

FOOD IS THE MAIN SOURCE OF MAN'S LIFE, BODY, MIND, AND CHARACTER.
-BABA

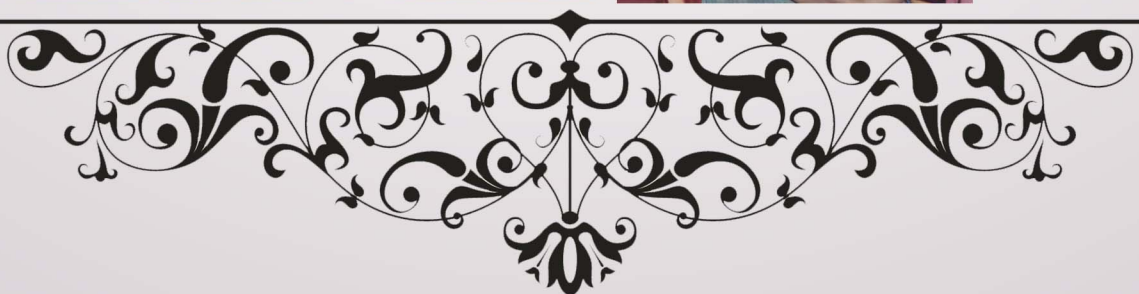
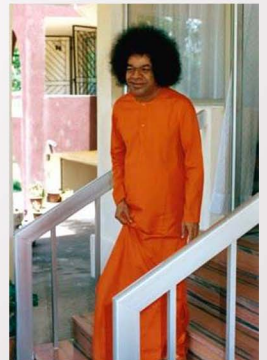
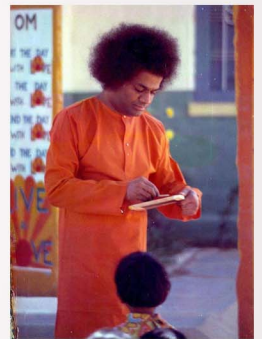
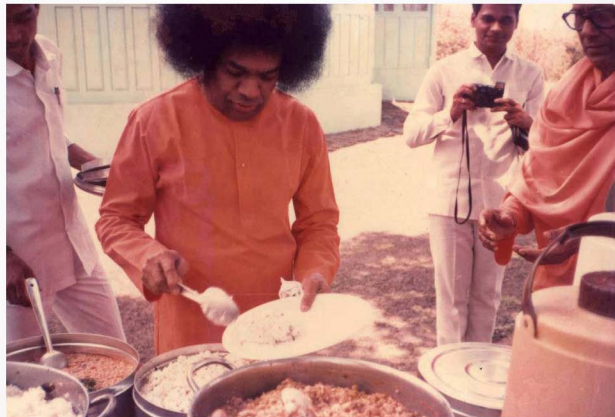
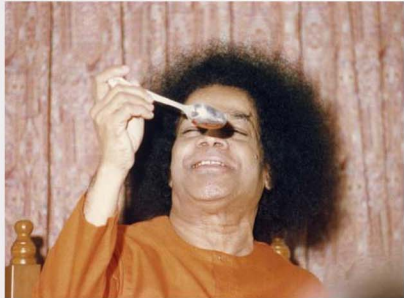
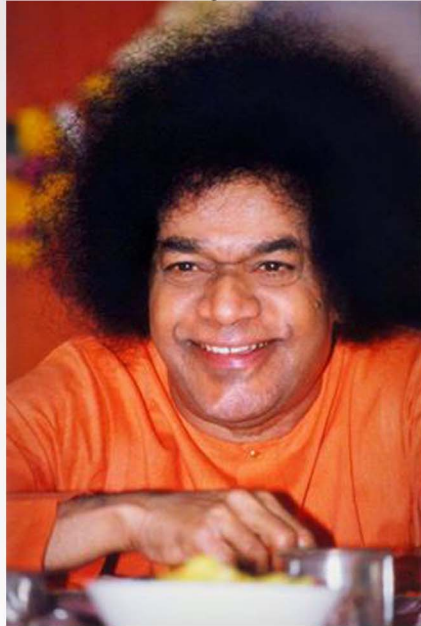
PART 1



Sai DELIGHTS

DEDICATED AT THE DIVINE LOTUS FEET OF OUR BELOVED BHAGAWAN SRI SATHYA SAI BABA

PUBLISHED BY THE SATHYA SAI ORGANISATION OF SOUTH AFRICA



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PREFACE



For many years, it has been the Vision of the Ladies Forum to work on a Recipe Book for the benefit of all South African Devotees. After a lot of research on what Bhagwan Baba has covered on Food, in its many aspects, this comprehensive book has materialized with the input of all of our South African Ladies. All the Recipes in this book have been Tried and Tested by our Sisters.

In Gita Vahini, Swami Says; “The Vedas emanated from God, Karmas emanated from the Vedas, from Karma originated Yajna, from Yajna originated Rain, from Rain grew Food and from Food grew All Living Beings. This is the Cycle that has to be Accepted and Honoured.”

The Recipes take into account : Health and Nutrition; the 3 Gunas; Intake of Food through the Senses while Food is being Prepared; Ceiling On Desires and The 5 Koshas.

Food is an Important Component for Individual Transformation from Humanity to Divinity. This book has been created with love from South African devotees with the intent of moving towards Spiritual Transformation and a Healthy Lifestyle. Food is God and Food should be Revered.

SWAMI: “The Ladies Forum of South Africa, Humbly Place this LOVE OFFERING at Thy Lotus Feet”



FOREWORD



Bhagwan Sri Sathya Sai Baba always insisted on vegetarian food from his childhood days. My grandmother, Smt. Parvattamma, and my mother, Smt. Samrajya Lakshmi served food for Bhagwan that they prepared at home for forty years. Swami often discussed with them at great length the significance of vegetarian food on various occasions. Many discourses of Bhagwan highlight the importance of vegetarian or satwik food.

Satwik food plays an important part in the cultivation of universal compassion. It is conducive to the progressive attainment of the four states namely Salokya, Samipya, Sarupya, and Saayujya i.e liberation and ultimate union with God. Satwik food strengthens the mind as well as the body. For an individual to spiritually advance, bad habits like consumption of alcohol, and intake of other Rajasik food like meat should be avoided as they generate animal tendencies that will influence thought process and deteriorate a person's efforts by turning the person into a stumbling block on the Godward path.

Upanishads declare that food is Bramhan. When we maintain sanctity both external and internal, the process of purification gets accelerated. A spiritual aspirant will begin to perceive the world around him through the glasses of satwik. As the food is our first interaction with the world around us, when we choose to take satwik components, a sense of love, connection and peace will grow and the concept of Ahimsa (non-violence) will enhance. Organic food that grows harmoniously with nature and ripens naturally, when prepared with love and positive intention, will increase Prana and helps to attain a higher state of consciousness. In other words, satwik food also aligns with yogic principles. Diet has intimate connection with the mind. Mind is formed out of the subtlest portion of food. As it is found in the Chandogya upanishad, "by the purity of food, one becomes purified in his inner nature; by the purification of his inner nature, he verily gets the memory of the Self; by the attainment of the memory of the Self, all ties and attachments are severed"

A spiritual aspirant should be careful in choosing food-stuffs of satwik nature. One need not be in haste. Evolution is better than revolution. We need not make sudden changes in anything, particularly so in matters pertaining to food and drink. Let the change be slow and gradual. The system should accommodate it without any trouble. Nature non agit par saltum (nature never moves by leaps)

Bhagwan Baba always insisted that all articles that are putrid, stale, decomposed, unclean, or kept overnight should be abandoned. The diet should be fresh, simple, light, moderate, easily digestible, and nutritious. 'He who lives to eat is a sinner, but he who eats to live is verily a saint.'

I share equal joy in taking this opportunity to write the foreword and appreciate the efforts of the women of South Africa who have collectively worked on this project.

Let us all follow satwik path which is the Sri Sathya Sai Path :

1. To purify our bodies and prepare ourselves for inner awakening
2. To make the body receptive to certain higher forms of energies and vibrations that would awaken as we move into the realm of the higher consciousness
3. To establish control over our lower nature and the desires and impulses that are predominant in their field of activity.

Praise and Glory to lord Sri Sathya Sai for showing us the way.

Chethana Raju,

Trustee,

Sri Sathya Sai Easwaramma Women's Welfare Trust, Prashanti Nilayam

INTRODUCTION

FOOD AND SPIRITUALITY

For a Spiritual Aspirant, Food is very important because it impacts on all levels, i.e, Health, the Mind, the Spirit, the Emotion, the Sheaths and the Senses. The *Mind* affects *Emotions* and the *Emotions* affect *Devotion*. Therefore, great care has to be taken in ensuring that the food does not agitate the Anthakarana which is made up of the *Mind, Intellect, Memory* and the *Ego*.

The Power of Thought, when cooking and eating (example, utensils and positive thought) have to be Pure and Clean. Preferably, **Observe Silence**.

Food determines Behaviour and Habits.

When we sit down to eat food, we feel Light and Energetic. Sathwic Foods are those that make us Light, give us Sufficient Energy and Removes Laziness. As far as possible, we must cook food in Oil not Fat (Cold pressed olive oil seems to be the best). Other healthy oils include Coconut, Peanut and Sesame.

• DIVIDE THE STOMACH INTO 3 PARTS

All the spiritual practices are meant to exercise control over the senses. Eat to the extent necessary. Do not overload your stomach. Divide your stomach into 3 equal parts. Fill one part with food, one with water and leave the remaining empty. Ref. sss xxxiv, p65

Drink 7 to 8 glasses of water daily. Water cleanses your internals. It also flushes your kidneys this also ensures that stones do not form in your kidneys.

A Sadaka should know the distinction between **Sathwic**, - calmness promoting; **Rajasic** – emotion producing; and **Thamasic** – sloth encouraging. In reference to meditation, the type of food one consumes decides the degree of concentration one can command, that is, stilling of the mind. Food elevates or arouses, prevents and promotes emotions and passions. It is best to have a filling, healthy, wholesome breakfast; medium healthy lunch; and a light healthy supper. A heavy supper is an unhealthy habit.

• HEALTH

A Spiritual Aspirant has to maintain good physical health, so it is good to be vigilant about food habits. Healthy choices, nutrients, freshly prepared foods and enough water contributes towards a good healthy body

“Body is like a sugar cane stalk. It is only when it goes through various difficulties that you can experience the sweet bliss of self-realization. So, why drag your existence as a mere consumer of food, as a moving burden encumbering the earth, Eat but transform food into good deeds, good thoughts and sweet speech; move but do not cause pain to others or add to their misery. Have a meal of good acts of service, divine thoughts and drink of Premarasa and digest them well. Then alone can you be shining in mental health, happiness and wholesomeness.”

~ Bhagawan Sri Sathya Sai Baba

MESSAGE FROM PRESIDENT OF SSOSA



*L*oving Sai Rams,

Congratulations to the Ladies Forum of the Sathya Sai Organisation of South Africa (SSOSA) for compiling this fine book on gourmet vegetarian recipes.

The body, mind and spirit constitute the human being. The subtle part of food makes the gross body and the subtlest part of food forms the mind.

Non vegetarian food arouses animal tendencies and contribute to many diseases in the body. Also, "As is your food, so are your thoughts ". Thus sattvic vegetarian food is the key to health and happiness.

This recipe book is a loving offering to Sathya Sai Baba by the Ladies Forum of the SSOSA. Their dedication and effort in compiling these recipes will let people know that vegetarian food is healthy and delicious.

Sai Baba has said that "In spiritual endeavours there can be no stability and no concentration when meat is eaten".

This book will assist spiritual aspirants to follow a sattvic vegetarian life-style.

Sai Love,

Dr Teddy Maduray

President

Central Council of SSOSA





*Dedicated to Bhagawan Sri Sathya Sai Baba
By Ladies Forum of South Africa
For Guru Poornima
12 July 2014*



GAYATHRI MANTRA



OM BHUR BHUVAHA SUVAHA
THATH SAVITHUR VARENYAM
BHARGO DEVASYA DHEEMAHI
DHIYO YONAH PRACHODAYATH

*We contemplate the glory of illuminating the three worlds: gross, subtle and causal.
I am the vivifying power , love, radiant illumination and divine grace of
universal intelligence.
We pray for the divine light to illumine our minds.*

FOOD PRAYER

BRAHMAARPANAM BRAHMA HAVIR
BRAHMAAGNAU BRAHMANAA HUTAM
BRAHMAIVA TENA GANTAVYAM
BRAHMA KARMA SAMAADHINAH

[This is the 24th verse from the 4th chapter of the Bhagavad-Gita] The act of offering is Brahman. The offering itself is Brahman. The offering itself is done by Brahman in the sacred fire, which is Brahman. He alone attains Brahman who, in all actions, is fully absorbed in Brahman. As we chant this prayer we are offering the different types of food to Brahman.

AHAM VAISHVAANARO BHUTVA
PRAANINAAM DEHAMAASHRITHA
PRAANAPAANA SAMA YUKTAHA
PACHAAMYANNAM CHATUR VIDAM

[This is the 14th Verse from the 15th chapter of Bhagavad-Gita] This sloka is a sort of acknowledgement and assurance to us from Brahman. “I am Vaishnavara, existing as fire God in the bodies of living beings. Being associated with ingoing (prana) and outgoing (apaana) Life breaths, I will digest all the four different types of food (that which we bite and chew, that which we masticate with the tongue, those which we gulp, that which we swallow) and purify them”.

