, ginger and asafoetida.
3. Add tomatoes, if using, and fry for a few minutes.
4. Add salt, cooked mung dal and water.
5. Simmer for 20 minutes or until the split mung is soft.
6. Garnish with coriander leaves and coconut.

Whole Mung Bean Curry

Mung Usal



- 1 tsp oil
- ½ cup whole mung beans with skins – soaked overnight (or sprouted)
- 1 tsp grated ginger
- Salt to taste
- 4 pinch asafoefida
- ½ tsp mustard seeds
- ½ tsp cumin seeds
- Pinch turmeric powder
- 5-6 curry leaves
- 2 tomatoes – chopped – optional
- 1 potato – chopped - optional
- 1 1/2 cups water
- Coriander leaves

1. Heat oil in pan. Add the mustard seeds. When they pop add the cumin seeds and curry leaves.
2. Add turmeric, ginger and asafoetida.
3. Add tomatoes, if using, and fry for a few minutes.
4. Add salt, washed mung beans, potato and water.
5. Simmer for 45 minutes or until the beans are soft.
6. Garnish with coriander leaves.

Vegetable Dishes



Basic Vegetable Curry

- 250gms vegetables – chopped
 - 1 tsp oil
 - $\frac{1}{2}$ tsp mustard seeds
 - $\frac{1}{2}$ tsp cumin seeds
 - Pinch asafoetida
 - 4-5 curry leaves
 - $\frac{1}{4}$ tsp turmeric
 - $\frac{1}{2}$ tsp coriander powder
 - Pinch chilli powder
 - Grated ginger
 - Fresh coriander leaves
 - Sugar / jaggery and salt to taste
 - Fresh or dried coconut
1. Cut up vegetable into small pieces (1-2 cm) depending on the vegetable.
 2. Heat the oil then add the mustard seeds. When they pop add the cumin, ginger and remaining spices.
 3. Add the vegetables and cook. At this point you may want to fry the vegetables until they are cooked or add some water, cover the pot and simmer. It will depend on the vegetables being used and individual preference. Cooking time will also vary depending on the vegetables used.
 4. When the vegetables are cooked add any sugar, salt, coconut and coriander.

You can vary the spices used depending on your preference – you may increase the chilli, ginger or coriander, or decrease others. There are many other spices that can be added such as ajwain, fennel, aniseed, cinnamon, clove, garam masala, cardamom, tamarind etc. In Maharashtra a few tsps of roasted peanut powder is often used. You can experiment with ground peanut, almond, cashew etc

Any vegetables can be prepared in this way. You can experiment with dry and wet curries, combine vegetables, mash tomatoes as a base with the spicy mix, combine cooked lentils and so on. If you are using more than one vegetable be aware of which vegetables take longer to cook and add them first.

It's up to you to be creative!

Cabbage Curry

Patta Kobi Bhaji



- 3 cups cabbage - shredded
- 1 tsp oil
- ½ tsp mustard seeds
- ½ tsp cumin seeds
- 4-5 curry leaves
- Pinch turmeric optional
- 1 tsp grated ginger
- Fresh coriander leaves
- Salt for taste
- Optional – ½ cup green peas, sweet corn or potato to add variety

1. Heat the oil then add the mustard seeds. When they pop add the remaining spices and cook for 30 seconds.
2. Add the cabbage and other vegetables if using, stirring occasionally until thoroughly cooked. If needed water can be added.
3. Add salt to taste and coriander leaves.

Carrot Curry

Gajjar Bhaji



- $\frac{1}{2}$ cup carrots – chopped or grated
 - 1 tsp oil
 - $\frac{1}{2}$ tsp cumin seeds
 - $\frac{1}{2}$ tsp ginger
 - 2 pinch cinnamon
 - 2 pinch black pepper
 - 2 tsp fresh coconut (dried if not available)
 - Salt to taste
 - 5 curry leaves
 - Coriander leaves
1. Heat oil, add cumin seeds, salt, ginger and curry leaves.
 2. Add carrots and fry for 2 minutes.
 3. Add a little water (if using carrot pieces) and remaining spices. Fry until the carrots are soft.
 4. Add coriander for garnish.

Optional: add green peas (4 tsp) when adding the water.

Cauliflower Curry

Phul Kobi Bhaji

- 3 cups cauliflower – cut into florets
- 2 tomatoes - chopped
- 1 tsp oil
- ½ tsp mustard seeds
- ½ tsp cumin seeds
- Pinch turmeric
- 1 tsp grated ginger
- Fresh coriander leaves
- Salt to taste
- Fresh or dried coconut - shredded

1. Heat the oil then add the mustard seeds. When they pop add the remaining spices and cook for 30 seconds. If using add the tomatoes at this point and cook for 5 minutes.
2. Add the cauliflower and a little water, cover and simmer, stirring occasionally until thoroughly cooked. If a drier curry is desired then in the last few minutes take off the lid and fry. Add coconut in the last few minutes.
3. Add salt to taste and coriander leaves.



Cauliflower and Potato Curry

Phul Kobi Batata Bhaji



- 2 cups cauliflower – cut into florets
- 2 medium sized potatoes – cut in cubes
- 1 tsp oil
- ½ tsp mustard seeds
- ½ tsp cumin seeds
- 5-6 curry leaves
- Pinch turmeric - optional
- 1 tsp grated ginger
- Fresh coriander leaves
- Salt to taste
- Fresh or dried coconut – shredded
- Lemon juice – to taste

1. Heat the oil then add the mustard seeds. When they pop add the remaining spices and cook for 30 seconds.
2. Add the cauliflower and potato plus a little water, cover and simmer, stirring occasionally until almost cooked. Take off the lid and fry until the vegetables are cooked and the water has evaporated. Add coconut, salt, coriander leaves and lemon juice.

Mixed Vegetable & Lentil Curry

Sambhar

This vegetable dish usually accompanies idli or dosa. This is a famous South Indian dish.



- $\frac{1}{4}$ cup toor or mung dal
 - $\frac{1}{2}$ cup vegetables – sliced (carrots, potato, cauliflower, drumstick, etc.)
 - 1 cup water
 - 2 tsp oil
 - $\frac{1}{2}$ tsp cumin seeds
 - $\frac{1}{2}$ tsp grated ginger
 - 5-6 curry leaves
 - 2 tomatoes - chopped
 - Lemon or tamarind to taste (or $\frac{1}{2}$ - 1tsp tamarind paste)
 - Jaggery to taste
 - $\frac{1}{2}$ salt or to taste
 - Sambhar masala (see Masala section, use one load)
 - Coriander leaves
 - Fresh or dried coconut
1. Boil together toor dal and vegetables in a pressure cooker 15-20 minutes (1 whistle) or in a pot.
 2. In a separate pan heat oil and add cumin seeds, ginger and curry leaves. Add tomatoes and cook 3-4 minutes.
 3. Add sambhar masala mixture and vegetable dal mixture.
 4. Boil together for a minute and then add tamarind or lemon, jaggery and salt. Boil for 2-3 more minutes. Garnish with coconut and coriander

*Can add chilli if desired.

Okra / Ladies Finger Curry

Bhendi Bhaji



- 250 gms okra (ladies finger) – cut into one cm pieces
- 2 tsp grated ginger
- $\frac{1}{2}$ tsp mustard seeds
- 1/2 tsp cumin seeds
- 2 tsp oil
- Salt to taste
- Pinch asafoetida
- 2-3 tsp roasted peanut powder
- Coriander leaves

1. Heat the oil and add the mustard seeds. When they pop add cumin, asafoetida and ginger. Cook for 30 seconds.
2. Add the okra and salt and stir until cooked.
3. Add the peanut powder, cook for another 30 seconds.
4. Serve with coriander leaves.

Potato Curry – Boiled

Batata Bhaji



- 4 potatoes – chopped and boiled
 - 2 tsp urid dal
 - $\frac{1}{2}$ tsp cumin seeds
 - $\frac{1}{2}$ tsp turmeric
 - 1 tsp grated ginger
 - 5-6 curry leaves
 - 2 tsp oil
 - Salt to taste
1. Heat the oil, add cumin and curry leaves.
 2. Add turmeric and urid dal, then ginger. Fry for 30 seconds.
 3. Add potato and salt and fry for a few minutes.
 4. Leave for 5 minutes covered for the flavours to blend then serve.

Potato Curry – Raw

Kacharya Batata Bhaji



- 4 medium sized potatoes cut into small slices
- 1 tsp oil
- ½ tsp mustard seeds
- ½ tsp cumin seeds
- 5-6 curry leaves
- Pinch turmeric
- 1 tsp grated ginger
- ¼ cup water
- 2 tsp roasted peanut powder
- Fresh coriander leaves
- Salt to taste

1. Heat the oil then add the mustard seeds. When they pop add the remaining spices and cook for 30 seconds.
2. Add the potato, water and salt, cover and simmer, stirring occasionally until almost cooked. Take off the lid and fry until the potato is cooked and the water has evaporated. Add the peanut powder and stir for 10 seconds.
3. Add coriander leaves and serve.