SPICES - REMEDIES



HOW TO MAKE GARAM MASALA

INGREDIENTS

15ml jeera seeds
25ml dhania seeds
5ml black pepper corn
10ml cardamom pods
5ml cloves
1 bay leaf
2 cinnamon sticks
8 curry leaves

METHOD

Dry roast all the ingredients in a pot or frying pan. Then transfer everything to a spice grinder and grind until fine.



Restrain the tongue in both food and speech

SPICES - REMEDIES



ANISEED

It has the property to help in digestion and stimulate the appetite. It also helps to ward off epileptic attacks. Also recommended for nursing mothers as it is known to have the property to increase milk supply. Take a tsp of aniseed in a cup of boiling water, leave it overnight, sieve and take it with a bit of honey.

SOOMPH / FENNEL SEEDS

These seeds have been known to possess digestive qualities and also used as a mouth freshner and to stimulate digestion.

GINGER

If you feel a cold coming on, a fresh piece of ginger in a hot cup of tea usually does the trick.

TUMERIC

It has antiseptic properties.

CLOVES

Clove oil has a lot of medicinal value. Many people chew on cloves to relieve toothaches and it is also used as a mouth freshner. A paste of clove and salt crystals in milk is a common household remedy for headaches and migraines

DILL

Dill has anti-flatulent properties and is used in Gripe Water that is still used to relieve stomach pains in babies.

MINT

Mint is used as a medicinal herb to treat stomach ache and chest pains, commonly used in a form of tea.

ROSEMARY

Rosemary contains anti-inflammatory compounds that may make it useful for reducing the severity of Asthma attacks. It has also been shown to increase the blood flow to the head and brain, improving concentration. Shampoos and hair lotions containing the pure extract of Rosemary rejuvenates the scalp and hair while preventing dandruff and premature baldness

*As is the food, so is the mind. Only one with pure mind can understand
Divinity*

SPICES - REMEDIES



THYME

One of the most useful factors of this herb is its antiseptic qualities. Used as a teabag and warmed it can cure styes, and greatly aid pink eye or conjunctivitis. It is a great cough remedy. It can be crushed and used to clean cuts and scrapes, giving you an immediate garden antiseptic remedy.

SAGE

Sage works to calm the central nervous system, thus it can reduce anxiety and mild depression. It can also reduce fever. It has been proven to reduce perspiration and to treat people with night sweats. To make a mouthwash, stir one tsp of the dried leaves into one cup of hot boiling water. Let the tea cool before using. Gargle to relieve gum infections or drink to improve digestion. The herb is useful in preventing grey hair if used as a tonic.

CORIANDER

It aids in digestion and helps settle the stomach and prevent flatulence. Is an anti-inflammatory that may alleviate symptoms of arthritis. It protects against urinary tract infection, prevents nausea, relieves intestinal gas, lowers blood sugar, lowers bad cholesterol and raises good cholesterol.

A tsp of coriander juice mixed with a pinch of turmeric powder is an effective remedy for pimples, black-heads and dry skin

CURRY LEAVES

The leaves, bark and the root of the curry plant are used in indigenous medicine as a tonic for falling hair.

NUTMEG

The powder of nutmeg, mixed with fresh amla (green gooseberry) juice is also an effective medicine for insomnia, irritability and depression.

POPPYSEEDS

About 30 grams of milk extracted from poppy seeds mixed with sugar can be used for treating insomnia. A tsp of poppy seed oil taken every night is very effective.

SANDALWOOD

This oil mixed with twice its quantity of mustard oil is used for removing pimples.

First give bread to the hungry and then eat yourself.

SPICES - REMEDIES



HING (ASAFOETIDA)

Is useful in alleviating toothache. After being ground in lemon juice, it is slightly heated. A cotton piece soaked in the lotion and placed in the cavity of the tooth relieves pain.

MARGOSA

Cleaning the teeth regularly with margosa twig prevents gum infection and it relieves toothache.

CELERY

Seeds soaked in buttermilk for 5 to 6 hours and then ground in the same buttermilk relieves indigestion.

CINNAMON

It checks nausea, vomiting and diarrhea. It stimulates digestion. A tablespoon of cinnamon water, prepared as for cold and taken half an hour after meals, relieves flatulence and indigestion.

GINGER

Chewing of ginger regularly after your meals prevents acidity and indigestion. The herb is an excellent remedy for coughs and colds. Extracted juice of ginger with honey is taken 3-4 times a day in-case of coughs.

HOLY BASIL

A decoction of the leaves with honey and ginger is an effective remedy for colds. They should be boiled in water and then taken for a sore throat. This water can also be used as a gargle.

PEPPER

6 pepper seeds finely ground and mixed in a glass of warm water taken for a few nights for good results. It is an effective remedy for throat irritation. 3 peppers sucked with a pinch of caraway seed and a crystal of common salt will provide relief.

TAMARIND

Pulp of the ripe fruit is beneficial in treatment of constipation and indigestion.

Health is wealth. Look after it.



SOUPS

CHICK PEA SOUP

1 cup dry chick pea
1 green chilli
½ tsp jeera
½ tsp ground ginger
1 Tbsp mix masala
few sprigs dhania
100 ml fresh cream

½ tsp nutmeg powder
1 tomato
Salt to taste
2 Tbsp oil
few curry leaves
1 ½ cup water

METHOD:

Soak chick peas overnight in cold water and boil until soft. Heat oil. Add chillies, jeera, and ginger. Fry a little. Add masala, nutmeg, boiled chick peas, tomato and salt. You may add few curry leaves and dhania. Let it cook on low heat until it is well mixed. Add 1 ½ cups water. Cook for 30 minutes. Leave to cool a little and then blend. Lastly add fresh cream and mix well.

FRESH VEGETABLE SOUP

1 Tbsp olive oil
½ bunch spring onions
½ cup carrots (peeled and chopped)
½ cup celery
1 cup tomatoes (diced)
2 cups potatoes (diced)

3 cups of vegetable stock
½ tsp salt
½ tsp pepper
½ cup fresh sweetcorn
1 cup peas (fresh or frozen)
½ cup green beans (cut)

METHOD :

Warm the oil in a large saucepan. Add spring onions and cook for 1 minute. Add the carrots and celery. Stir occasionally for 3min. Add in the tomatoes and potatoes. Let it simmer and then add vegetable stock. Cook on low heat. Add salt and pepper, corn, peas and green beans. Continue cooking until all the vegetables are tender.

Eat only what you need to eat. Don't be greedy

CAULIFLOWER SOUP

1 medium cauliflower
1 Tbsp cashew nuts, finely minced
2 Tbsp butter
1 tsp salt

2 large tomatoes (chopped)
1 cup fresh milk
½ tsp freshly ground black pepper
1 Tbsp corn flour

METHOD:

Trim the cauliflower and break it into florets. Boil them in salted water for a minute. Drain and keep aside. Fry the tomatoes in butter. Add the cashew nuts, cauliflower and the milk. Add black pepper powder and salt. Cook until the cauliflower is soft and tender. Remove and cool. Blend well. Return the soup to the pan.

Make a paste of corn flour with a little warm water and add to the soup. Allow it to boil for 2-3 min and the soup is ready to be served.

ASPARAGUS SOUP

1 tray asparagus (cleaned and dried)
1 litre water
1 boiled potato (mashed)
¼ cup chopped parsley
1 Tbsp low fat cream

⅓ cup leeks (chopped)
1 tsp black pepper
½ tsp mixed herbs
Salt to taste
½ cup boiled milk

TO GARNISH

1 Tbsp low fat cream
Celery / dhanian leaves

METHOD :

Boil asparagus in water for 10 minutes. Remove and cool. Add potato to asparagus and liquidize. Add boiled milk and liquidize slowly. Put into pot with rest of the ingredients and simmer for 3 to 4 minutes. Garnish and serve.

Food is the main source of man's life, body, mind and character

AVOCADO SOUP

1 large ripe avocado
¼ cup leeks (chopped)
½ litre vegetable stock
¼ cup basil leaves

1 green chilli
1 cup full cream milk
¼ cup fresh oregano / mint
Salt and pepper to taste

METHOD:

Liquidize the above ingredients .Cook on stove for 5 minutes or until thickens.

VEGETABLE SOUP

½ cup peas
1 carrot
8 green beans
1 big potato
¼ cabbage
Salt

Thyme, dhania, few bay leaves, few cinnamon sticks, cloves
2 elachi
1 small tomato
1 tsp butter/ 1Tbsp oil (optional)

METHOD :

Place all above ingredients in a pot. Add water just to level of vegetables. Bring to boil, simmer. When cooked, add butter or oil.

The mind is the reflection of the food consumed.



ROASTED BUTTERNUT SOUP

1 butternut (peeled and cubed)
¼ green pepper(chop into small pieces)
1½ cup low fat milk
dhania
salt to taste

½ cup low fat fresh cream
1 Tbsp butter ghee or olive oil
1 Tbsp roasted cumin powder
black pepper

METHOD:

Boil butternut until soft and firm. Strain and place on grease proof dish and roast in oven for approximately 10 minutes at 180° C or until it turns light brown. Fry green pepper in butter ghee or olive oil. Add the butternut, pepper, salt and cumin powder. Mash the butternut mixture until smooth. Boil milk on low heat. Add the butternut mixture to the boiled milk and simmer on low heat. Add fresh cream and mix well. Garnish with dhania.

VEGETABLE STOCK

3 Stick celery (Chopped)
1 small bunch parsley (Chopped)
3 Carrots and Stalks (Chopped)
1 Cup Green Beans (Chopped)

1 cup leeks (Chopped)
2 Large Tomatoes (Chopped)
1 Cup Cabbage (Chopped)
1 ½ Litres of water

METHOD :

Place all vegetables in a large saucepan with water. Bring it to boil. Cover the pan and simmer for 2 hours. Cool Slightly, then press through a sieve.

Food plays a vital role in the spiritual path.



SALADS

SPROUTING OF SEEDS

Clean seeds – (moong, lentils, chick peas , nuts etc.) Remove stones and unwanted seeds.
Wash thoroughly

DE – CHEMICALIZING

Soak in tepid water to cover seeds at night.

POTENTIALIZING

In the morning remove the water and use water for plants. Wash thoroughly and soak in clean water to cover the seeds for 3 hours.

GERMINATING

Cover seeds with muslin cloth in a basin and leave in dark cupboard. Wash thoroughly twice a day.
Use the water for plants.

SPROUTING

After three to five days sprouts are ready.

CHLOROPHYZING [OPTIONAL]

Leave sprouts for half a day in indirect sunlight to add to chlorophyll.

Rinse and leave in refrigerator.



VITALITY SALAD

1 cup moong sprouts
1 cup lentil sprouts
1 red pepper
2 bunch parsley

½ cup black olives
¼ cup sunflower seeds
12 ½ ml fenugreek sprouts
125ml mayonnaise (refer to mayonnaise recipe in the book)

METHOD:

Make sprouts in advance. Mix all ingredients together. Sprinkle sunflower seeds.

SPROUT SALAD

½ cup lentil sprouts
½ cup moong sprouts
½ cup nuts sprouts
½ cup chick pea sprouts
Juice of 1 lemon

1 each green, yellow and red peppers diced
1 Lettuce
1 Finely diced carrot
Pinch of Salt

METHOD:

Prepare sprouts in advance. Add diced carrot and peppers to sprouts. Mix and season with salt and lemon. Serve on a bed of lettuce.

THREE BEAN SALAD

250g crome beans
250g broad beans
250g small white beans
1 each red, green and yellow pepper (chopped)
lemon juice

1 bunch coriander (dhania) chopped
½ tsp turmeric
2 cinnamon sticks
hing
salt to taste

METHOD:

Boil broad beans with turmeric, salt and hing then strain. Boil crome beans with salt and hing then strain. Boil small white beans with salt and hing then strain. Mix all the beans with all ingredients together and serve in an attractive bowl.

*Sadhana requires regular habits and moderation in food, sleep
and exercise.*

CELERY AND ALMOND SALAD

1 cucumber
4 celery stalks
2 carrots
3 Tbsp almonds blanched and slivered

2 Tbsp lemon juice
100ml grated coconut
chopped parsley
seasoning
salt to taste

METHOD:

Slice cucumber and arrange attractively. Clean and peel celery and carrots. Grate vegetables and coconut. Add blanched, slivered almonds and lemon juice. Season and serve on bed of lettuce leaves and garnish with parsley. Add salt.

PASTA SALAD

450g brown pasta
1 ½ lt salted boiling water
1 yellow pepper cut into rings
1 green pepper cut into squares

dressing:
½ tsp salt
90ml lemon juice
180ml olive oil
30ml chopped parsley

METHOD:

Boil pasta drain rinse and set aside. Saute' cut peppers in a little olive oil. Add dressing to pasta salad and serve attractively in a bowl.