Potato, Cauliflower & Tomato Curry

Batata, Phul Kobi Tomato Bhaji



- 2 medium sized potatoes cut in cubes
- 1 1/2 cups cauliflower – cut into florets
- 3 tomatoes chopped in large pieces
- 1 tsp oil
- ½ tsp mustard seeds
- ½ tsp cumin seeds
- 5-6 curry leaves
- Pinch turmeric - optional
- 1 tsp grated ginger
- Fresh coriander leaves
- Salt to taste
- Fresh or dried coconut – shredded

1. Heat the oil then add the mustard seeds. When they pop add the remaining spices and cook for 30 seconds.
2. Add the cauliflower, tomato and potato plus a little water, cover and simmer, stirring occasionally until cooked. There should be some liquid remaining. If you want a dry curry then fry for a few minutes until the water has evaporated.
3. Add coconut, salt and coriander leaves.

Pumpkin Curry

Lal Bopla Bhaji



- 3 cups pumpkin – chopped in 1-2 cm pieces
 - 2 tsp oil
 - ½ tsp mustard seeds
 - ½ tsp cumin seeds
 - Pinch asafoetida
 - 5-6 curry leaves
 - ¼ tsp fenugreek seeds
 - 1/4 tsp fennel seeds
 - 1/2 tsp grated ginger
 - 2 inch piece dry tamarind fruit (soaked in hot water) or 1 tsp tamarind paste
 - 2 Tbsp - dry, ground coconut
 - 2 Tbsp roasted ground peanut
 - Salt and brown sugar or jaggery to taste
 - Fresh coriander leaves
1. Heat the oil and add the mustard seeds. When they pop add the cumin, fenugreek, asafoetida, ginger, curry leaves and fennel. Cook for 30 seconds.
 2. Add pumpkin and salt.
 3. Add the tamarind paste or water with pulp inside. Add the jaggery or brown sugar.
 4. Add ground coconut and peanut powder. Cook for a few more minutes.
 5. Add fresh chopped coriander.

Optional – you can add ½ cup sprouted beans at the time of cooking the pumpkin.

Stir Fry Vegetables

This is not an Indian dish but is a regular at the ashram.



- 3 cups chopped vegetables such as cabbage, carrot, potato, broccoli, sweet corn, green pepper, green beans, okra, tomato etc
 - 2 tsp grated ginger
 - 1 tsp oil
 - $\frac{1}{4}$ tsp asafoetida
 - 1 Tbsp (or to taste) soy sauce
 - Salt and sugar to taste
 - Fresh herbs – such as coriander leaves, mint leaves or basil leaves
1. Heat the oil in a pan. Add the asafoetida and ginger. Fry for 30 seconds.
 2. Add the vegetables that need to cook the longest such as potato and carrot. Fry for a minute and then add a little water, cover and simmer until half cooked.
 3. Add the remaining vegetables such as tomato, sweet corn and green pepper. Add the soy sauce, sugar and salt. Cover and simmer till almost cooked.
 4. Remove the lid and fry for a few more minutes.
 5. Add the fresh herbs and leave a few minutes for the herbs to blend with the vegetables.
- Any vegetables can be used plus marinated tofu, sprouted beans and/or nuts can be added.
 - Cooked rice or noodles can be added to turn it into a complete meal.

Tomato Curry

Tomato Rasa Bhaji



- 250gms tomatoes – chopped into one inch pieces or smaller if desired
 - 1 tsp oil
 - ½ tsp mustard seeds
 - ½ tsp cumin seeds
 - 4-5 curry leaves
 - Pinch turmeric
 - Pinch asafoetida
 - 1 tsp grated ginger
 - 1 potato – cooked and mashed – optional – to thicken
 - 1 to 2 Tbsp roasted peanut powder
 - 1 Tbsp dry coconut - optional
 - Sugar and salt for taste
 - Coriander leaves
1. Heat the oil and add the mustard seeds. When they pop add the cumin, curry leaves, turmeric, asafoetida and ginger. Cook for 30 seconds.
 2. Add the tomato and continue stirring occasionally until cooked. Water can be added for a more liquid curry.
 3. Add the roasted peanut powder, sugar, salt and coconut if using, plus the mashed potato. Cook for another minute. Serve with fresh coriander leaves.

White Gourd Curry

Dudhi Bopla Bhaji



- 250 gms white gourd/white pumpkin/dudhi bopla – chopped
 - 1 tsp oil
 - ½ tsp mustard seeds
 - ½ tsp cumin seeds
 - 4-5 curry leaves
 - Pinch turmeric
 - Pinch asafoetida
 - 1 tsp grated ginger
 - 1 to 2 Tbsp roasted peanut powder
 - Brown sugar and salt to taste
1. Heat the oil and add the mustard seeds. When they pop add the cumin, curry leaves, turmeric, asafoetida and ginger. Cook for 30 seconds.
 2. Add the white pumpkin, a little water, cover and simmer, stirring occasionally until cooked.
 3. Add the roasted peanut powder, sugar and salt and cook for another minute.

Salads



Basic Vegetable Salad

For vegetable salad you can mix any type of vegetable or only one vegetable. They can be chopped or grated, steamed or raw.

To add flavor any of the following can be added –

- Basic spicy mix - heat oil, add mustard seeds, when they pop add cumin seeds then curry leaves and asafoetida
 - Salt and sugar
 - Lemon/lime juice (don't use it if you have tomato in the salad)
 - Fresh coriander leaves – for western style you could use parsley, dill, basil, rocket, mint etc
 - Fresh grated coconut
 - Roasted peanut powder or whole roasted peanuts (other nuts or seeds like cashews, almonds, sesame seeds can be used)
 - Yogurt
1. Cut fresh vegetables and steam if needed.
 2. Add any other ingredients to taste
 3. Add the basic spicy mix at the end. (in a separate pan heat oil and add the spices, then add the mix to the vegetables)
 4. Mix everything together and serve.

Beetroot & Tomato Salad

Beet Tomato Koshimbir

This is one of the most popular salads in the ashram.



- 1/2 cup fresh tomatoes – chopped
- 1/2 cup cooked beetroot – chopped
- 1 tsp vegetable oil
- 1/4 tsp mustard seeds
- 1/4 tsp cumin seeds
- Pinch turmeric
- 2 pinch asafoetida
- 4-5 curry leaves
- Salt to taste
- Sugar to taste
- 2 tsp peanut powder
- Fresh chopped coriander leaves

1. Heat oil then add mustard seeds.
2. When they pop add the cumin, then the turmeric, curry leaves and asafoetida.
3. Add spice mixture to beetroot and tomato along with the peanut powder plus salt, sugar and coriander leaves to taste.

Cabbage & Pomegranate Salad

Pata Kobi - Dalimba Koshimbir



- 1 cup cabbage – grated
- ½ pomegranate
- ¼ tsp mustard seeds
- ¼ tsp cumin seeds
- 4-5 curry leaves
- Pinch asafoetida
- 1 tsp oil
- Salt and sugar to taste
- Lemon juice to taste
- Fresh coriander leaves

1. Remove seeds from the pomegranate.
2. Mix pomegranate with cabbage.
3. Heat oil in a pan and add the mustard seeds. When they pop add the cumin seeds, curry leaves and asafoetida. Add the spice mixture to the cabbage.
4. Add sugar, salt and lemon juice to taste. Mix well.
5. Garnish with coriander if desired.

Carrot & Pomegranate Salad

Gajjar Dalimba Koshimbir



- 2 carrots – grated
- ½ pomegranate
- ¼ tsp mustard seeds
- ¼ tsp cumin seeds
- 4-5 curry leaves
- Pinch asafoetida
- 1 tsp oil
- Salt and sugar to taste
- Lemon juice – to taste
- Fresh coriander leaves

1. Remove seeds from the pomegranate.
2. Mix pomegranate with carrot.
3. Heat oil in a pan and add the mustard seeds. When they pop add the cumin seeds, curry leaves and asafoetida. Add the spice mixture to the carrot.
4. Add sugar, salt and lemon juice to taste. Mix well.
5. Garnish with coriander if desired.

Cucumber & Peanut Salad

Kakdi Shengdana Koshimbir



- 2 cucumbers – peeled and chopped
- Sugar and salt to taste
- 2 -3 tsp roasted peanut powder – or to taste
- 1 tsp oil
- 1/8 tsp mustard seeds
- 1/8 tsp cumin seeds
- Pinch asafoetida
- 4-5 curry leaves
- Lemon juice – to taste

1. Heat the oil in a pan. Add the mustard seeds. When they pop add the cumin seeds, asafoetida and curry leaves.
2. Add the spice mixture to the cucumbers.
3. Add salt, sugar and lemon to taste.
4. Add the peanut powder and mix well.