RICE SALAD

1 cup old mill rice
2 ½ tsp salt
5 ml turmeric powder
2 cinnamon sticks
1 each green, red and yellow pepper

2 Tbsp raisons
25g butter
2½ tsp olive oil
2½ tsp parsley
1 Tbsp lemon juice
1 bunch watercress

METHOD:

Soak rice in cold water for half an hour. Wash and add to salted boiling water. Sufficient water to cover the rice. Add turmeric powder and cinnamon sticks. Boil until soft and grainy. Strain and pass cold water through colander. Cut peppers in halves. Remove seeds and pips. Cube half of each colour pepper and cut the other half in strips for garnish. Clean and rinse watercress in salted water. Cut into little sprigs. Saute' cubed peppers and raisons in olive oil or butter. Stir in rice and add lemon juice. Rinse a mould and fill in rice. Turn onto a plate. Saute' pepper strips in a little olive oil and use as garnish. Decorate with sprigs of watercress.

SUMMER SALAD

250ml brown rice
75ml sunflower oil
½ green pepper sliced
½ red pepper sliced
1 sprig fresh rosemary chopped
125g small button mushrooms
125ml chopped parsley

30ml freshly squeezed lemon juice
30ml soy sauce
1 small carrot finely grated
60ml sunflower seeds
250ml sprouts
45ml toasted sesame seeds
salt to taste

METHOD:

Cook rice until tender, drain and cool. Heat oil, cook peppers and rosemary for 2 min. Add mushrooms and continue to cook until brown. Remove from pan and leave to cool. Toss all ingredients except sesame seeds together until well combined. Sprinkle with toasted sesame seeds just before serving.

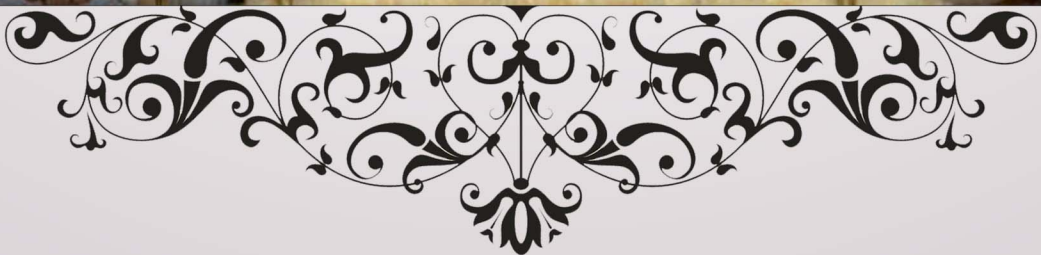
BEETROOT SALAD

10 baby beetroots
1 head of lettuce
dhania (chopped)
1Tbsp sesame seeds

Salt
lemon juice
½ teaspoon mixed herbs
freshly ground black pepper

METHOD:

Wash and grate beetroot. Shred lettuce into little pieces and add to beetroot. Just before serving add dhania, mixed herbs, salt, black pepper and sesame seeds.





STARTERS

MINI PIZZA

Dough:

1 ½ cups brown flour
½ tsp celery seeds (ajwain)
Tap water to make dough

½ tsp salt
½ tsp sesame seeds
1 ½ tsp baking powder

Topping:

Green peppers diced
Baby tomatoes halved
Olives

Pineapples cubed
Mushrooms diced
Paneer cubed

METHOD:

Dough: Mix dry ingredients. Add water and dough well.

Roll dough into mini pizza. Spread tomato sauce. Add topping. Bake at 160° C for 10mins

MARINATED TOFU

250 g cube tofu
5ml jeera powder
5ml dhanian powder
½ cup gram flour

1 Tbsp soy sauce
1 Tbsp worcester sauce
1 tsp lemon juice

METHOD :

Marinate tofu with above ingredients except gram flour for 1 hour. Dip in gram flour and shallow fry to light brown.

Moderation in diet is really wholesome both to the body and mind.

MOONG ROLLS

6 slices whole wheat brown bread
½ cup moong (steamed and drained)
1 green chilli (crushed)
¼ tsp hing
dhania leaves
1 Tbsp thill

¼ tsp salt
½ tsp jeera powder
¼ tsp dhania powder
1 Tbsp olive oil
¼ cup milk

METHOD:

Warm oil and add all the ingredients except bread and dhania leaves. Mix together and simmer for 5 min. Add dhania. Roll bread slices flat with rolling pin. Fill the mixture and roll into Swiss rolls and seal the edges with milk. Brush the top with milk and sprinkle with thill. Grill till golden brown.

SAVOURY KABAABS

1 cup soya mince
1 Tbsp roasted spice
½ cup chopped dhania
1 green chilli crushed
2 potatoes boiled and mashed
Salt to taste
1 tsp mix masala
1 Tbsp soomph

2 Tbsp olive oil
fresh thyme
1 cinnamon stick
1 star aniseed
1 big black elachi
1 small elachi
1 tsp jeera

METHOD :

Steam soya mince with cinnamon stick. Drain and keep aside . Add salt, mix masala and roasted spice .In a non stick frying pan add 1Tbsp olive oil and stir fry. Remove and add greens. Add mashed potatoes to mince. Mix and mould into little balls, drizzle with remaining olive oil and grill till brown. Serve with chutney or sauce as a starter.

Roasted Spice

1 Tbsp soomph	1 tsp jeera
1 big black elachi	1 star aniseed
1 small elachi	

Method:

Roast and grind to a powder.

Excessive food intake buries us in a state of dullness and lethargy.

CALABASH FRITTERS

- | | |
|------------------------------------|-----------------------|
| 1 calabash | 1 bunch dhania |
| 3 green chillies | 1 tsp ginger |
| ½ tsp hing | 2 tsp salt |
| 2 tsp lemon juice | 1 tsp tumeric powder |
| 2 tsp thill | ½ cup chilli bite mix |
| ½ cup cake flour | ½ cup gram flour |
| 1 tsp jeera powder | 2 tsp baking powder |
| 1 cup soya mince (soaked in water) | 1 tsp masala |

METHOD:

Clean and cut calabash. Add calabash, dhania, chillies and crush in a food processor.

Remove calabash mixture and place in a mixing bowl. Add cake flour, gram flour, chilli bite mix, lemon juice, ginger, hing, tumeric powder, baking powder, masala, thill, jeera powder and salt.

Squeeze all water from soya mince and add to the mixture. Mix all items together. Make into small cutlets and fry in non-stick frying pan with little oil until golden brown (like small pancakes). Serve with sauce of your choice.

GREEN VEGETABLE CUTLETS

- | | |
|--|--|
| 10 spinach leaves | ¾ cup peas, shelled, boiled and mashed |
| 2 or 3 potatoes, boiled, peeled and grated | 3 green chillies chopped |
| 1 tsp ginger finely chopped | 2 Tbsp fresh dhania chopped |
| salt to taste | 2 Tbsp corn flour |
| 2 Tbsp quinoa flour | 1 Tbsp maize flour |
| oil for shallow frying | 1 tsp jeera |

METHOD :

Blanch spinach leaves in two cups of salted boiling water for five minutes. Drain, refresh in cold water and squeeze out excess water. Chop finely. Mix spinach, peas, and potatoes. Add green chillies, ginger, jeera, dhania and salt to taste. Add corn flour, quinoa and maize flour for binding. Divide the mixture into twenty four equal portions. Shape each portion into a ball and then press into a flat round shape. Shallow fry in oil until crispy on both sides. Serve hot or cold with any sauce of your choice



Noble people eat only to live, fools live only to eat.

CALABASH PATTY PAN

2 cups semolina
2 cups sour milk
2 cups calabash (grated)
½ tsp baking powder
Sesame seeds

1 Tbsp gram flour
2 Tbsp fresh dhania
¼ cup olive oil
1 cup peas crushed (optional)
Poppy seeds

METHOD:

Pre heat oven to 160°C . Line a baking dish or patty pan tray with oil. Mix all ingredients to form a soft batter. Pour into prepared baking dish or spoon 1Tbsp of batter into patty pan tray. Sprinkle with sesame and poppy seeds. Bake for about 20 minutes and then remove.

Serve with sauce of your choice.



A Spiritual Aspirant has to maintain good physical health, so it is good to be vigilant about food habits.



MAIN COURSE

SOYA CHUNKS CURRY

1 cup soya chunks
biryani mix
2 potatoes or ¼ cabbage
¼ cup leeks
1 tomato
1 cinnamon stick

oil / olive oil
1tsp ginger
curry leaves
dhania
masala

METHOD:

Steam soya chunks with 1 piece of cinnamon stick, until tender and soft. Drain and keep aside. Marinade with ginger, mix masala and a little olive oil and refrigerate for 1 hour. Add a little oil in a non-stick frying pan and fry on low heat till lightly brown. In a separate pot heat a little oil, add leeks, biryani mix and curry leaves. Fry until aromatic. Add marinated soya chunks and cabbage/potatoes and tomatoes and let it cook for about 10 minutes on low heat. Add water and simmer till cabbage/potatoes are cooked. Garnish with dhania and serve with rotis.

MEXICAN RED RICE PULAO

½ cup leeks (finely chopped)
1Tbsp olive oil
1Tbsp butter
1tsp jeera seeds
½ tsp ground green chillies
300g red mexican rice
1 tsp ginger

100g cubed carrots
100g whole corn
650ml vegetable stock (refer to soup section for vegetable stock)
1½ cups steamed broad beans
zest of 1 lemon
1 small bunch of dhania (chopped)

METHOD:

In a saucepan sauté the leeks and ginger in oil and butter over low heat. Increase the heat; add the jeera, chilli, carrot and corn. Cook and stir occasionally until soft.

Cook the rice in a separate pot with the vegetable stock. Simmer, cover and cook on low heat for 15 minutes. Remove from the heat and leave for 5 minutes with the lid on. Add broad beans, carrot, corn mixture, lemon zest and seasoning.

Garnish with chopped coriander.

Serve pulao (hot or cold) with cucumber raitha.

Never eat anything without sharing it with others.

MADUMBE & BHINDI CURRY

500 g madumbe	salt to taste
500 g bhindi	1 tsp brown sugar
½ cup boiled gadra	½ cup leeks (thinly sliced)
2 Tbsp oil	¼ tsp hing
3 green chillies (chopped)	1 Tbsp masala
2 tsp jeera seeds	1 tsp tamarind pulp
1 tsp mustard seeds	chopped mint and curry leaves
2 tsp fenugreek seeds	juice of ½ lemon
1 cup water	

METHOD:

Boil madumbe, peel and slice thickly. Rinse, wipe, remove both ends and slice Bhindi lengthwise. Heat oil, add chillies, spice seeds, leeks and hing. Saute' for 2 minutes. Add bhindi and cook on low heat for 15 minutes. Stir in the masala, madumbe and gadra. Add tamarind water and salt. Cook on moderate heat for 10 minutes until gravy thickens. Season and add rest of the ingredients. Mix Well.

KITCHIRI

1 cup brown basmathi rice	1 elachi
¼ cup moong	2 bayleaves
3 cups boiling water or as needed	½ tsp soomph
2 Tbsp butterghee / 2 Tbsp olive oil	½ tsp jeera
1 tsp tumeric powder	curry leaves
2 cinnamon sticks	dhania (garnish)
	salt to taste

METHOD:

Boil rice and moong with turmeric. Add salt to taste.

Braise : Seperately – Saute' all remaining ingredients in ghee/ oil. Pour over kitchiri and mix. Garnish with dhania.



CAULIFLOWER AND PEAS CURRY

1 cauliflower	2 green chillies
2 medium sized potatoes	1 tsp jeera powder
½ cup leeks (finely chopped)	¼ tsp turmeric powder
1 tomato sliced (seeds and skin removed)	1 tsp garam masala
½ cup green peas(fresh)	½ tsp dhania powder
1 tsp ginger	2 Tbsp olive oil
¼ tsp hing	salt to taste
	dhania leaves

METHOD:

Cut cauliflower and potatoes and wash thoroughly . Heat oil in a pot. Add chillies, ginger, leeks and hing. Fry until light golden brown. Add all the spices, tomato, green peas, cauliflower and potatoes. Add salt. Cook until tender. Garnish with dhania leaves.

BHINDI CURRY

1 cup bhindi	½ tsp garam masala
1Tbsp gram flour	1 tsp jeera
1 red onion (thinly sliced)	¼ tsp tumeric powder
2 chopped green chillies	salt to taste
½ tsp mango powder	2 Tbsp olive oil
½ tsp dhania powder	Few sprigs dhania

METHOD:

Cut bhindi into thin long slices. Grill the bhindi in the oven until crisp and light golden brown. Set fried bhindi aside. Put oil in a pot . Add jeera, green chillies and fry. Add onion and fry until brown. Add gram flour, mango powder and sauté for few minutes. Add Bhindi and remaining ingredients. Mix well. Heat for 2 or 3 minutes and remove. Garnish with dhania leaves.

For healthy life man needs only 1000 calories per Day.

BRINJAL WITH MIXED NUTS

½ kg small brinjal
1 bunch dhanial leaves
2 tsp grated coconut
2 tsp ginger
½ tsp hing powder
1 tsp garam masala

25g mixed nuts
1 tsp dhanial powder
2 green chillies (chopped)
¼ tsp turmeric powder
olive oil as required
salt to taste

METHOD:

Cut each Brinjal into quarters but still joined at the top. Wash with salt water. Grill or fry the brinjals till it becomes crisp. Use the blender to make a paste with nuts and grated coconut. Warm the oil in a pan. Fry paste in the oil until brown. Add garam masala, ginger, hing and dhanial powder. Fry for a minute. Add Turmeric Powder, Chillies and Salt. Add a little water to make thick paste. Add the grilled or fried brinjals. Leave on low heat for 10 minutes. Then serve.