Cucumber & Yogurt Salad

Kakdi Raita

- 2 cucumbers – peeled and chopped
 - Salt to taste
 - 2 Tbsp plain yogurt
 - 1/2 tsp cumin seeds
 - Fresh coriander leaves or mint leaves – chopped
1. Dry roast the cumin seeds until browned. Remove from heat and crush to a powder in a mortar and pestle.
 2. In a bowl beat the yogurt until its smooth. Add the salt and cumin powder.
 3. Add the cucumbers and coriander or mint. Serve.



Cucumber, Tomato & Yogurt Salad

Kakdi Tomato Raita



- 2 cucumbers - chopped
- 1 tomato - chopped
- 2 Tbsp plain yoghurt
- 2 tsp roasted peanut powder
- Salt and sugar to taste
- 1 tsp oil
- $\frac{1}{4}$ tsp mustard seeds
- $\frac{1}{2}$ tsp cumin seeds
- 4-5 curry leaves
- Pinch asafoetida
- Fresh coriander

1. Mix the cucumber, tomato and yogurt together.
2. In a separate pan heat the oil and add the mustard seeds. When they pop add the cumin seeds, curry leaves and asafoetida.
3. Mix the spice mixture with the cucumber mixture.
4. Add the peanut powder, salt, sugar and yogurt.
5. Garnish with coriander leaves.

Cucumber, Tomato & Cabbage Salad

Kakdi, Tomato, Patta Kobi Koshimbir



- $\frac{1}{2}$ cup cabbage – shredded
 - 1 tomato – chopped
 - 1 cucumber – peeled and chopped or sliced
 - $\frac{1}{4}$ tsp mustard seeds
 - $\frac{1}{4}$ tsp cumin seeds
 - 4-5 curry leaves
 - Pinch asafoetida
 - 1 tsp oil
 - Salt and sugar to taste
 - Lemon juice – to taste
 - Fresh coriander leaves
1. Mix the cabbage, tomato and cucumber together.
 2. Heat oil in a pan and add the mustard seeds. When they pop add the cumin seeds, curry leaves and asafoetida. Add spice mixture to the cabbage mixture.
 3. Add sugar, salt and lemon to taste.
 4. Garnish with coriander if desired.

*Variation – add sprouted mung beans, green pepper or pineapple pieces.

Pumpkin & Yogurt Salad

Lal Bopla Raita



- 2 cups pumpkin – chopped into one inch pieces
 - 1 tsp oil
 - 1 - 2 tsp roasted peanut powder
 - $\frac{1}{2}$ tsp mustard seeds
 - $\frac{1}{2}$ tsp cumin seeds
 - 4-5 curry leaves
 - 2 Tbsp plain yoghurt
 - Fresh coriander – to taste
 - Salt and sugar to taste
1. Boil or steam the pumpkin. Cool. Mash if desired.
 2. Heat the oil and add the mustard seeds. When they pop add the cumin seeds and curry leaves.
 3. Add the spice mixture to the cooled pumpkin.
 4. Add the yogurt, salt, sugar and peanut powder. Mix.
 5. Garnish with coriander.

Radish Salad

Moola Koshimbir



- 2 daikon radish
- 3 tsp roasted chana dal
- Lemon to taste or yogurt
- 1/2 tsp cumin seed powder
- Sugar to taste
- Fresh coriander leaves
- Salt to taste

1. Grate radish finely, including the green tops.
2. Add all ingredients and mix well.
3. Garnish with coriander.

Raw Pumpkin Salad

Lal Bopla Koshimbir



- 1 cup grated pumpkin
- $\frac{1}{4}$ tsp mustard seeds
- $\frac{1}{4}$ tsp cumin seeds
- 4-5 curry leaves
- Pinch asafoetida
- 1 tsp oil
- Salt and sugar to taste
- Fresh coriander leaves

1. Heat oil in a pan and add the mustard seeds. When they pop add the cumin seeds, curry leaves and asafoetida. Add spice mixture to the grated pumpkin.
2. Add sugar, salt to taste.
3. Garnish with coriander if desired.

Spinach, Tomato & Fenugreek Leaf Salad

Palak, Tomato Methi Patta Koshimbir



- 1 tomato – chopped
 - $\frac{1}{4}$ cup fenugreek leaves – chopped (if you can't find them substitute more spinach, rocket or lettuce)
 - $\frac{1}{2}$ cup spinach leaves - chopped
 - $\frac{1}{4}$ tsp mustard seeds
 - $\frac{1}{4}$ tsp cumin seeds
 - 4-5 curry leaves
 - Pinch asafoetida
 - 1 tsp oil
 - Salt and sugar to taste
 - 2 tsp roasted peanut powder
 - Fresh coriander leaves
1. Mix the tomato, fenugreek leaves and spinach.
 2. Heat oil in a pan and add the mustard seeds. When they pop add the cumin seeds, curry leaves and asafoetida. Add spice mixture to the tomato mixture.
 3. Add sugar, salt and peanut powder.
 4. Garnish with coriander if desired.

Tomato & Peanut Salad

Tomato - Shengdana Koshimbir



- 2 tomatoes - chopped
- ¼ tsp mustard seeds
- ¼ tsp cumin seeds
- 4-5 curry leaves
- 1/2 tsp oil
- Salt and sugar to taste
- 1-2 tsp roasted peanut powder
- Yogurt – if desired
- Fresh coriander leaves

1. Heat oil in a pan and add the mustard seeds. When they pop add the cumin seeds and curry leaves. Add spice mixture to the tomato.
2. Add sugar and salt to taste. Add the roasted peanut powder.
3. Garnish with coriander and yogurt if desired.

Rice



Cabbage Rice

Pata Kobi Bhat



- 1/2 cup rice
- 1 Tbsp oil
- ½ cup grated cabbage
- ¼ tsp mustard seeds
- ¼ tsp cumin seeds
- Pinch asafoetida
- ½ tsp grated ginger
- 1 ½ cups boiling water
- Salt to taste



1. Heat the oil and add the mustard seeds. When they pop add the cumin seeds, asafoetida and ginger. Cook for 30 seconds.
2. Add the cabbage and rice. Stir until the rice starts to brown.
3. Add boiling water, salt, cover and simmer for 15-20 minutes or until cooked.

Carrot Rice

Gajjar Bhat



- 1/2 cup rice
- 1 Tbsp oil
- ½ cup grated carrot
- ¼ tsp mustard seeds
- ¼ tsp cumin seeds
- Pinch asafoetida
- ½ tsp grated ginger
- 1 ½ cups boiling water
- Fresh coriander leaves
- Salt to taste

1. Heat the oil and add the mustard seeds. When they pop add the cumin seeds, asafoetida and ginger. Cook for 30 seconds.
2. Add the carrot and rice. Stir until the rice starts to brown.
3. Add boiling water, salt, cover and simmer for 15-20 minutes or until cooked.

Cauliflower Rice

Kobi Flower Bhat



- 1/2 cup rice
- 1 Tbsp oil
- ½ cup cauliflower pieces - steamed
- ¼ tsp mustard seeds
- ¼ tsp cumin seeds
- Pinch asafoetida
- ½ tsp grated ginger
- 1 ½ cups boiling water
- Fresh coriander leaves
- Salt to taste

1. Heat the oil and add the mustard seeds. When they pop add the cumin seeds, asafoetida and ginger. Cook for 30 seconds.
 2. Add the cauliflower and rice. Stir until the rice starts to brown.
 3. Add boiling water, salt, cover and simmer for 15-20 minutes or until cooked.
- A nice variation is to add tomato when adding the cauliflower and a little sugar to taste.

Cumin Rice

Jira Bhat



- 1/2 cup rice
- 1 Tbsp oil
- $\frac{1}{2}$ tsp cumin seeds
- Salt to taste

1. Heat the oil and add the cumin seeds. Cook for 30 seconds.
2. Add the rice and stir until the rice starts to brown.
3. Add boiling water, salt, cover and simmer for 15-20 minutes or until cooked.

- There are many variations to this dish. Other spices can be added like turmeric, chilli etc and vegetables like peas, sweetcorn and carrot.

Mixed Vegetable Rice

Pulao



$\frac{1}{2}$ cup vegetables – chopped – such as carrot, cabbage, cauliflower, green pepper, peas, potato

$\frac{1}{2}$ tsp ginger

$\frac{1}{2}$ cup rice

2 cups water

1 tsp oil

$\frac{1}{2}$ tsp cumin seeds

Salt to taste

$\frac{1}{2}$ cinnamon stick

4-5 cloves – whole

1 green cardamom – split or 6-7 cardamon seeds

1. Chop all the vegetables.
2. Heat oil and add cumin seeds, then ginger. Cook for one minute.
3. Add all the vegetables, rice and fry until the rice starts to brown.
4. Add water and salt. Cover and simmer for 15-20 minutes or until cooked.