PANEER MAKANI

½ kg paneer cubed
8 big tomatoes (pureed)
1 Tbsp olive oil
1 tsp jeera
½ tsp mustard seeds

curry leaves chopped – puree with tomatoes
2 green chillies
1 tsp salt
1 can coconut cream
few sprigs of dhanial

METHOD:

Saute' mustard seeds in olive oil. Add pureed tomatoe mixture, jeera, salt, paneer, and green chillies. Add coconut cream and garnish with dhanial.



GREEN BANANA KEBAB CHUTNEY

Kebabs

½ doz green bananas
dhania (garnishing)
1 tsp parsley
1 tsp mint
¼ cup spring onion
2 green chillies
1 tsp tumeric powder

1 ½ tsp masala
1 tsp ginger
5 Tbsp gram flour
bread crumbs
½ cup leeks (chopped)
1 tsp jeera seeds
Few sprigs dhania

Chutney

8-10 tomatoes (Pureed)
2 cinnamon sticks
½ tsp jeera

curry leaves
1 green chilli
2 Tbsp vegetable oil

METHOD:

Boil bananas with skin. Peel and grate. Add chopped green chillies, leeks and ginger. Add 3 Tbsp gram flour to make into balls. Make a weak batter with remaining gram flour. Dip Kebabs in batter and coat with bread crumbs. Drizzle with olive oil and grill for 5 minutes.

Heat oil. Add tomatoes and add rest of ingredients to make chutney. Place kebabs in chutney. Simmer for 10 minutes. Garnish with dhania.

BUTTER SOYA CHICKEN

3cm piece ginger, peeled, finely grated
2 tsp ground jeera
2tsp ground coriander
2 crushed green chillies
380g pure vegetarian chik-likes or soya chiclets, trimmed, cut into 3cm pieces

1Tbsp vegetable oil
½ cup leeks thickly sliced
6 tomatoes (pureed)
500g fresh cream
few sprigs of dhania
1 Tbsp garam masala

METHOD:

Place ginger, jeera, coriander, garam masala and chillies in a glass or ceramic dish. Add pure vegetarian chik-likes or soya chiclets. Stir to coat. Cover and Refrigerate for 2 hours. Heat oil in a heavy-based saucepan over medium to high heat. Add leeks and cook, stirring occasionally, for 2 minutes. Add pure vegetarian chik-likes or soya chiclets to pan. Cook, stirring for 5 minutes or until chik-likes or soya chiclets turn brown. Add tomato puree. Cover and bring to a boil. Simmer on low for 10 minutes, till chik-likes or soya chiclets are tender & mixture has thickened slightly. Stir in cream. Simmer for a further 5 minutes. Serve with steamed rice and garnish with dhania.

Food is God

BEETROOT AND CARROT CURRY

3 medium carrots (chopped into strips)
3 medium beetroots (chopped into strips)
½ cup leeks (chopped)
2 Tbsp oil or butter ghee

1 tsp mixed herbs
1 tsp brown sugar or jaggery
1 tsp salt
1 tsp jeera seeds
½ cup water

METHOD:

Saute' leeks and jeera seeds in oil. Add carrots & beetroots. Add mixed herbs, salt and water and cook on low heat for about 15mins. Add sugar or jaggery 5 mins before the curry is done.

KHADI

500 ml maas
250 ml water.
1tsp lemon juice
2 level tsp jeera
salt to taste

¼ cup leeks (chopped)
2 Tbsp gram flour
Bhajia that is already fried
2 Tbsp oil

METHOD:

Mix gram flour and lemon juice to the maas. Braise with oil, leeks and jeera. Add salt and water. Cook till it thickens. Add bhajia to the mixture.



FRIED RICE

1 cup rice	125 g fresh bean sprouts
2 cups water	¼ cup chopped almonds
7 Tbsp sesame oil	2 tsp salt
⅓ cup chopped tofu	1 Tbsp soy sauce
½ cup bamboo shoots	1 tsp ginger
1 medium carrot (coarsely grated)	¼ tsp hing
1 small baby marrow	1 Tbsp ground coriander
2 stalks celery	1 cup thinly sliced cabbage

METHOD:

In saucepan heat 1 Tbsp sesame oil, add rice, fry for 30 seconds. Add water and ½ tsp salt and bring to a boil. Cover and cook on low heat for 18 minutes. Set aside. In skillet, heat 4 Tbsp sesame oil, grated ginger and hing. Add carrots, baby marrow, bamboo shoots and celery. Cover and fry for 10 minutes. Add cabbage, fry for 5 minutes uncovered. Stir in soy sauce. Empty vegetables into bowl. In skillet heat remaining 2 Tbsp sesame oil and add chopped almonds and tofu and fry for 1 minute. Add rice and fry for 2 minutes on high heat. Sprinkle with ground coriander and remaining salt. Add to vegetables and stir gently.

SPICY VEGETABLES

15 ml olive oil	6 patty pans (quartered)
2 pieces ginger (chopped)	4 carrots (diced)
10ml ground jeera	8 tomatoes (grated)
10ml ground paprika	½ cup butter beans (boiled)
5ml ground coriander	50 ml dhanias or parsley (freshly chopped)
6 baby marrow (sliced)	

METHOD:

Heat the oil in a pot. Add ginger and spices. Add the vegetables and tomatoes and cook for 10 minutes. Stir in the beans and coriander. Cook for further 10 minutes. Season to taste. Serve with brown rice (add some lentils in the rice) or serve with brown roti or health bread.

*The sathwic Diet enables the spiritual aspirant to apprehend the
omnipresent reality of Divinity*

ROASTED VEGETABLE AND PANEER RICE DISH

1 ½ cups brown basmati rice
2 sweetcorn removed from the cob
2 peppers (red and yellow)
½ butternut
2 carrots
½ tsp turmeric powder
salt to taste

1 punnet white mushrooms
3 chillies
2 sweet potatoes
1 cup cubed paneer
Oil
dried mixed herbs
masala

METHOD:

Boil the rice with ½ teaspoon turmeric powder, strain, add salt for taste and leave aside. Chop all the vegetables into cubes. Place all the vegetables into an oven tray with ½ cup of water. Drizzle with oil and sprinkle with mixed herbs. Bake at 160° C for 30 minutes. Once ready, sprinkle salt over the vegetables for taste. Heat 2 tablespoons of oil in a frying pan. Rub masala and salt onto the paneer cubes and place into the frying pan. Stir fry for 4 minutes and remove from heat. Add vegetables and paneer to rice.

SPINACH AND PANEER

1 pkt baby spinach
2 green chillies
½ tsp mustard seeds
½ tsp jeera

½ tomato
olive oil
250 g paneer cubes
salt to taste

METHOD:

Cut and wash spinach, then leave aside to dry. Pour olive oil into the pot, just enough to cover the base. Add all the spices and tomato into the oil and fry. Add spinach and salt. When the spinach is half cooked, add paneer cubes. Allow to cook. Do not allow spinach to overcook or to get watery. Do not add water to spinach as spinach has its own water.



FRIED RICE

1 cup rice	125 g fresh bean sprouts
2 cups water	¼ cup chopped almonds
7 Tbsp sesame oil	2 tsp salt
⅓ cup chopped tofu	1 Tbsp soy sauce
½ cup bamboo shoots	1 tsp ginger
1 medium carrot (coarsely grated)	¼ tsp hing
1 small baby marrow	1 Tbsp ground coriander
2 stalks celery	1 cup thinly sliced cabbage

METHOD:

In saucepan heat 1 Tbsp sesame oil, add rice, fry for 30 seconds. Add water and ½ tsp salt and bring to a boil. Cover and cook on low heat for 18 minutes. Set aside. In skillet, heat 4 Tbsp sesame oil, grated ginger and hing. Add carrots, baby marrow, bamboo shoots and celery. Cover and fry for 10 minutes. Add cabbage, fry for 5 minutes uncovered. Stir in soy sauce. Empty vegetables into bowl. In skillet heat remaining 2 Tbsp sesame oil and add chopped almonds and tofu and fry for 1 minute. Add rice and fry for 2 minutes on high heat. Sprinkle with ground coriander and remaining salt. Add to vegetables and stir gently.

SPICY VEGETABLES

15 ml olive oil	6 patty pans (quartered)
2 pieces ginger (chopped)	4 carrots (diced)
10ml ground jeera	8 tomatoes (grated)
10ml ground paprika	½ cup butter beans (boiled)
5ml ground coriander	50 ml dhanias or parsley (freshly chopped)
6 baby marrow (sliced)	

METHOD:

Heat the oil in a pot. Add ginger and spices. Add the vegetables and tomatoes and cook for 10 minutes. Stir in the beans and coriander. Cook for further 10 minutes. Season to taste. Serve with brown rice (add some lentils in the rice) or serve with brown roti or health bread.

*The sathwic Diet enables the spiritual aspirant to apprehend the
omnipresent reality of Divinity*

VEGETABLE BIRYANI

4 Tbsp oil	¼ cup leeks (chopped)
1 cup partially cooked Basmati rice	2 potatoes
2 cinnamon sticks	2 green chillies
1 clove	Few sprigs of mint, thyme, dhania , curry leaves (liquidise)
12 green beans (chopped)	Tumeric as required
½ cup gadra beans	1 Tbsp. ginger
½ cup double beans	Salt to taste
1 carrot (chopped)	1½Tbsp masala
½ cup parboiled lentils	1 Tbsp biryani mix
50g butter	

METHOD:

Parboil rice with cinnamon, clove and salt. Drain in colander. Marinate vegetables with masala, turmeric, ground ginger, chillies, mint mixture and salt to taste. Heat oil and fry leeks until light brown . Remove from oil. Cube potatoes into fours and roast (mixed with salt and masala).Add biryani mix and marinated veg to oil. Add 1 cup water and allow to simmer. When par-cooked, layer with potatoes and rice. Make hollow in rice and vegetables and add ½ cup water (in total) in three places. Garnish with butter, dhania, mint and fried leeks. Bake in oven for 20 minutes at 180°C





SEVA BULK COOKING

SOYA AND DHALL

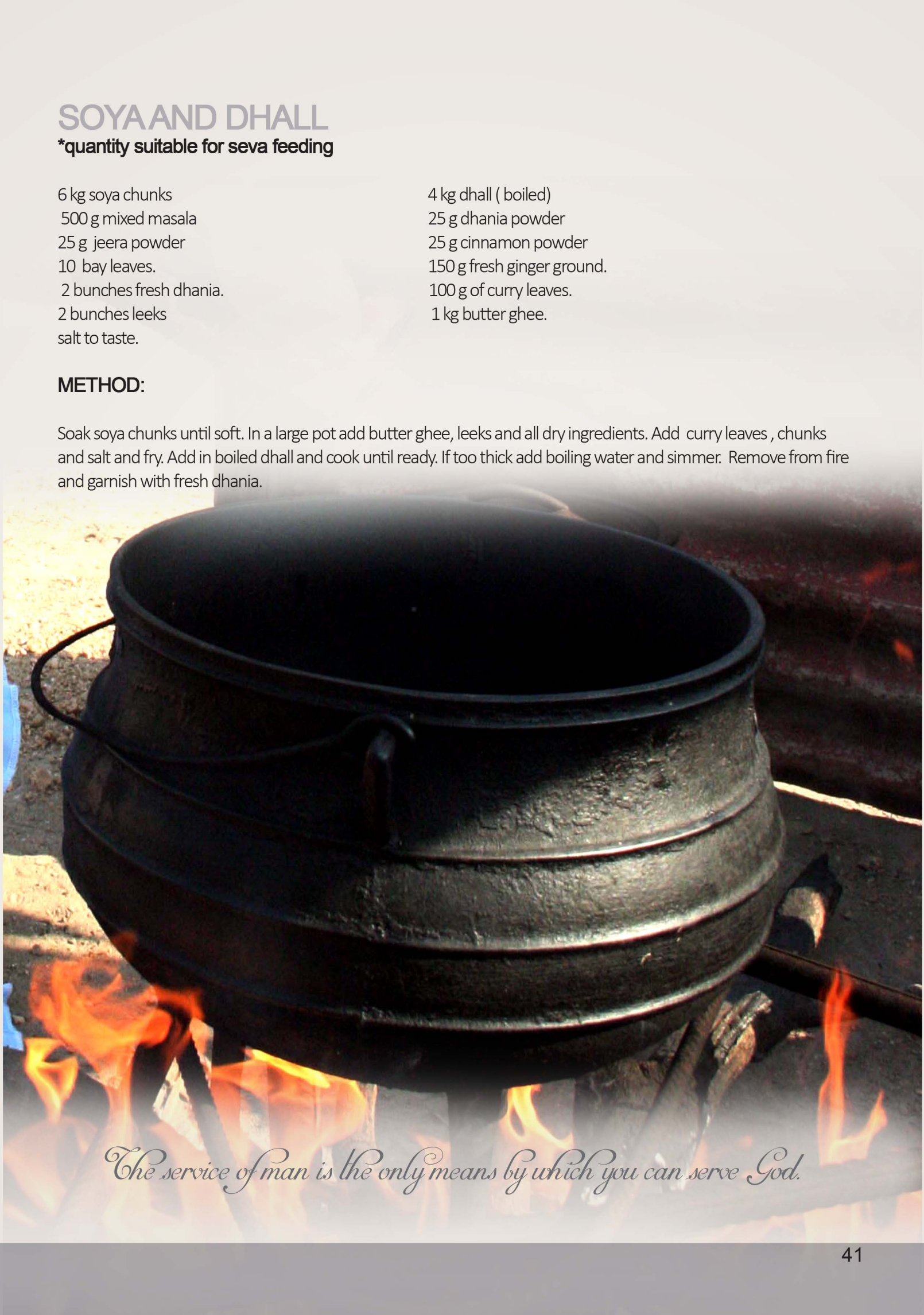
***quantity suitable for seva feeding**

6 kg soya chunks
500 g mixed masala
25 g jeera powder
10 bay leaves.
2 bunches fresh dhanias.
2 bunches leeks
salt to taste.

4 kg dhal (boiled)
25 g dhanias powder
25 g cinnamon powder
150 g fresh ginger ground.
100 g of curry leaves.
1 kg butter ghee.

METHOD:

Soak soya chunks until soft. In a large pot add butter ghee, leeks and all dry ingredients. Add curry leaves, chunks and salt and fry. Add in boiled dhal and cook until ready. If too thick add boiling water and simmer. Remove from fire and garnish with fresh dhanias.



The service of man is the only means by which you can serve God.

VEGETABLE BIRYANI

*Serves 200 People

3 litre oil	10 kg aunt caroline rice
2 kg masoor dhall	600 g rough salt
100 g whole biryani mix	400 g special mix masala- medium
10 g methi seeds	10 g mustard seeds
10 g jeera seeds	10 g clove
100 g green chillies	300 g ground ginger
15 kg potatoes	2 kg sweet corn
2 x 500 g butter	2 litre maas
100 g dhanial powder and jeera powder	25 g curry leaves
2 bunch thyme	2 bunch dhanial
2 bunch mint	4 kg carrot
4 kg green beans	4 kg double beans
4 kg peas	4 kg gadra beans
1 kg jam tomatoes	50 g elachi powder

METHOD:

Soak rice and masoor dhall for 1 hour. Pour 3L oil into pot. Add breyani mix, methi seeds, mustard seeds, cloves and jeera seeds into pot. Add Vegetables and Maas into pot. Allow vegetables to cook on low heat for about 30 minutes until vegetables are almost soft. Add masala, dhanial and jeera powder and stir. Pour 22 litres of water into pot. Add potatoes, salt and ginger. When potatoes are $\frac{3}{4}$ done (almost soft), add curry leaves, dhanial, thyme, mint, green chillies, tomatoes, elachi powder. Add rice with masoor dhall. Stir gently. Once rice is soft remove wood from fire. Add butter. Put charcoal over lid of pot. Remove lid after 30 minutes.

10 Bundles of wood for cooking

Fast one Day in the week. This is good for the body as well as for the country



STIR FRIES

TOFU VEGETABLE STIR FRY

3 Tbsp sunflower oil	100g snap peas
250g firm tofu, drained and cut into rectangular shapes	100g baby corn cobs chopped
5cm piece ginger, cut into strips	2 stalk celery(chopped)
2 medium carrots cut into strips	4 tsp chopped dhania
100g green beans	2 tsp rice vinegar
200g green, red and yellow peppers (sliced)	½ tsp soy sauce
½ cup leeks (chopped)	2 green chillies (chopped) (optional)
	½ tsp sesame oil

METHOD:

Heat a wok or deep frying pan over high heat. Add 1 Tbsp of sunflower oil and the tofu and stir fry for 1 minute. Tip onto a plate and set aside. Add the remaining oil to the wok or frying pan with the ginger, carrot and green beans and stir fry for 3 minutes until just tender. Add the peppers, leeks, corn cobs and snap peas, celery and stir fry for 1 minute. Return the tofu to the pan with soy sauce, rice vinegar, sesame oil and green chillies, and toss for 1 minute. Serve with brown rice.

QUINOA AND VEGETABLE STIR-FRY

1 cup pre-rinsed quinoa	½ cup peas
2 cups vegetable soup as per recipe book	salt to taste
1 Tbsp. olive oil	2 Tbsp soy sauce
1 tsp sesame seed oil	handful of mixed seeds
1 cup finely diced carrots	¼ cup leeks minced
(can also add more vegetables according to your taste)	

METHOD:

In a saucepan add quinoa and vegetable soup. Cover and bring to boil and reduce heat to simmer. Cook until liquid has been absorbed for about 15 minutes. Remove from heat and allow to cool. In another saucepan heat oil on low heat. Add carrots and leeks . Cover and cook till tender for about 8 minutes. Add quinoa and peas. Cook for 5 to 6 minutes. Add salt, mixed seeds and soy sauce and cook for one minute.

Too much milk is bad. It is rajasic. Similarly too much yogurt becomes thamasic.

ORIENTAL STIR FRY

(as per quantities required)
green, yellow, red pepper,
mushrooms
sun dried tomatoes
celery and carrots
sprouts
cabbage/chinese cabbage
pine kernels

Seasoning:
olive oil/butter
fresh black pepper corns
salt/chilli
fresh thyme
vinegar
mixed herbs
soy sauce
lemon juice

METHOD:

Chop all ingredients into large pieces. Saute' on high heat, in olive or butter on skottel (or wok). When partially done, add a dash of soy sauce and all the seasoning to taste. Do not overcook. Serve hot. To accompany: braai soya sausages serve with rolls and salads.

CHINESE STIR FRIED VEGETABLES

noodles or rice of your choice
2 Tbsp sunflower oil
1 bunch spring onions chopped
225g snap peas trimmed
225g broccoli, cut into florets

1 yellow pepper, deseeded and thinly sliced
225g baby sweet corn, halved lengthways
2 ½ cm piece fresh root ginger, peeled and finely chopped
1 tsp sunflower seeds
1 Tbsp sesame oil
1 Tbsp sesame seeds

METHOD:

Heat the sunflower oil in a wok or pan, add all the vegetables and stir-fry for 1 minute. Stir in the ginger and stir-fry for a further 3 minutes. Sprinkle the sunflower seeds over. Cook rice or noodles of your choice and add directly. Mix in the sesame oil and sprinkle the sesame seeds over. Serve hot.



SWEET CHILLI AND CASHEW NOODLE STIR FRY

15ml sesame (or sunflower) oil
1 piece of freshly ground ginger
125ml baby corn, halved lengthways
200g snap peas
1 red pepper- finely sliced

100g cashew nuts, toasted
100g small button mushrooms, halved
300g cooked Chinese noodles (eggless)
60ml sweet chilli sauce

METHOD:

Heat the oil on high heat in a wok or large frying pan. Stir-fry ginger for 1 minute. Add baby corn, snap peas, peppers, cashew nuts and mushrooms, and stir-fry for 4-5 minutes. Add noodles and chilli sauce and stir-fry for a further 2 minutes. Season to taste and serve immediately.





BAKES

ROASTED MIX VEGETABLES BAKE

1 butternut cubed	2 sweet potatoes cubed
6 baby marrows (cut into 4's)	1 tray baby corn
1 head broccoli	2 large beetroots (cleaned & cut into cubes)
1 tray mushrooms	2 tsp parsley (fresh)
½ tsp basil (fresh)	few sprigs mint
1 tsp thyme	1 tsp black pepper
1 tsp honey or molasses	olive oil as required
1 cup of couscous	

METHOD:

Mix all ingredients except couscous. Add to vegetables and toss. Place onto baking tray. Bake at 150°C for 45 minutes. Soak Couscous in 2 cups of boiling water for 1 minute. Separate with a fork and add to baked vegetables.

BAKED CALABASH

1 large calabash (sliced in circles and peeled)	2 tsp mixed herbs
1 Tbsp olive oil	250 ml fresh cream (low fat)
1 tsp salt	

METHOD :

Blanch calabash into boiled water. Place on baking dish or casserole dish. Sprinkle mixed herbs and salt over. Drizzle with olive oil. Pour low fat fresh cream over. Bake in oven at 160° C for about 40 minutes.

Food offered to God is free from the evil vibrations that injure the individual in subtle ways.

SPINACH & CREPE CASSEROLE

2 bunch spinach	1 onion (chopped)
5 ml jeera	2 Tbsp melted ghee
2 Tbsp butter	500 ml milk
360 ml flour	5 ml salt
3 Tbsp bread crumbs	

METHOD:

CREPES

Mix together: 250 ml flour, 150 ml water, 1 Tbsp melted ghee and 5ml salt

WHITE SAUCE

Mix 300ml milk, 2 Tbsp Butter and 100ml flour. Bring milk to boil. Make flour into a weak paste. Add to milk and stir continuously. Clean, chop and rinse spinach (drain well). Sauté jeera and onion in 1 Tbsp ghee. Add in spinach and cook till water dries up. Add 200 ml milk and 1 Tbsp flour and allow it to cook till thick and saucy. Make thin crepe in non-stick frying pan. Spoon spinach onto crepe and make into a roll, 1 at a time. Place crepe rolls onto casserole pie dish. Cover with white sauce. Sprinkle bread crumbs on top. Grill till crumbs turn brown.

KARELA BAKE

3 large karela	1 Tbsp tamarind pulp
¼ cup leeks (chopped)	Salt to taste
2 green chillies	2 Tbsp chilli bite mix
¼ tsp turmeric powder	dhania leaves
1 Tbsp olive oil	

METHOD :

Scrape roughly the outer skin of karela. Slit length wise, Scoop out pulp and keep aside.

FILLING

Grind balance of ingredients together. Mixture must be thick and add scooped out pulp to the mixture. Put mixture into the slit karela and steam. Brush with olive oil. Bake for 20-25 minutes at 180°C until golden brown.

*Do not take more than you can eat and waste the rest because
wasting food is a great sin.*

BRINJAL AND POTATO BAKE

1 kg potatoes, peeled and sliced
250 g mushrooms
5 ml-dried oreganum

2 brinjals, sliced, salted and drained
1 red and green pepper
250 ml cream

METHOD:

Layer the sliced potatoes, brinjal, mushrooms and peppers in a greased ovenproof dish. Mix the oreganum with the fresh cream and pour over the layered slices. Bake in preheated oven for 30-40 minutes or until potatoes are tender. Garnish with fresh oreganum and Serve hot.

POTATO AND BEAN PIE

2 cups boiled sugar beans
1 tomato diced
½ cup green beans, chopped
1 red onion chopped
Ground pepper to taste
5 tsp cornflour
4 tsp butter melted

1 carrot sliced
1 cup cabbage, shredded
½ cup baby marrows, sliced
5 ml mixed herbs
1 cup Vegetable stock
10 baby potatoes cooked

METHOD :

Preheat oven to 180°C. Combine the beans, vegetables and seasoning and place the mixture in an ovenproof dish. Mix the corn flour into the stock and pour over the vegetable and beans. Slice the potatoes and arrange the slices in a layer on top of the beans mixture. Pour the butter over evenly so all the potatoes are greased. Cover and bake for 45 minutes. Remove the lid and bake for another 15 minutes to brown the potatoes. Serve hot with a green salad.

(For Vegetable stock see section on sauces)

Food should not be too salty, too hot, too bitter, too sweet or too sour



ROASTED MIX VEGETABLES BAKE

125 g brown rice
6 spring onions sliced
50 g sultanas
pinch of ground coriander
½ tsp mix herbs

2 plum tomatoes, finely chopped
1 apple cored and cubed
50 g pistachio nuts
3 red, green or yellow peppers
salt to taste

METHOD:

Preheat oven to 190°C. Cut peppers in half lengthways, deseed and core. Cook the rice for 20 minutes. Mix the tomatoes, spring onions, apples, sultanas, pistachio nuts, coriander and seasoning together. Mix the cooked rice with the nuts and fruit mixture and spoon into the pepper shells. Cook for 30 minutes. Serve hot or cold with a watercress, cucumber and fresh coriander salad.

SOYA MINCE COTTAGE PIE

500 g soya mince
4-6 potatoes
¼ tsp hing
4 Tbsp oil
2 tsp curry powder
2 cinnamon sticks
star aniseed

⅓ cup leeks (chopped)
2 tsp ginger
2 Tbsp milk
salt to taste
½ tsp turmeric powder
bay leaves
2 Tbsp butter

METHOD :

Boil soya mince with cinnamon sticks. Strain. Braise mince in a pot with leeks, ginger, hing, spices and salt to taste. Boil potatoes and make a mash. Add salt, butter and a little milk. Set aside. Preheat the oven to 180°C. In a square oven casserole, set mince and press with fork, add mash potatoes on the top. Brush with milk and bake till light brown. Serve with steamed vegetables.



The tongue should be only engaged in speaking the truth, in speaking sweetly and in consuming what is pleasant and wholesome for the body.



ROTIS & BREADS

MEALIE MEAL ROTI

3 cups of mealie meal
4 cups of water
Salt (optional)

2 Tbps Oil (optional)
Cake flour as required

METHOD:

Bring water to boil with oil. Add mealie meal to water. Mix until mealie meal forms into a thick mixture (looks like puttu). Remove and place into a dish. Add enough cake flour to make a firm but soft dough. Break portions and roll out rotis. Cook on medium heat griddle turning until cooked.

DHALL ROTI

1 cup gram dhal
1 Tbps jeera
Few sprigs of dhania
ground hing
salt to taste

1 tsp turmeric powder
3 cups of cake flour
3 Tbsp semi solid butter/ butter ghee
boiling water

METHOD :

Boil dhal with turmeric, salt and hing until firm but breaks. Strain and grind until smooth. Roast jeera and grind. Heat 1 Tbsp Ghee in a pot, add jeera and braise dhal. Add dhania to dhal.