Optional: So many different things can be added to a pulao such as roasted paneer or tofu, coriander leaves, bay leaves, raisins or other dried fruits, cashew nuts or other nuts.

*To add colour saffron or turmeric can be added.

Mung Rice

Khichadi

Khichadi is a very simple dish to make that is extremely easy to digest and the best food to eat when you have been sick, need to clean your digestive system or have practiced the master cleanse.

- 1 cup rice
- $\frac{1}{2}$ cup mung dal
- 3 cups water approximately – the amount will vary depending on if you want it soupy or more dry.
- Any spices to taste - depending on the reason for eating (if its master cleanse then no spice)eg. Pinch turmeric, $\frac{1}{4}$ tsp cumin seeds, pinch asafoetida, $\frac{1}{4}$ tsp coriander powder
- Salt to taste

1. Mix dal and rice and wash it 2-3 times prior to cooking.
2. Place water, rice and dal in the pressure cooker or in a pot with a lid.
3. Add any spices and salt.
4. Cover and bring to boil and simmer until both the dal and rice are cooked. It should take about 15-20 minutes from boiling but will vary depending on how soft you want the rice to be.
5. Serve with a spoonful of ghee.

* Other lentils can be used (though not as easily digestible) plus other grains can be used such as millet, cracked wheat etc. Experiment!



Mung Rice with Vegetables

Bhajya ani Khichadi



- 1 cup rice
- ½ cup mung dal or other lentils or sprouted beans
- 3 cups water – the amount will vary depending on if you want it soupy or more dry.
- ½ tsp cumin seeds
- 5-6 curry leaves - optional
- Pinch asafoetida
- ¼ tsp turmeric
- 1/8 tsp chilli powder
- ½ tsp coriander powder
- Salt to taste
- 1 cup vegetables – chopped – such as potato, carrots, cauliflower, pumpkin, peas, sweetcorn

1. Mix dal and rice and wash it 2-3 times prior to cooking.
2. Place water, rice and dal in the pressure cooker or in a pot with a lid.
3. Add the spices, vegetables and salt.
4. Cover and bring to boil and simmer until both the dal and rice are cooked. It should take about 15-20 minutes from boiling but will vary depending on how soft you want the rice to be. If necessary add more water. If there is too much water cook without the lid for a few minutes. Remove from heat.
5. Leave for a few minutes with the lid on then serve with a spoonful of ghee.

Potato Rice

Batata Bhat



- 1 cup steamed rice
- 1 Tbsp oil
- $\frac{1}{2}$ tsp cumin seeds
- Salt to taste
- 1 potato - sliced

1. Fry the slices of potato in oil until brown and drain.
 2. Heat the oil and add the cumin seeds.
 3. When they brown add the rice, salt and potato and fry for 10 minutes.
- If you want a healthier version then steam the potato instead of frying it. Plus add a pinch of turmeric for colour and a pinch of mustard seeds after heating the oil. Or follow one of the other vegetable rice recipes and use potato instead.
 - Sweet corn and/or peas also taste good in this recipe.

Rice with Chick Pea Pieces and Spices

Chitrana Bhat



- 2 cups of steamed rice
- 1/4 cup whole peanuts
- 1/4 cup popped chickpeas (roasted chana dal)
- 2 tsp oil
- 1/4 tsp cumin seeds
- 1/4 tsp mustard seeds
- ¼ tsp turmeric
- 1/8 tsp asafoetida
- 2 Tbsp lemon juice
- 5-6 curry leaves
- Salt and sugar to taste
- Coriander leaves

1. Heat oil then add the mustard seeds. When they pop add the cumin seeds, curry leaves, turmeric, asafoetida, chickpeas and peanuts. Fry for a few minutes until crunchy.
2. Add the rice mixture to the spices plus sugar and salt. Fry for a few minutes.
3. Add lemon juice.
4. Serve with coriander leaves.

Tomato Rice

Tomato Bhat



- 1/2 cup rice
- 1 Tbsp oil
- 1 cup tomato puree or chopped fresh tomatoes
- ¼ tsp mustard seeds
- ½ tsp cumin seeds
- Pinch asafoetida
- Pinch cinnamon powder
- ½ tsp grated ginger
- Fresh coriander leaves
- Brown sugar/jaggery for taste
- Salt for taste

1. Heat the oil and add the mustard seeds. When they pop add the cumin, asafoetida, cinnamon and ginger. Cook for 30 seconds.
2. Add the rice and roast till it starts to brown.
3. Add the chopped tomatoes or puree, sugar and salt. Cook for a few minutes.
4. Cover and cook for 15-20 minutes.

Breads



Fried Bread

Poori

- 500gms wheat flour
- $\frac{1}{2}$ tsp dry coriander powder
- $\frac{1}{2}$ tsp cumin powder
- $\frac{1}{2}$ tsp turmeric powder
- Pinch of salt
- 2-3 Tbsp oil
- Water: just enough to make the dough stick

1. Make the dough by combining all the ingredients together and kneading until soft. The dough should be soft and smooth.
2. Prepare one inch balls of dough, flatten and roll out thinly like the chapatti method. The size of the poori will vary depending on your preference. In the ashram they are generally about 10 cm when cooked but some people prefer larger ones.
3. Deep fry in fresh, hot oil until brown. The poori will puff up when fried.

Variations

- Tomatoes – blend them and use the liquid instead of water to make the dough.
- Any vegetables can be used in pooris just like parathas.
- Any spices can be used or no spices at all.



Millet Bread

Bhakri



- $\frac{1}{2}$ kg Jawar or Bajra flour (millet flour)
 - Water – there should be enough that the dough is soft, not too dry or too wet but kneadable
 - $\frac{1}{2}$ tsp salt
1. Mix flour and salt together.
 2. Make a well in the middle of the dry mixture and add water little by little, mixing it with your hands.
 3. Knead the dough until it is smooth.
 4. Make balls the size of a golf ball by rolling the dough in between your palms.
 5. Flatten a ball in between your palms then dip in flour.
 6. Palm this circle even flatter by rotating it around as you squeeze in between your palms and fingers.
 7. Put it on the board and give it circular shape like chapatti but with hands not by rolling pin.
 8. Place Bhakri on the hot frying pan. Sprinkle water on it and spread over one side of the bhakri.
 9. Place the bhakri on the pan with the water covered side up. Cook for 10-15 seconds and then turn the bhakri over. Bake the water side of the bhakri until it browns.
 10. Remove the bhakri and put the upper side directly on the open flame. When it puffs up or browns it is ready.
- Note – when making bhakri you need to work very fast as it quickly dries out and then the dough breaks apart.

Mixed Grain & Bean Bread

Thalipeeth



- 1 cup roasted flour (This flour is made of chana, mung, mutki, millet, rice and wheat – equal proportions. First roast and then grind)
 - 1 cup wheat flour – unroasted
 - $\frac{1}{2}$ tsp ginger – grated
 - $\frac{1}{4}$ tsp cumin seeds
 - Coriander leaves
 - 3 pinches ajwain seeds
 - $\frac{1}{2}$ tsp sesame seeds
 - 1 tsp fenugreek leaf powder
 - $\frac{1}{4}$ cup chopped cabbage or any other grated vegetable
 - Water
1. Make a dough of all the ingredients, adding enough water to make a soft dough.
 2. Roll in rounds and cook on both sides with a small amount of oil (about $\frac{1}{4}$ tsp each piece).

Vegetable Bread

Parathas



7. Cook in a tawa or frying pan on both sides with a little oil.

- 1 cup grated vegetable (it can be any type of vegetable such as carrot, pumpkin, potato, cabbage, cauliflower, radish, spinach, tomato, coriander, fenugreek leaf, mixed vegetable etc.)

- 1 cup wheat flour
- 1 cup mung dal flour
- 2 tsp grated ginger
- 5-6 curry leaves
- 1/2 tsp cumin seeds
- ½ tsp coriander powder
- 2 Tbsp oil
- Water

1. Add grated vegetables to wheat and mung dal flour
2. Add cumin, salt and coriander powder.
3. Add ginger and grated curry leaves.
4. Add oil and water.
5. Knead until the dough is soft and smooth then let it sit for 10 minutes.
6. Roll balls of dough out into thin circular or triangular shape.

Vegetable Stuffed Bread

Paratha

• 2 cups cooked mashed vegetables such as carrot, pumpkin, potato, spinach, tomato etc or a combination. Cooked lentils can also be added.

- 1 cup wheat flour
- 1 cup mung dal flour - or chick pea flour etc
- 1/2 tsp mustard sds
- 1/2 tsp cumin seeds
- 1/2 tsp coriander pdr
- 1/2 tsp grated ginger
- 7-8 curry leaves
- Pinch asafoetida
- 2 - 3 Tbsp oil
- Sugar (optional)
- Salt to taste

1. Prepare the dough of wheat and mung dal flour by adding a tsp of oil and enough water to make a firm dough.
2. Heat a tsp of the oil, then add mustard seeds. When they pop add the ginger, cumin, coriander, asafoetida, curry leaves and sugar.
3. Add the mashed vegetables and mix together.
4. Roll the vegetable mixture into balls and place in the middle of a ball of dough. Pinch the dough around the mixture.
5. Carefully roll the dough in a circular or triangular shape.
6. Cook on a tawa or frying pan with some of the oil for a few minutes on each side.