MIX DOUGH:

Add butter/ghee and boiling water to flour and make a dough. Break into small portions, flatten, fill dhal, bring sides to centre to seal and flatten. Roll out with a rolling pin. Toast on medium heat on griddle, adding a little ghee on both sides.

METHI ROTI

225 g brown flour
1 tbsp salt
1 bunch fresh methi leaves (finely chopped)
ghee for cooking

1 tsp jeera seeds
2 tbsp chopped dhania leaves
150 ml plain yogurt

METHOD :

Place all ingredients into a large mixing bowl. Add the yogurt and knead lightly into a soft dough. If needed, add water. Divide into 6 to 8 portions. Roll out each into a roti of about 15cm. Grease a heavy based frying pan or griddle. Cook roti with ghee, turning just once.

*The only ache people have nowadays is ache in the stomach due to
over eating and lack of exercise.*

CABBAGE AND PANEER PARATHA

DOUGH

1 ½ cups brown flour
½ tsp salt
1 tbsp oil
ghee for cooking

STUFFING

1 ½ cups grated cabbage
¾ cup crumbled paneer
2 tbsp chopped dhania leaves
salt to taste

METHOD:

DOUGH:

Add oil to flour and mix. Add enough water to make a soft dough. Knead well for 3 to 4 minutes.

STUFFING:

Sprinkle salt over the cabbage and set aside. After 10 minutes, squeeze out excess water. Add paneer, dhania and salt and mix well.

TO MAKE:

Divide the dough into 10 portions. Roll out each portion of the dough into a roti of 100 mm diameter with the help of a little flour. Spread a little stuffing on one roti and cover with another roti. Press the sides well. Cook on a hot tawa (griddle) on both sides using a little ghee

PANEER AND SPINACH PARATHAS

DOUGH

1 ½ cups plain flour (maida)
1 ½ cups whole wheat flour
2 cups chopped spinach
½ tsp lemon juice
1 tsp salt
2 tbsp ghee

STUFFING

1 cup crumbled paneer
1 cup grated cauliflower
2 tbsp chopped dhania
2 Tbsp water
Ghee for cooking

METHOD :

Blend spinach, lemon juice and 2 tablespoons of water in a liquidizer. Sift flour with salt. Add ghee and mix well. Add spinach mixture and make a semi-soft dough by adding enough water. Divide the dough into 6 portions. Roll out one portion of the dough. Put about 2 teaspoons of the stuffing in the centre and seal the edges. Roll out again into a thick paratha. Cook on a hot tawa (griddle) on both sides using a little butter. Repeat with remaining dough and mixture. Serve hot with fresh curds.

What is offered to God is totally free from all defects and imperfections

HEALTH BREAD

2 cups nutty wheat flour
2 cups snowflake digestive bran
2 cups soya milk or sour milk
¼ cup olive oil

1 ½ cups brown sugar
4 tsp lemon juice, if using soya milk
2 tsp bicarbonate of soda
Pinch of salt

METHOD:

Combine all dry ingredients in a bowl and mix well. In a separate pan, heat milk, oil and sugar on low heat until sugar dissolves. When cool, stir in dry ingredients and mix well.

Fill in a greased and lined loaf pan and bake in preheated oven at 160°C until well risen and golden brown. Cover with foil and allow to cool.

NAAN ROTI

1 cup brown flour
½ tsp plain yogurt
½ tsp instant yeast

Salt to taste
Tap water to make stiff dough

METHOD :

Combine all the ingredients and knead, make into small balls. Lightly roll. Leave to prove for 1 hr. Roll to desired size. Toast on griddle with both sides brushed with butter / butter ghee

BROWN ROTI

2 cups brown flour
pinch of salt

¼ cup oil
boiling water

METHOD :

Add flour, salt and oil in mixing bowl. Then add your boiling water, as required, to make into a dough. Makes approximately 12 rotis.



The greatest fear man can have is the fear of losing God's Love.

BREAD

4 cups flour	1 tsp salt
1 pkt instant yeast	½ cup water (warm)
2 Tbsp sugar	½ cup milk (warm)
2 Tbsp ghee	

METHOD:

Mix the dry ingredients together. Mix milk and water – which must be lukewarm, with the ghee. Make a soft dough. Allow to rise (½ an hour to an hour) – to rise to double its size. Knead again .Pack into two small loaf tins or one big tin . Bake at 180°C for ½ an hour-till golden brown.

HEALTH SEED BREAD

500 ml yoghurt	125 ml sunflower seeds
30 ml honey	60 ml sesame seeds
10 ml bicarbonate of soda	60 ml linseed
750 ml nutty wheat flour	5 ml salt

METHOD :

Mix yoghurt, honey and bicarbonate of soda together. Mix remaining ingredients in a bowl, then add yoghurt mixture and mix well. Pour into a greased loaf pan and bake at 180°C for 1 hour.

HEALTH LOAF

3 cups nutty wheat flour	1 cup high fibre bran
½ tsp salt	3 ½ Tbsp brown sugar
1 tsp bicarbonate of soda	500 ml buttermilk
¼ cup raisins	

METHOD :

Mix all the ingredients together. Place mixture into a well-greased loaf tin and bake at 180°C for 45 minutes.



Too much food results in Dullness of mind.



S AVOURIES

KACHORI

5 cups of flour
½ cup digestive bran
500 g paneer
oil for deep frying
masala (as required)

1 cup brown flour
½ kg corn
250 g butter
1 bunch dhania

METHOD:

Mix butter, digestive bran and flour together until crumb like texture forms. Use enough water to make a stiff dough. Leave in a plastic packet for a while. Take little portions of dough and roll out roti the size of a side plate. Cut roti in half, fold over, put in filling and seal sides. Deep fry in oil.

FILLING

Fry corn with a little masala. Add crumbed paneer and garnish with dhania.

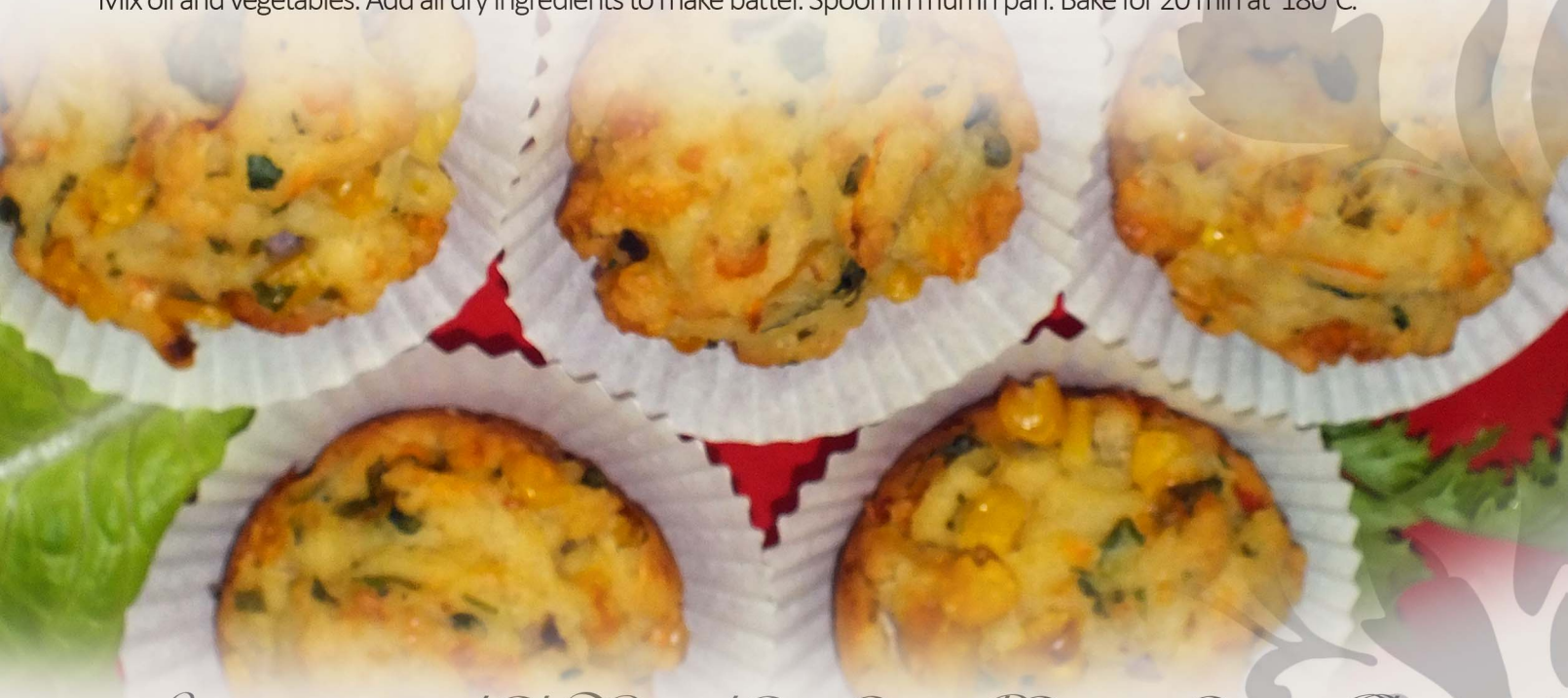
SAVORY MUFFINS

1 ½ cup flour
¼ cup sugar
1 tsp salt
6 Tbsp oil
chopped dhania
½ cup leeks (chopped)

½ cup milk
½ cup semolina
2 tsp baking powder
½ cup grated carrots
1 cup sweet corn

METHOD :

Mix oil and vegetables. Add all dry ingredients to make batter. Spoon in muffin pan. Bake for 20 min at 180°C.



*Every experience that is drawn through any of the senses has an effect
on one's health.*

PATHA SQUARES

1 bunch chard – chop up fine

Mix the following in a bowl:

2 cups gram flour / pea flour
1 cup flour
½ cup yoghurt
1 level Tbsp sugar
2 tsp dhania powder
2 tsp jeera powder
1 tsp chilli powder
½ tsp black pepper powder
½ cup mielie meal
3 tsp salt

Liquidise:

1 big tomato
½ cup leeks (chopped)
3 green chillies
65 g tamarind-strain and remove pulp mix with
½ cup vinegar.
3 ripe bananas
1 bunch dhania

METHOD:

Mix the liquid into the dry ingredients with the chopped chard. (Must be like a sponge cake mixture). Grease a cake tin well and pour in the mixture. Flatten and drizzle with oil. Bake at 180° C till lightly brown. Cut into squares and set aside. Can be used for pies or can be lightly fried and used in a chutney or curry.

METHI LAGAN

1 x can cream style sweet corn (410 gram)
3-4 bunches methi herbs
½ cup chopped dhania
1 or 2 chopped chillies
½ cup sour milk (maas)
½ cup semolina
1 tsp fruit salt

½ cup gram flour
½ cup oil
¼ tsp tumeric powder (optional)
salt to taste
1 tsp sugar
2 tsp baking powder
½ cup leeks (finely chopped)
Thill to sprinkle

METHOD :

Combine all the above ingredients and mix well. Pour into greased baking tin or casserole. Sprinkle thill. Set oven temperature at 180°C. Bake for about ± 45 minutes. Remove from oven – when cool, cut into squares.

VARIATION:

In place of methi herbs – you can use the following : ½ cup chopped cabbage or ½ cup grated potato or ½ cup grated carrot

Discipline is the mark of intelligent living.

SOYA FISH FINGERS

1 soya fish	1 bunch spring onion
2 tsp thyme	2 green chillies
2 tsp dhania	5 Tbsp gram flour
2 tsp parsley	5 ml salt
2 tsp mint	½ cup leeks (chopped)
250 g bread crumbs	

COATING:

2 Tbsp gram flour (made into weak batter with ½ cup water) 250 g bread crumbs.

METHOD:

Peel seaweed covering from soya fish and with a fork shred. Add all the chopped greens , leeks and chillies . Add gram flour and salt. Mix well.(Will be a bit sticky.) Shape into fingers or cake. Dip into weak batter and coat with bread crumbs. Freeze (before baking). Place on baking tray while still frozen. Bake at 180°C. Bake for 12 – 15 min or till golden brown.

MOONG DHAL DOSA (SAVOURY PANCAKE)

For Dosa Batter :

2 cups green moong dhal
1 or more chilli (chopped)
½ inch ginger (chopped)
½ cup leeks chopped
½ cup dhania (chopped)

Other Ingredients:

few curry leaves
1 tsp jeera
4 Tbsp freshly grated coconut
salt to taste
oil/ghee

METHOD :

BATTER: Clean and rinse the moong dhal. Soak the moong dhal overnight in enough water. Drain and add the moong dhal with the rest of the ingredients. Add some water and grind into a smooth batter. Place the batter in a bowl. Add all other ingredients and mix well. On a non – stick pan, smear a little oil/ghee. With a ladle, pour the moong batter into a round shape (like a pancake). Place a drop of ghee/oil on the side and in the centre of the dosa. Flip after 3 minutes and cook the other side, until crisp and lightly brown. Serve the dosa with a choice of chutney

Note : Eat while it is hot.

BENEFITS :

Low in fat, No cholesterol, Low in sugar,
High in fibre, protein
and carbohydrates

A man's well-being depends upon his degree of contentment.