* This is a basic paratha recipe. Remember you can use any vegetables and can vary the spices according to your taste. The most popular parathas recipes in the ashram are the potato parathas and carrot parathas.

Carrot Stuffed Bread

Gajjar Parathas



- 1 cup wheat flour
- 2 large carrots - grated
- Salt to taste
- Sugar to taste
- 1 tsp oil, plus one more for the dough
- $\frac{1}{2}$ tsp cumin seeds
- 1 tsp ginger - grated
- Chopped coriander leaves
- 1 tsp lemon juice

1. Heat oil in pan. Add cumin seeds then add ginger, carrots and salt. Mix together and fry for 3-4 minutes until cooked. Cool. Add the lemon juice.
2. Prepare the dough by mixing wheat flour with a tsp of oil and enough water to make a firm dough.
3. Roll some of the carrot mixture into a small ball and place in the middle of a ball of dough. Pinch the dough around the mixture.
4. Carefully roll the dough in a circular or triangular shape.
5. Cook on a tawa or frying pan with some of the oil for a few minutes on each side.

Potato Stuffed Bread

Batata Paratha



- 2 cups mashed potato
- 1 cup wheat flour
- 1 cup mung dal flour - or chick pea flour etc
- 1/2 tsp mustard sds
- 1/2 tsp cumin seeds
- 1/2 tsp coriander pdr
- 1/2 tsp grated ginger
- 7-8 curry leaves
- pinch of asafoetida
- 2 - 3 Tbsp oil
- Sugar (optional)
- Salt to taste
- 1 tsp lemon juice

1. Prepare the dough of wheat and mung dal flour by adding a tsp of oil and enough water to make a firm dough.
2. Heat a tsp of the oil, then add mustard seeds. When they pop add the ginger, cumin, coriander, asafoetida, curry leaves and sugar.
3. Add the mashed potatoes and mix together. Cool. Add lemon juice.
4. Roll the potato mixture into balls and place in the middle of a ball of dough. Pinch the dough around the mixture.
5. Carefully roll the dough in a circular or triangle shape.
6. Cook on a tawa or frying pan with some of the oil for a few minutes on each side.

Sweet Bread/Chapatti

Puran Poli

Puran - Filling

- $\frac{1}{2}$ cup mung dal (washed) or chick pea dal (chana dal)
- $\frac{1}{2}$ cup jaggery/raw sugar or brown sugar or mixed half white and half brown sugar
- 4 pinch cardamon powder

Optional: coconut, nutmeg or cocoa powder

1. Boil mung dal in one cup of water for 10 minutes or until cooked.
2. Continue cooking until all the water has evaporated (5-10 minutes). Add the sugar and continue cooking until thick. The mixture will be very thick like a spread. Cool.
3. Add cardamom or any other ingredients.

Poli - bread

- 1 cup wheat flour
 - 1 tsp oil
 - Water
1. Mix both ingredients.
 2. Add water to make a dough. Add another tsp of oil and knead it into the dough. Leave for at least one hour or more (2 hours) so that the dough becomes more elastic.
 3. Make 1 inch balls of Puran/filling and place in 1 inch balls of dough by flattening the dough. Pinch the dough around the filling.
 4. Flatten the dough to $\frac{1}{2}$ cm thick rounds.
 5. Cook on a hot pan with little ghee.
 6. Serve with more ghee.



Wholewheat Flat Bread

Chapatti



- 1 cup wheat flour
- 3 tsp oil
- Pinch of salt
- 1/3 cup water – you may need to add a little more or less

1. Mix the flour and salt together.
2. Make a well in the centre and add the oil and water. Mix together and then knead for 5 minutes until the dough is smooth and soft. If there is time leave the dough for 20-30 minutes.
3. Make 1 inch balls of the dough.
4. Take a ball, dip in a little more wheat flour and flatten the ball between the palms.
5. Roll out with a rolling pin.
6. Place the rolled out chapatti on the hot plate/frying pan and roast the first side for ten seconds.
7. Turnover and roast the other side until brown spots appear.
8. Take it off the frying pan and place on the open flame of the burner on the first side (the less cooked side) It should puff up due to the rapid heating and release of vapour from the water in the dough which becomes trapped in the chapatti.)
9. Once it has puffed up flick it off the burner and place in a container lined with a towel. Cover with the towel to keep warm. The towel will prevent the chapattis from getting wet from their own evaporation or becoming dry from the air.



Chutney, Pickles & Masalas



Chat /Tak Masala

- 1 bunch of mint leaves dried (dry away from sun to keep colour)
- 1 tsp fennel seeds
- 1 tsp cumin seeds
- $\frac{1}{2}$ tsp black salt
- 5 pinch asafoetida
- $\frac{1}{2}$ tsp coriander seeds
- 5-7 pinch black pepper
- $\frac{1}{2}$ tsp white salt

1. Grind the above ingredients together.
2. Sieve and store in an airtight container.
3. Can use to put in buttermilk, sprinkled over fruit, sprinkled over khichadi, samosas, snacks and so on.



Coconut Chutney

Naralachi Chutni

This is a very popular chutney in the ashram – people drink it like a soup! It is a good accompaniment to idli, dosa, parathas, thalipeeth etc.



peanut powder or ground roasted chana dal.

- ½ cup coconut – finely ground, fresh or dried
- 4 tsp yogurt – more if you prefer
- Salt and sugar to taste
- Fresh, chopped coriander to taste
- 1 tsp oil
- ½ tsp mustard seeds
- ½ tsp cumin seeds
- ½ tsp coriander powder
- 5-6 curry leaves
- Water to required consistency.

1. Heat the oil and add the mustard seeds. When they pop add the cumin seeds, coriander and curry leaves.
2. Mix the yogurt, coconut and coriander in a separate bowl.
3. Add the spices, sugar and salt plus a little water, depending on how liquid you want it to be.

Variation – add mint instead of coriander leaves or use ground curry leaves.

- Can also add 2-3 tsp or to taste roasted

Coconut & Chilli Chutney

Khobra Mirchi Chutni



- ½ cup dried coconut
 - ½ cup roasted chana dal
 - Salt to taste
 - Handful coriander leaves (or curry leaves or mint leaves)
 - 1 – 1 ½ tsp cumin seeds
 - 1 medium sized green or red chilli
1. Mix all ingredients in a blender till it is a fine powder.
 2. This is a dry chutney. If you want to make it a liquid chutney add yogurt and water.

Date & Tamarind Chutney

Kajur Chincha Chutni

- 5 dates
- 2 pieces 3 inch long tamarind
- 2 tsp jaggery/brown sugar
- 1/2 cup water
- Salt to taste
- ¼ tsp cumin seeds
- Handful coriander leaves or mint leaves

1. Take seeds out of dates and tamarind.
2. Soak 4-5 hours with jaggery.
3. Grind with remaining ingredients and sieve.



Dry Coconut & Peanut Chutney

Khobra Chutni



- 1/2 cup grated dry coconut or pieces of dried coconut – roasted
 - ½ cup roasted peanut powder or whole peanuts
 - Salt to taste
 - 1 tsp cumin seeds
1. Put all ingredients together in the mixer.
 2. Grind to a powder but not too fine.
 3. Store in an airtight container.

Five Healthy Ingredients Chutney

Panchamrut

- $\frac{1}{2}$ cup dried coconut pieces – roasted
 - $\frac{1}{2}$ cup peanuts – roasted
 - $\frac{1}{4}$ cup sesame seeds – roasted
 - Two handful dried tamarind – soaked in water for 3-4 hrs
 - Two handfuls jaggery – soaked in a little water
 - 2 tsp oil
 - $\frac{1}{4}$ tsp mustard seeds
 - $\frac{1}{2}$ tsp cumin seeds
 - 5-6 curry leaves
 - $\frac{1}{2}$ tsp grated ginger
1. Heat the oil, add the mustard seeds. When they pop add the cumin, curry leaves and ginger. Fry for 30 seconds.
 2. Add the pulp of the tamarind and jaggery and mix together.
 3. Add remaining ingredients.
 4. Add one more cup of water.
 5. Boil the chutney for about half an hour, until it is thick like honey.



Lemon Pickle

Limbu Lonche



- 1 kg lemons- cut into 1 cm size pieces- *remove all the seeds*
 - 1 kg sugar
 - 50 gm salt
 - 100 gms masala- chili (70 gm) mustard seeds (20 gm) tumeric (5 gm) asafoetida (5gm)
1. Grind the lemon pieces into a paste
 2. Add sugar and mix.
 3. Add salt and masala, combine well.
 4. Leave for 3 days until the sugar has dissolved. If you put it in the sun for one day it gives a good taste.

Mango Pickle

- 10 green mangoes
 - 125gms brown mustard seeds -ground
 - 12gms asafoetida
 - 125gms chilli powder – or less according to taste
 - 12gms fenugreek seeds
 - 125gms salt
 - 125mls peanut oil
 - 12 gms turmeric
1. Wash and dry the mangoes. Chop mango into pieces- *remove seeds*
 2. Add all the ingredients except the oil to the mango pieces.
 3. Clean and dry a container and sprinkle it with salt.
 4. Put the mango mixture inside.
 5. Heat the oil and then let it cool again.
 6. Add the cooled oil to the mango.
 7. Sprinkle a little more salt on top of the pickle.
 8. Cover the container and leave it for 2 days.
 9. Again open and stir well. Ready to eat.

* Will last a long time in a sealed container*



Sambhar Masala

This recipe is enough for one load of sambhar. You can make extra and store it in an airtight container.

- $\frac{1}{4}$ tsp urid dal
- 5 fenugreek seeds
- $\frac{1}{2}$ tsp coriander seeds
- 4 pinch turmeric
- 4 pinch black pepper
- 4 pinch cinnamon
- 4 pinch asafoetida

1. Dry roast all the spices.
2. Grind together and use or store.
3. Chilli can be added if required.



Sprouted Fenugreek Pickle

Modachya Methiche Lonche



- $\frac{1}{2}$ cup fenugreek seeds
- 2 tsp fennel seeds (dry roast and grind)
- 2 tsp brown mustard seeds (dry roast and grind)
- 5 pinch black salt
- 5 pinch black pepper
- 5 pinch turmeric
- 1 tsp chili powder
- 2 tsp jaggery/brown sugar
- 3 tsp oil
- 1 tsp salt

1. Soak fenugreek seeds for 10 hrs.
2. Remove from water, put in jar and cover with a cloth.
3. Leave seeds to sprout for a day.
4. Put sprouts on a bed sheet and leave to dry for one day so that all the water is removed. Keep turning the sprouts.
5. Add all ingredients to fenugreek except the oil and jaggery. Put in a jar.
6. Warm oil and add to mixture with the jaggery. Mix well.
7. Leave for one week then ready to eat.

Tomato Chutney

Tomato Chutni

This is another popular chutney which is more of a vegetable dish than a chutney.



- 5 red tomatoes – cut into 1 cm size pieces
- Salt to taste
- 3-4 pinch cumin seeds
- 2 pinch chilli powder
- 1 pinch cinnamon
- 1 pinch black pepper
- 1-2 tsp roasted peanut powder
- $\frac{1}{2}$ tsp jaggery/brown sugar

1. Heat the oil then add the cumin. Fry for a few seconds and then add the tomato.
2. Fry for a few minutes then add the rest of the spices. Cook for 5 minutes.
3. Add the peanut powder and sugar. Cook one more minute.

*Can add coconut or curry leaves etc

Sweets



Banana Halva

Kela Shira



- 1 cup semolina
- $\frac{1}{2}$ cup sugar
- 3 ripe bananas - mashed
- $\frac{1}{4}$ tsp cardamom powder
- 2 Tbsp ghee
- 2 cups water or milk
- Pinch salt

1. Heat the ghee and roast the semolina till it turns slightly brown.
2. Mix in the bananas and add the water. Cover the lid and cook for ten minutes or until cooked.
3. Add sugar and salt.
4. Add cardamom powder.

Banana Sweet

Kela Pak



This sweet is very much like a form of banana jam. This is not a regular at the ashram but it is a nice simple dish to prepare when you want a sweet.

- 1 cup sugar
- $\frac{1}{2}$ cup water
- 8 chopped bananas
- 1 cup grated coconut – fresh or dried
- One handful of dried fruits such as sultanas/raisins
- $\frac{1}{2}$ tsp cardamom powder
- Sliced pistachio and cashew pieces to garnish

1. In a saucepan combine the sugar with the water. Place over a low heat until it bubbles.
2. Add bananas, coconut and dried fruit.
3. Cook over low heat until it boils.
4. Add cardamom, sliced pistachios and cashew pieces.

Bliss Balls

Anand Ladoos



- 1 cup dates – fresh or dried. If dried you may need to soak them in a little water first.
 - ½ cup walnuts
 - 2 tsp cocoa powder
 - ½ tsp vanilla essence
 - Coconut powder/ desiccated coconut – for rolling
1. Chop the dates and put them in a blender. Blend to a very thick paste. A little water can be added if necessary.
 2. Grind the walnuts to a powder.
 3. Mix together the walnuts, dates, vanilla and cocoa in a bowl.
 4. Knead together lightly.
 5. Roll teaspoonfuls into balls and roll in coconut.
 6. Enjoy!

* Any kind of dried fruits and nuts can be used. Some dried fruits may need to be soaked. Cocoa and are essences can be used if desired. Fruit juices such as orange juice can also be used but the balls should be eaten within a few days. Some examples are apricot and coconut balls or fig, raisin and cashew balls. Its up to you to experiment.

Chick Pea Squares

Mysorepak



- 1 cup besan (chick pea) flour or mung flour
 - 2 cup sugar
 - 2 cups ghee or oil (peanut is recommended)
 - 1 cup water
1. Oil a tray. Set aside.
 2. Mix besan flour and ghee together.
 3. Put sugar and water in a pan and melt. Add the besan mixture.
 4. Stir and continue mixing at medium heat. Continue stirring even after it boils.
 5. After 5-10 minutes, it will become thick and then crumbly.
 6. Put the mixture into tray, pressing it down so that it is evenly distributed.
 7. Cut into rectangles, squares, or triangles. Leave to cool.
 8. Enjoy!

Coconut & Nut Balls

Ladoos



- $\frac{1}{2}$ cup dried coconut
- $\frac{1}{4}$ cup roasted peanut powder
- $\frac{1}{2}$ cup sweetened condensed milk
- 1 tsp golden syrup (optional)
- $\frac{1}{2}$ tsp butter or ghee

1. Toast the coconut in a pan without oil until lightly brown. Remove from heat.
2. In a pan add the butter, condensed milk and syrup. Heat until bubbling and slightly thicker.
3. Add the coconut and peanut powder.
4. Continue cooking for 3-5 minutes until it thickens a little and starts to brown.
5. Remove from heat and cool.
6. When the mixture is cool enough to roll make balls and roll in extra coconut.

Makes 15 balls

* Any types of nuts or fruits can be used to make these balls. Also peanut butter or other nut butters can be added.

Cracked Wheat with Sugar & Cardamom

Dalia Shira

- $\frac{1}{4}$ cup cracked wheat (dry roast until brown)
- 1 tsp ghee/oil/butter
- 1 cup water
- Jaggery/brown sugar to taste
- 2 pinch cardamom powder (or basil)
- Coconut milk (grind $\frac{1}{4}$ coconut or get premade coconut milk)

1. In a pan add ghee then the cracked wheat. Cook for 2-3 minutes.
2. Add water and boil. Cook 10-15 minutes (depending on the size of the wheat)
3. Add jaggery, cardamom powder and coconut milk. Serve.



Cracked Wheat with Sugar, Cardamom and Milk Dalia Kheer



- 3 tsp cracked wheat or other (rice, poha, vermicelli, tapioca, sago, lotus seed, carrot)
- 1 cup milk
- 4 tsp sugar
- 4 cashews - chopped
- 1 tsp sultanas/raisins
- 4 almonds - chopped
- 1 tsp ghee

Optional flavours:

Saffron 5-6 strands soaked in hot water

Pistachio 4-5 chopped

Rose – petals or rosewater 1 tsp

Cardamon powder $\frac{1}{4}$ tsp

1. Heat ghee, add wheat and roast 3-5 minutes until brown.
2. Add milk and simmer for 15-20 minutes until cooked.
3. Add sugar and dried fruits plus any of the optional flavours.

*To cook the kheer faster the wheat can be cooked in water first and then milk can be added.

Fruit Salad

Phalachi Koshimbir

- Fruits of choice: apple, chikoo, guava, banana, orange, pineapple, mango, cherry, papaya, grapes, and so on....whatever is in season
 - Sugar
 - Salt
 - Yogurt
 - Saffron
 - Cashew nuts, almonds or any other nuts – use whole or cut into pieces
 - Assorted dry fruits if desired such as sultanas/raisins, apricot, dates.
 - Rose water, orange blossom water 1-2 tsp if desired
1. Cut fruits into bite size pieces
 2. Add yogurt, nuts, dry fruits and saffron if desired or you can just leave the fruits plain.
 3. Add sugar and salt to taste

* There are so many variations to fruit salad so it's up to your own preferences what you want to add.