BRAAIS

SOYA BURGER PATTY

2 cups soaked soya mince
1 cup freshly ground breadcrumbs
salt to taste
1 tsp mixed masala
oil for frying/ baking

½ cup dhania
2 tsp ginger paste
3 tsp corn flour
¼ cup cake flour

METHOD:

Squeeze all the water out of the Soya mince. Put half the amount of Soya mince in the processor and grind till almost fine. Add the rest of the mince to it. Mix with the rest of the ingredients except corn flour. Add a little water to the corn flour to make into a thick paste. Add to the mixture. Form little patties. Dip into dry cake flour. Fry in shallow medium oil or brush with oil and bake in a greased pan at a 180°C for 10-15 minutes or until done.

STIR-FRIED BEANSPROUTS

1 Tbsp olive oil
1 tsp fresh ginger
1 small carrot, cut into thin strips
½ cup drained, canned bamboo shoots,
cut into thin strips.

1 Tbsp soy sauce
½ tsp sesame oil
fresh ground black pepper
6 cups bean sprouts

METHOD :

Heat oil in wok or pan. Add chopped ginger and stir-fry for a few minutes. Add the carrots and bamboo shoot strips to the pan and stir-fry for a few minutes. Add the bean sprouts and season with black pepper. Toss the bean sprouts over the heat with the other vegetables for about 3 minutes until hot. Sprinkle over soy sauce and sesame oil. Toss and serve immediately.



Each man carries his destiny in his own hands.

SPRING VEGETABLE STIR-FRY

1 Tbsp oil
1 tsp toasted sesame oil
1 piece fresh root ginger, finely chopped
 $\frac{3}{4}$ cup baby carrots
2 cups broccoli florets
salt and pepper to taste
optional – rice / noodles

$\frac{1}{3}$ cup asparagus tips
2 spring onions cut diagonal
1 $\frac{1}{2}$ cups spring greens finely shredded
2 Tbsp soy sauce
1 Tbsp freshly squeezed apple juice
1 Tbsp sesame seeds roasted

METHOD:

Heat oil and sesame oil in wok or pan and reduce heat. Add chopped baby carrots, broccoli, ginger and asparagus tips to the pan and stir-fry. Cook for few minutes. Add spring onions and spring greens and stir-fry for 2 minutes. Add the soy sauce and apple juice and cook for further 1-2 minutes until vegetables are tender, adding a little water if they appear to be dry. Spoon the vegetables into warmed serving dish and sprinkle with sesame seeds. Serve with rice or noodles of your choice.

HERBED VEGETABLE KEBAABS

16 baby potatoes washed and parboiled
1 red pepper cubed
3 baby marrow, thickly sliced
100 g baby corns, halved
8 patty pans

40 ml olive oil
25 ml freshly chopped parsley
40 ml freshly chopped basil
30 ml lemon juice
salt and pepper for seasoning

METHOD :

Thread the vegetables onto 12 kebab sticks. Brush with half the oil. Grill over medium coals on the fire, turning occasionally. Mix together the remaining oil, herbs and lemon juice. Brush half the mixture onto the kebabs after they have been cooking for about five minutes. Once vegetables are charred and cooked, remove from the grill and brush with remaining herb mixture. Season with salt and pepper and serve.



STIR FRIED CHUNKY STRIPS WITH CASHEWS

3 cups tofu
8 stems of spring onions
2 tsp sesame oil
2 tsp vegetable oil
3 small chilli peppers, finely sliced
1 red pepper, sliced
dhania for garnishing

1 Tbsp soy sauce
2 tsp honey
¼ cup roasted cashew nuts
½ Tbsp lemon or lime zest
½ Tbsp lemon or lime juice
1 cup bean sprouts

METHOD:

Heat a wok and add the oil. Add spring onion and stir-fry for few minutes. Add the tofu then the chilli peppers and fry for 1 minute. Add the red pepper, Soy sauce, honey and cashew nuts. Stir-fry for a few minutes and then add grated zest, lemon juice and bean sprouts. Stir-fry rapidly for 30 seconds. Scatter with dhania and serve with rice.

CHILLI BUTTER CORN

4 fresh corns on the cob
50g butter melted

½ tsp minced fresh chilli
2 tsp fresh parsley, chopped

METHOD :

Cook corn in boiling salted water for 5 minutes. Drain. Stir together remaining ingredients and season. Baste corn-cobs with the butter and braai for about 5-7 minutes, turning and basting all the time. Drizzle with left over butter and serve hot.

LAVENDER & ROSEMARY POTATO POCKET

450 g small potatoes
2 tsp fresh rosemary, roughly chopped
1 tsp fresh lavender leaves, roughly chopped

2 Tbsp olive oil
25 g butter
Salt to taste

METHOD :

Cook potatoes in boiling salted water until just tender. Sprinkle rosemary, and lavender over each one. Drizzle with olive oil, dot with butter and wrap in foil. Braai for 15-20 minutes, turning occasionally. Serve hot or cold.

The benefits of mild fasting are many.



LUNCH BOXES

ENERGY BALLS

½ cup sunflower seeds
½ cup dessicated coconut
¼ cups almonds
¼ cup cashew nuts

¼ cup sesame seeds
¼ cup soaked sultanas
6 whole dates (remove seeds)
juice of 3 oranges

METHOD:

Grind all the nuts and seeds together. Transfer the mixture into a blender. Add the sultanas, dates and ½ the orange juice. Liquidize. Add more orange juice until mixture is fine, yet easy enough to roll into balls. Finally roll balls in desiccated coconut. Serve.

DIVINE DATE DELIGHT

Whole dates or 1 block pitted dates
2 Tbsp mixed seeds (sunflower, pumpkin thill, linseed etc)
Honey

2 Tbsp mixed nuts (almonds, pistachio, walnut, macadamian etc)
Essence of choice ie, rose, elachi, almond etc

METHOD :

Slice dates into halves, remove seed and set aside. Dice nuts together with mixed seeds. Combine nuts and seeds. Bind with honey. Add essence of choice. Spoon mixture into date halves. Serve as dessert or snack

BENEFITS:

Tasty source of energy booster. High in iron, protien and fibre . Excellent to detox, regulates blood circulation. Helps to maintain energy when fasting. Keeps the mind calm and focused.

PITA PIZZA

1 pita bread halved
olive oil
tomato sauce
grated paneer

baby tomatoes
salt and pepper

METHOD :

Halve the pitas, carefully, lengthwise. Brush with little oil on both sides and grill. Top with tomato sauce, paneer, baby tomatoes, salt & pepper.

(See section on sauces for Tomato Sauce)

*Sathwic Foods are those that make us Light, give us Sufficient
Energy and Removes Laziness.*

SEMOLINA FINGERS

1 cup semolina	¼ cup leeks finely chopped
1 cup full cream milk (diluted with 2 cups water)	2 green chillies (finely chopped)
½ cup dhania leaves (finely chopped)	Oil (for deep frying) or (olive oil for pan frying)
salt to taste	

INGREDIENTS FOR COATING :

3 Tbsp plain flour
½ cup breadcrumbs

METHOD:

Boil the milk and water and then add all ingredients , except semolina. Mix well . Gradually add tablespoons of semolina , stirring hard to prevent lumps. Cook for further 2-3 minutes. Spread mixture on a greased tray . Level out the mixture quickly. Let it set for an hour in the refrigerator. Cut in long fish finger shapes. Mix flour with water to make thin batter. Dip fingers in flour batter and roll in bread crumbs. Deep fry until golden brown. Alternative you can pan fry on a non stick pan with very little olive oil.

EASY ROLL

100g soya chicken julliene	2 lettuce leaves shredded
½ cucumber chopped	2 Tbsp mayonnaise (eggless)
½ green pepper chopped	

METHOD :

Chop and fry soya chicken julliene in a pan(dry) for 1 minute. Add rest of the ingredients and mix well. Spread on bread or rolls.

CAULIFLOWER POPCORN

2 heads of cauliflower	1 Tbsp hemp seeds
1 Tbsp olive oil	Pepper to taste

METHOD :

Cut up cauliflower into popcorn size florets. Mix with pepper, olive oil and hemp seeds. Bake in oven for 15-20mins 180°C.

As is the food, So is the Mind, As is the Mind, So is the Thought. As is the Thought, So is the Act.

TWO TONED SANDWICH

1 slice whole wheat bread

1 slice whole grain white bread

METHOD:

You will need 2 cookie cutters. A large that fits within the bread slice and a smaller cutter that will fit inside the large cookie cutter. Use heart or star. Place the 2 slices of bread on cutting surface. Using large cutter cut shape out of both slices. Using smaller cutter, cut the centre of both shapes or just cut one shape from each slice. Use filling of your choice.

CHINESE NOODLES

100 g Chinese noodles (eggless)

1 green pepper

2 carrots

¼ cabbage

1 Tbsp oil

ginger

soy sauce

salt to taste

black pepper

METHOD :

STIR FRY:

Add noodles to boiling water. Meanwhile slice 1 green pepper into strips, slice 2 carrots into strips and slice a ¼ of a cabbage finely. Cut 4-5 pieces of fresh ginger and stir fry with a little oil. Add sliced pepper, carrots, and cabbage. Add salt and black pepper to taste. Stir fry for a few minutes only, then add cooked and drained noodles. Toss all together and add a few table spoons of soy sauce. Remove pieces of ginger just before serving, and serve while still hot.

LUNCH BOX SALAD

2 Tbsp nonfat plain yogurt

2 Tbsp olive oil

¼ tsp ground all spice

1 ½ cups carrots (grated)

1 ½ cups red apple chopped

1 cup seedless grapes halved

1 ½ cups celery cut into thin matchsticks

½ cup dried cranberries or raisins

METHOD :

Whisk together yoghurt, oil and all spice in a large bowl. Add carrots, apples, grapes, celery and cranberries. Pack into lunch box.

*Food cooked in water should not be used the next day.
It becomes harmful.*

HEALTHY SALAD SANDWICH

1 brown seeded bread
lettuce leaves
cucumber
salad tomatoes
Butter (as required)

chick peas
sprouts
salt & pepper
olive oil (optional)
½ tsp mixed herbs

METHOD:

Boil and drain chickpeas. Mash chickpeas into a paste. Butter 1 slice of brown seeded bread (toasted – optional) and place on side plate. Smear the chickpea paste onto the base of the bread. Add washed lettuce leaves and sliced tomatoes. Sprinkle salt & Pepper for flavour.

LUNCH BOX FILLINGS

200 g Soya chicken julienne (stir fry)
2 tsp mixed herbs (mint, dhania, basil, parsley chopped)
½ green pepper diced

½ cucumber diced
2 leaves of lettuce chopped
2 Tbsp mayonnaise (eggless)
½ tsp salt

METHOD :

Mix all ingredients and use as a filling in whole wheat rolls or bread.



*Healthy choices, nutrients, freshly prepared foods and enough water -
prana contributes towards a good healthy body.*



DESSERTS

ORANGE GINGER TRIFLE

8 willam pears
Rind of 1 orange
Juice of 3 oranges
½ tsp cinnamon powder

2 Tbsp mazienna
sugar to taste
1 Tbsp ginger (cut onto small pieces)
2 cups fresh cream

CUSTARD

1 litre milk
1 tsp vanilla essence
1 ½ cup sugar.

380g (1 can) evaporated milk
1 cup custard powder,

METHOD:

Cut Willam pears into halves .Remove hard core and seeds. Put the pears ,ginger, orange juice, orange rind and cinnamon powder into a saucepan and cook on medium heat. Turn pears once to cook on both sides. The pears must be soft but not mushy. Remove from pot and set in a bowl. Mix mazienna with sugar and some of the juice from the pot. Pour this mixture back into the pot. Stir till the mixture thickens .Pour this syrup over the pears.

CUSTARD:

Make thick custard using milk, evaporated milk, custard powder, vanilla essence and sugar. Pour custard over pear. Top with whipped cream and decorate as desired.

1 tin condensed milk
1Tbsp semolina
1 Tbsp crushed vermicelli
100 ml butter
10 ml falooda powder

1 litre milk
250 g fresh grated coconut
50 g chopped almonds
chocolate to decorate

METHOD :

Fry semolina and vermicelli in butter till light brown. Add 1 litre milk and simmer for 15 mins.Dissolve falooda in 20ml water and add to milk. Add fresh grated coconut and condensed milk to the milk and simmer for about 5-6mins.Pour into casserole dish and allow to cool. When cold, decorate as desired. Leave in fridge for about 3hrs. Serve cold.

PHIRINI

The dreams that you experience are actually the reactions of your food and habits.

BANANA FOSTER

6 large ripe bananas
2 Tbsp lemon juice
1 cup castor sugar

½ cup melted butter
½ tsp cinnamon
1 cup evaporated milk



METHOD:

Peel bananas and cut half lengthwise. Brush with 1 Tbsp lemon juice. Grease baking dish and lay bananas. Sprinkle with half sugar. Add melted butter, 1 Tbsp lemon juice and cinnamon. Sprinkle remaining sugar on top and bake 220°C for 10-20 min. Serve hot with whipped evaporated milk.