- If adding dry fruits or nuts you may want to soak them first before adding.
- If using saffron put a few strands into 2-3 tsp boiling water and leave for 15 minutes. Then add the saffron water to the salad. It will give a golden colour and unique flavor.



Noodles with Sugar, Milk, Cardamom & Coconut

Shevaya Kheer



- 2 cups vermicelli – wheat noodles
- 1 cup milk (optional)
- 4 cups water (3 cups if using milk)
- 1 cup sugar – or to taste
- $\frac{1}{4}$ teaspoon cardamom powder
- $\frac{1}{2}$ cup crushed coconut – fresh or dried

1. Dry roast vermicelli and put into boiling water.
2. Add milk, sugar and coconut.
3. Boil it for 5 minutes or until cooked.
4. Add cardamom powder and serve hot or cold.

*Can add any types of dried fruits or other flavours.

Semolina Halva

Shira



- $\frac{1}{4}$ cup semolina/rava (medium size)
- 3 tsp ghee
- $\frac{1}{2}$ cup milk
- 5 tsp sugar
- 1-2 tsp sultanas/raisins
- Almonds or other nuts (optional)
- $\frac{1}{2}$ cup water

- 
1. In a pan add ghee and immediately semolina.
 2. Roast slowly until brown.
 3. Mix water and milk together. Add to semolina with dry fruits and nuts and boil.
 4. When liquid has evaporated add sugar. Cook for 2-3 minutes until liquid from sugar has evaporated.
- Variation – instead of semolina use wheat flour or mung dal flour.

Sesame Balls

Til Ladoos



- 1/2 cup sesame seeds – dry roasted and ground (the seeds may pop when they start to brown)
 - 3/4 cup coconut - dry - desiccated
 - 1/2 cup peanut powder – roast the peanuts and then grind
 - 1 cup jaggery/raw sugar/brown sugar
1. Melt sugar slowly in pan with 2 tsp of water
 2. Add sesame, coconut and peanut powder.
 3. Slowly mix on low heat until the mix can be rolled into balls.
 4. When cooled slightly roll into balls and leave to cool. Be careful that you do not burn your hands. They will harden slightly.

Makes 25 balls (1 inch size) or 50 small ones

Drinks



Basil, Mint & Ginger Tea

Tulsi, Pudina & Ale Chaha



- 1 ½ cup water
- 5 basil leaves
- 1 cm ginger - chopped
- 5 mint leaves

1. Put all ingredients in water and boil together for 2-3 minutes.
2. If desired add milk to the tea and bring to boil or add milk separately at the end.
3. Strain and add sugar/honey if desired.

Beetroot & Lemon Juice

Beet Limbu Sharbat

- 1 beetroot
- 2 tsp lemon juice or to taste
- Salt to taste
- 2 tsp sugar or jaggery or to taste
- 1 cup water or to taste – as diluted as required

1. Peel beetroot and grind. Add water and stir.
2. Strain and add lemon, sugar and salt to taste.



Cinnamon & Clove Tea

Dalchini Lawang Chaha



- 1 cup water
 - 1/4 tsp cinnamon
 - 1 clove
1. Mix all ingredients with water and boil together for one minute.
 2. Strain and add milk if desired, plus any sweetener.

Date Drink

Khajur Sharbet



- 5-6 dates – fresh or dried
- 1 cup water
- Pinch of salt
- $\frac{1}{2}$ tsp jaggery

1. Soak the dates in water for a few hours.
2. Blend all ingredients together in a mixer.
3. Serve warm or cold.

Lemon Juice

Limbu Sharbet

- 1 glass water
- 2 tsp lemon juice or to taste
- 2 tsp sugar or to taste
- Salt to taste - optional
- Pinch cardamom powder - optional

1. Combine all ingredients together.
2. Stir well so that the sugar dissolves.
3. Strain if required.





Lemon Grass Tea

Gavti Chaha

- 1 ½ cups water
- 1-2 lemon grass leaves
- 1 inch grated ginger
- 1 clove
- 1 cm cinnamon stick (or 1/4 tsp cinnamon powder)
- ¼ tsp fennel
- 4-5 leaves of basil
- Brown sugar or jaggery if desired

1. Add all ingredients in water and boil together for 10 minutes.

2. During this time you can add

milk if desired or at the end.

3. Strain and serve.

Passionfruit Juice

Chaitanya Phal Sharbat



- 1 ½ passionfruit
- 3 tsp sugar or to taste
- 1 cup water
- Pinch salt

1. Remove the pulp from the fruit and place in a bowl.
2. Add sugar and half the water.
3. Use a blender to mix the ingredients together and to separate the pulp from the seeds.
4. Strain into a glass and add the remaining water. Add more sugar and/or water if required, plus salt.

Pineapple Juice

Ananas Sharbat

- $\frac{1}{2}$ cup grated pineapple
- 1 cup water – more or less may be added
- Pinch of salt
- Brown sugar/honey/jaggery to taste

1. Blend all ingredients together in a blender. Or alternately put the pineapple through a juicer and then add the other ingredients, decreasing the water.
2. Strain and drink if you want it cold.
3. If you want it warm then bring to boil and serve.

* Variation – add a handful of chopped mint into the blender.

- Warm the pineapple juice and add a pinch of clove powder, cinnamon powder and ginger powder.



Soya Coffee



- 1 glass of water
- 1-2 tsp soya bean powder (to taste)
- Sugar/honey if desired

*Other flavors are optional to add (mint, lemongrass, cinnamon, clove, basil, ginger)

1. Dry roast soya beans for 1 hour (very slowly) in a pan until brown or roast in the oven.
2. Grind to a powder then sieve.
3. Put water in a pan, add soya bean powder. Add any other optional flavours.
4. Boil for 5 minutes and strain.
5. Can add milk instead. Decrease water. When all tea has boiled add milk (1/2 cup or $\frac{1}{4}$ cup) and boil. Strain.
6. Sweeten if desired.

Yogamrut Tea

Yogamrut Chaha

This is a good alternative to tea and is very good for the heart and as a blood purifier. Yogamrut powder is made up of Anantamol, Arjun and Ginger.

- 1/2 cup water
 - 1/2 cup milk
 - 1/2 tsp Yogamrut powder – can add a little less or more depending on preference
1. Mix yogamrut powder in water and milk (if you don't want milk then use 1 cup of water) and bring to boil.
 2. When it boils strain and sweeten if desired.



Miscellaneous



The Basic Spice Mix

There are some basic spices that are used in most dishes. If you understand what they are then it makes it easy for you to make vegetables dishes, dals and seasonings for salad. It's up to you to increase or decrease certain spices plus add or remove them.

The general amount of spices you will use will vary. This amount is for 500 gms of vegetables.

- 2 tsp oil
- 1 tsp mustard seeds
- 1 tsp cumin seeds
- 2 pinch asafoetida
- 8 - 10 curry leaves
- 1/2 tsp turmeric
- 1 tsp coriander powder
- Pinch chilli powder - optional
- 2 tsp grated ginger

These are popular ingredients to add towards or at the end.

- Fresh coriander leaves
- Sugar / jaggery
- Salt
- Fresh or dried coconut
- Roasted peanut powder

1. Heat the oil but don't let it smoke.
2. Add the mustard seeds.
3. When they pop add the cumin seeds, then asafoetida, curry leaves, turmeric, coriander powder, chilli powder and ginger. Make sure that the spices do not burn.
4. Next add vegetables or dal or add the mix to salads or chutneys.

* There are many other spices that can be added such as cinnamon, clove, aniseed, fennel, ajwain, cumin powder and so on.

Buttermilk

Tak

Buttermilk is very good to drink with lunch. It helps to digest the food, decrease heat in the body and balance acidity.

- $\frac{1}{4}$ cup plain yoghurt
 - $\frac{3}{4}$ cup water or more if a thinner consistency is desired
 - Pinch of salt or sugar if desired
1. Mix yogurt with water and blend with a whisk or blender. Then add the remaining water.
 2. Add sugar or salt as desired.

Spicy buttermilk - add salt, sugar or ginger and cumin powder and fresh chopped coriander to taste.

Masala Buttermilk- Add 1 glass of buttermilk and 1/8 tsp tak masala

Boondi Buttermilk

- 1 glass of buttermilk
- Boondi – 3-4 tsp or more
- 2 pinch cumin powder
- 2 pinch black salt
- $\frac{1}{4}$ tsp ginger juice
- Coriander leaves (to taste)
- Mint leaves (to taste)
- 2 pinch white salt
- Sugar (to taste)

1 Blend coriander leaves and mint leaves to a paste.

2. Add all ingredients together and mix well.



Chick Pea Balls

Boondi



- $\frac{1}{2}$ cup chick pea flour/ besan flour
 - 1 tsp semolina
 - 1 cup water
 - Oil
1. If you can buy boondi flour then use $\frac{1}{2}$ cup of this instead of chick pea flour and semolina. Mix flour , semolina (if using) and water to a smooth batter (not too thick or thin)
 2. Heat oil.
 3. Use a big spoon with holes in it. Put batter on the spoon so it drops through.
 4. Fry till crispy texture and drain.
- To make Boondi Raita mix boondi with yogurt, salt, sugar and coriander leaves

Fried Savoury Mung Cakes

Vada



- ½ cup mung or urid dal (urid dal is especially good for dahi vada)
 - 1 tsp coconut pieces
 - 5 curry leaves (chopped)
 - 2-4 pinch salt
 - 1 tsp grated ginger
 - Oil
1. Cover mung dal with water and leave for 10 hours. Strain and grind.
 2. Add coconut pieces, curry leaves, ginger and salt to the ground mung dal and mix together.
 3. Heat oil and add 1 Tbsp vada mixture (If you have a Vada machine you can use it to make donut shapes, if not then just fry spoonfuls)
 4. Cook until brown and drain. Can also cook until lightly browned then drain. When ready to eat fry a second time to make them more brown and crispy.

Dahi Vada- Put the vada in water for 5 minutes, immediately after frying. Then squeeze out the vada so the oil is removed. Cover the vada with blended smooth yogurt, then date chutney and coriander leaves to garnish. Add some chat masala on the top or cumin powder, chilli powder, black salt or dry mint powder. These spices can also be blended with the yogurt.

Sambhar Vada – Eat the vada with sambhar and coconut chutney.

Indian Pasta in Mung & Vegetable Curry

Varan Phala



- ½ cup wheat flour
 - ½ mung flour –if not available use chick pea flour or only wheat flour
 - 2 Tbsp oil plus 2 tsp
 - ¼ tsp salt
 - ¼ mustard seeds
 - ¼ cumin seeds
 - 2 pinch asafoetida
 - 6-7 curry leaves
 - ¼ tsp turmeric
 - ¼ tsp coriander powder
 - 2 cups chopped vegetables such as pumpkin, carrot, potato etc
 - 2 handfuls mung dal
 - 4 cups water
 - 2 tsp jaggery/brown sugar
 - ½ Tbsp tamarind or one chopped tomato
 - Salt to taste
 - Coconut - grated
 - Coriander leaves
1. To make the dough mixture mix wheat flour and mung flour together plus salt. Add 2 Tbsp of oil. Add water and knead until contents become medium soft.
 2. Separate a handful of dough, roll it thinly and cut into squares.
 3. To make the lentil and vegetable mixture heat 2 tsp oil then add mustard seeds. When they pop add cumin seeds, asafoetida and curry leaves. Then add turmeric and coriander powder.
 4. Add chopped vegetables, mung dal then the water (may need to add more water later).Cook the mung dal and vegetables until almost fully cooked.
 5. Add jaggery, tamarind or tomato and salt. Cook for a few more minutes. Once the curry starts to boil, add slices of dough and continue cooking till everything is cooked – the dough, mung and vegetables.
 6. Add fresh or dry grated coconut and coriander leaves.

Papad /Pappadum



Papad is made from dough that is rolled out and dried. It is quite a long process and is much easier and quicker to buy the papad from a shop and then cook it. There are many different types of papad. They can be made from dals, most commonly urid dal, or from potato, grains such as millet, tapioca and so on. They may have spices or may be plain. Some papad are best fried whilst others are best roasted. Any oil can be used to fry papad. If roasting a papad you can roast it on top of the flame by moving the papad quickly front and back. It can also be placed under a hot grill. Papad is best served immediately but can be kept in an airtight container for some time.

Savoury Pancakes

Dhirad

Similar to dosa but with different types of grains.



1 cup flour – any type such as rice, wheat, millet, mung, chick pea etc. Use more rice flour (1/2) to prevent sticking.

Salt to taste

Coriander leaves or curry leaves to taste

½ tsp cumin powder

½ tsp coriander powder

½ cup grated vegetables – carrot, potato, cauliflower etc

½ tsp grated ginger

1 cup water

1. Mix all ingredients together.
 2. Add water and mix to a smooth batter. Add more water if necessary.
 3. Heat the pan and add oil. Spread the oil over the pan.
 4. Take a ladleful of batter and pour it onto the pan. Make 3 or 4 pancakes at a time.
 5. Turn after 1-2 minutes or until browned. Cook on the other side till brown. Remove from heat.
 6. Every time another batch is made cover the pan with oil again for the next round.
- This is easy to cook, eat and many grains are inside. Fast to cook

Steamed Rice & Dal Cakes

Idli



Idli can be eaten as breakfast or as lunch as is best with mixed vegetable sambhar and coconut chutney.

- 1 cup Black gram dal/ urid dal
- 1 cup ground rice
- Water - enough to soak the ingredients
- Salt to taste

1. Soak the urid dal in water for 3 hours or overnight then strain and grind to a paste in a blender or food processor.
2. Meanwhile, separately soak the ground rice for the same time. Grind to a paste.
3. Add these two together and stir well.
4. Let this mixture stand overnight or for 6-7 hrs. It will start to bubble and ferment.
5. Then add salt, finely chopped vegetables if desired such as tomato, carrot and green pepper and stir.
6. Spoon into Idly steamer trays and steam for 20 minutes.

*You can get idli steamer trays from Indian food stores. If you can't find them you may be able to use other metal moulds.

Yogurt/ Curd

Dahi

- 1 litre milk
 - 1 spoon plain yogurt or yogurt from a previous batch for the culture to make a new batch
1. In the evening mix a few drops of curd into warm milk (body temperature)
 2. Stir it with a spoon 50 times.
 3. Let stand in a warm place overnight if you live in a cold country...if you are in India then room temperature.
 4. It will be ready to eat the next morning.



Menu Suggestions - These are just some suggestions, you may have chapatti and rice or choose just one, it is up to you to pick and choose. There are no rules! Happy cooking!

Steamed Rice & Dal Cakes Mixed Vegetable & Lentil Curry Coconut Chutney Rice	Carrot Parathas Buttermilk & Chick Pea Soup Tomato Rice	Mixed Grain & Bean Bread Carrot Soup Mung Bean Curry Rice with Chick Peas & Spices
Potato Parathas Whole Mung Soup Dry Coconut & Peanut Chutney Cumin Rice	Mung & White Gourd Curry, Chapatti Cucumber, tomato & cabbage salad Rice	Mixed Grain Pancakes Potato, Cauliflower & Tomato Curry Coconut Chutney Rice
Tomato Curry (with liquid) Chapatti Cucumber & Peanut Salad Rice	Savoury Pancakes Mixed Vegetable & Lentil Curry Coconut Chutney Rice	Tomato Soup Cauliflower Curry Cucumber & Yogurt Salad Carrot Rice
Whole Mung Bean Curry Vegetable Rice Tomato & Peanut Salad	Cabbage Paratha Black Eye Bean Curry Radish Salad Rice	Indian Pasta in Mung & Vegetable Curry Potato Rice Cucumber, Tomato, Cabbage and Sprouted Bean Salad
Whole Mung Bean Curry Pumpkin & Yogurt Salad White Pumpkin Soup Rice	Mung Rice with Vegetables Pumpkin Soup Papad	Mixed Dal Soup Fenugreek Leaf or Spinach Paratha Beetroot & Tomato Salad
Pumpkin Curry White Pumpkin Soup Cabbage Rice Chapatti	Potato Curry Carrot Soup Cauliflower Rice Chapatti	Chick Pea Curry Cauliflower Rice Spinach, Tomato & Fenugreek Leaf Salad
Scrambled Chick Pea Millet Bread Cucumber & Peanut salad	Fried bread Pumpkin Soup Rice with Chick Peas & Spices	Mixed Vegetable Paratha Mung Dal Soup Salad
Beetroot Soup Okra Curry Chapatti Carrot & Pomegranate Salad	Kidney Bean Curry Radish salad Chapatti Rice	Mung & Ridged Gourd Curry Chapatti Tomato & Peanut Salad Rice
Sprouted Bean Curry Cabbage & Pomegranate Salad Chapatti	Split Mung Curry Fried bread Cabbage Curry Raw pumpkin salad	Sweet Chapatti Potato Curry Five Healthy Ingredients Chutney Mixed Dal Soup
Fried Savoury Mung Cakes Mixed Vegetable & Lentil Curry Coconut Chutney	Carrot Curry Cucumber & Yogurt salad Vegetable Rice	Fried Savoury Mung Cakes Yogurt Date Chutney Chat Masala
Cauliflower & Potato Curry Tomato & Peanut Salad Chapatti	Tomato Soup Stir fry vegetables Rice	White Pumpkin Curry Cucumber, Tomato & Yogurt Salad Potato Rice
Tomato Chutney Mixed Grain & Bean Bread Carrot & Pomegranate Salad	Mixed Grain & Bean Bread Date & Tamarind Chutney White Pumpkin Curry	Pumpkin & Sprouted Bean Curry Whole Mung Soup Carrot Rice