MILK TART

CRUST

12g butter (125ml)
2 Tbsp sugar (30ml)
pinch of salt

½ tsp vanilla essence (3ml)
2 cups of flour (500ml)

FILLING

1 litre milk
2 Tbsp corn flour (250ml)
6 Tbsp sugar (20ml)

1 tsp vanilla essence (5ml)
2 tsp falooda powder (10ml)
Grated cinnamon and nutmeg to sprinkle

METHOD :

CRUST METHOD:

Cream the butter and sugar together, then add vanilla essence and mix thoroughly. Stir and sift flour, salt, mix all together into a short bread like dough. Divide the dough in two or three parts and pat into greased milk tart trays. Bake in oven at 180°C till golden brown.

FILLING METHOD:

Mix the corn flour with a little water to form a paste. Heat the milk in a saucepan, then add sugar, vanilla essence and the corn flour paste. Dissolve 10ml falooda powder with 10ml luke warm water. Mix the dissolved falooda powder into the milk mixture. Pour the mixture onto the crust, sprinkle the cinnamon and nutmeg and leave aside to cool and set.

You are what you eat. It shows in your character.

BISCUIT DELIGHT

1 packet of eggless biscuit.
250 ml fresh cream
1 small can peaches

1 tin caramel
1 mint chocolate

METHOD:

Sandwich biscuits with caramel. Beat fresh cream and layer on biscuit. Allow to set in fridge. Decorate with grated chocolate and canned peach.

FRESH FRUIT SALAD

1 Apple
1 Pear
1 Kiwi fruit
1 Banana
Juice of 1 orange

WASH AND CUT UP ROUGHLY:

papaws mashed
1 granadilla pulp
½ cup plain yogurt
Few raisins to garnish

METHOD :

Wash and cut up fruit . Add fruits to mashed papaws. Pour over the plain yogurt and sprinkle the raisins. Serve as a meal on its own for lunch.

KAJOOR KA MAZA

250 g pitted dates
1 cup water
1 cup semolina
4 Tbsp solid butter ghee
1 Tbsp sesame seeds

25 g nibbed almonds
1 cup desiccated coconut
1 cup powdered milk
3 Tbsp ground almonds
6 short bread biscuits (crushed)

METHOD :

Put dates and water in a pot and cook on low heat until dates are soft and mushy. Set aside.
In another pot heat the ghee. Add semolina and cook for 1min. Add sesame seeds and nibbed almonds and cook for 2mins. Add coconut and cook for about 2mins. Add date mixture to pot and cook till mixture thickens (1min). Remove from heat and add almond powder, milk powder and crushed short bread biscuits . Mix well and mould. Decorate as desired.

*Sadhana requires regular habits and moderation in food, sleep
and exercise.*



BEVERAGES

GREEN JUICE

A handful of spinach
A handful of celery

A handful dhania
1 orange

*Good for diabetes,
high blood pressure
and cholesterol.*

METHOD:

Blend all the above ingredients together and have preferably fresh every morning on an empty stomach for maximum effect.

GREEN JUICE

2 bunch methi
1 tsp crushed ginger
6 sprigs of mint

½ carrot
1 green apple

METHOD :

Blend all in a juicer with filtered water and have fresh every morning on an empty stomach.

BREAKFAST SMOOTHIE

3 tsp muesli
3 tsp soya milk powder mixed with filtered water
3 Tbsp mixed raw nuts
½ teaspoon of honey

3 Tbsp sunflower, sesame, flax-
seed & pumpkin seeds (mixed)
2 Tbsp dates and raisins
1 banana

METHOD :

Blend all the ingredients in a blender until smooth and have in place of breakfast.

ENERGY AND IRON TONIC

1 carrot
1 green apples

100 ml grape juice (100%)
1 beetroot

METHOD :

Blend all together and have first thing in the morning for energy .

*The dreams that you experience are actually the reactions of your
food and habit.*

FRESH LEMONADE

500 ml freshly squeezed lemon juice
(about 7 lemons)
350 ml sugar
Mint (few leaves)

2 ½ litre cold water
Ice cubes
Lemon wedges to serve

METHOD:

Mix the lemon juice, sugar and water together in a large jug. Stir until sugar has dissolved. Serve over crushed ice or ice cubes and garnish with lemon wedges and mint. This juice can be kept ready to serve in the fridge for three to

TROPICAL MEDLEY

2 cups thick coconut milk
3 small bananas-peeled and sliced
1 cup milk
Fresh coconut

8-10 Tbsp honey
½ tsp pineapple essence
Crushed ice as required

METHOD :

Blend coconut milk, bananas, milk, honey, essence and crushed ice in a blender until smooth. Pour into glasses. Top each with coconut shreds and serve immediately.

MINT TEA

5 fresh mint leaves
1 tsp honey or brown sugar

¼ tsp ginger (optional)

METHOD :

Boil together. Very good treatment for wind, upset stomach and also rich in iron. Ginger is a good remedy for treatment for colds and coughs. In the Himalayas ginger is eaten raw to warm the chest and assist in soothing coughs.



Health is wealth. Look after it.

THULSI TEA

3 thulsi leaves
boiling water

1 tsp honey or brown sugar
(optional)

BENEFITS:
Helps relieve cough.

METHOD:

Thulsi leaves steeped in 1 cup boiling water. Set aside and stand for 5min and drink. Add 1 tsp honey and drink luke warm..

LETTUCE JUICE

1 lettuce leaf
1 lemon (juice)

mint (optional)
fresh dhania (optional)

METHOD :

Blend all together with water. Has a soothing effect on agitation, used to calm crying babies.

GRAPE FRUIT AND ORANGE

1 grape fruit
4 oranges

½ Tbsp brown sugar or honey
(optional)

METHOD :

De-seed and blend together with water. Contains Vitamin C. (do not take this fruit juice if you are a heart patient, taking medication.)

RED ROSE PETAL TEA

rose petals from one red rose
1 tsp honey

1 cup boiling hot water

BENEFITS :
*Stomach or men-
struation pain.*

METHOD :

Steep rose petals in 1 cup boiling water. Set aside and let it stand for 5 min and drink. Add 1 tsp honey and drink luke warm if desired.

You are what you eat. It shows in your character.

HIBISCUS TEA

4 petals of hibiscus flowers
1tsp honey

1 cup boiling water

BENEFITS:
*During pregnancy to
avoid severe labour
pains.*

METHOD:

Steep petals in 1 cup boiling water. Set aside for 5min and drink. Add 1tsp honey and drink luke warm if desired.

MARIGOLD TEA

5 or 6 marigold petals
1 tsp honey

1 cup boiling water

METHOD :

Steep petals in 1 cup boiling water. Set aside for 5min and drink. Add 1tsp honey and drink luke warm if desired.

STRAWBERRY SMOOTHIE

1 tray strawberries
1 cup ice

½ litre milk(soy or low fat)
⅓ cup honey

METHOD :

Place all the ingredients in a smoothie maker. Process for 15 seconds until thick. Serve immediately with extra chopped strawberry if desired.

BANANA SMOOTHIE

2 bananas
½ cup ice

500 ml soy milk
1 Tbsp honey
2 Tbsp crushed or sliced almonds

METHOD :

Blend all the above ingredients in a smoothie maker until thick. Chill and serve.



Restrain the tongue in both food and speech.

MANGO LASSI

2 cups plain yogurt (Low Fat + Gelatin Free)
½ cup water
4 Tbsp sugar
½ cup ripe mango pulp

1 tsp ground elachi
ice cubes
few mint leaves

METHOD:

Place all ingredients except ice cubes in a liquidizer and blend until smooth. Add more sugar if you like. Sprinkle with elachi and add ice cubes.



Eat only what you need to eat. Don't be greedy



SAUCES & DIPS

TOMATO SAUCE

1Tbsp olive oil
8 large ripe tomatoes (boiled)
1½ tsp sugar
½ cup vinegar
1½ tsp salt
1Tbsp lemon juice
2 medium potatoes (boiled) and
mashed

METHOD:

Remove seeds and skin from tomatoes. Liquidise tomatoes, potatoes and the remainder of the ingredients except oil. Warm the oil in a pot. Add the mixture and cook for about 15 minutes until it forms a thick sauce.

FRESH COCONUT CHUTNEY

500 ml fresh grated coconut
½ cup dhania (chopped)
½ cup mint (chopped)
2 green chillies
5 ml salt
5 ml sugar
20 g tamarind
250 ml water

METHOD :

Mix tamarind and water to make paste. Put all ingredients into a blender and grind until smooth. Add 5ml of sugar and serve with crackers or any other savoury.

CHICK PEA SAUCE

1 cup chick peas
1 ½ tsp salt
1 green chilli (as per taste)
1 tsp jeera powder
1 tsp dhania powder
¼ tsp hing
juice of 1 lemon
1 Tbsp olive oil
finely chopped dhania/mint
pepper to taste

METHOD :

Soak chickpeas overnight. Drain the soaked chickpeas and place them in a saucepan with lots of water. Boil until chickpeas are soft. Drain the cooked chickpeas but reserve a little of the liquid. Put all ingredients except chopped dhania and mint into food processor and grind. If too thick add some of the chickpea liquid. Add chopped dhania and mix.

Food is the main source of man's life, body, mind and character.

CHICK PEA SAUCE (2)

2 cups boiled chick peas
½ cup sour cream
1 green chilli
½ Tbsp jeera powder

¼ Tbsp hing,
salt and pepper to taste.
juice of one lemon.
Keep the chick pea liquid after boiling

METHOD:

Put all ingredients into food processor Grind, if too thick, add some of the chick pea liquid

BUTTER SAUCE

125ml melted butter
Juice of half lemon
1 minced green chilli
10 ml amchur powder (mango powder)

salt and pepper to taste
5 ml jeera powder
2.5 ml dhania powder
5 ml sugar

METHOD :

Mix all above ingredients. Serve with roast veg.

TAHINI PASTE

1 cup sesame seeds (toasted lightly)

3 Tbsp olive oil

METHOD :

Add the sesame seeds to food processor along with olive oil. Pulse until thick paste forms. You can add more olive oil if needed until it reaches a consistency you like. Store in a jar and refrigerate.

2 cups chickpeas (boiled)
¼ cup lemon juice
¼ cup tahini sauce
2 Tbsp olive oil

½ tsp salt to taste
½ tsp jeera powder
3 Tbsp water and
paprika for serving

METHOD :

Combine tahini sauce and lemon juice in a food processor. Process and make a smooth and creamy hummus. Add olive oil, jeera and salt. Add chickpeas and process to make smooth and thick. Add 3 Tbsp of water and process until consistency is perfect. Scrape the hummus into a bowl then drizzle some olive oil over the top. Sprinkle with paprika. Keep in an air tight container and refrigerate for up to 1 week.

HUMMUS

The mind is the reflection of the food consumed.

SWEET, SOUR APPLE PICKLE

1 big granny smith apple
½ cup vinegar
¼ cup sugar
2 Tbsp lemon juice

1 tsp masala
1 tsp salt
1 Tbsp cornflour starch

METHOD:

Wash, slice and chop apple. Add lemon juice continuously to prevent it from turning brown. Add salt to apple.

SAUCE

Add sugar to vinegar and bring to boil. Make cornflour into paste by adding a little water.

Pour into syrup mixture, stirring continuously. Add masala. Pour hot syrup over apples and mix well. This can be eaten immediately. Can also be done with yellow cling peach

FAT FREE MAYONNAISE

3Tbsp white vinegar
2tsp stevia powder
1tsp salt

2 cups fat free greek yoghurt
2 Tbsp dijon mustard
pepper

METHOD :

Combine white vinegar, stevia powder, mustard, salt and pepper and whisk evenly. Slowly add greek yoghurt and stir until well mixed.

AVOCADO DIP

1 Tbsp sour cream
1 ripe avocado
1 tsp lemon juice
1 finely minced green chilli
½ tsp jeera powder

½ tsp dhania powder
1 tsp olive oil
1 Tbsp chopped mint/dhania
salt and pepper to taste

METHOD :

Remove peel and seed of avocado. Place in bowl and mash. Add all other ingredients. Mix well

You can leave the avocado seed in the bowl with the dip to prevent discolouring. Remove seed before serving. Serve with crackers, chips, etc.

Food plays a vital role in the spiritual path.

SWEET / SOUR SWEET POTATO DIP

1 large sweet potato
½ tsp crushed green chillies

½ tsp crushed ginger
1 tsp crushed mint

SAUCE

1 cup fresh lemon juice
½ cup brown sugar

1 Tbsp cornflour starch (dissolve in 2
Tbsp water)

METHOD:

Boil and mash sweet potato. Boil sugar and lemon juice. Bring to boil and add dissolved cornflour. Pour over mashed potato. Add rest of ingredients and mix well

Use for savoury treats as dip

SPINACH RAITA – (PALAK)

2 cups fresh spinach leaves
2 green chillies (chopped)
¼ Tbsp pepper
¼ Tbsp of jeera and dhania powder

¼ Tbsp brown sugar
1 Tbsp salt
2 cups of plain yogurt

METHOD :

Cook the spinach in boiling water. Drain and finely chop . Add spinach, chillies, pepper, sugar and salt into the yogurt.

Before serving, sprinkle jeera and dhania powder.

Spinach can be replaced by Calabash or Mint or Cucumber.

CARROT RAITA

2 cups plain low fat yoghurt
¼ cup leeks (chopped)
1tsp mustard seeds
1tsp jeera seeds

1 sprig curry leaves
1Tbsp butter ghee
1 cup grated carrot
salt to taste

METHOD :

Braise all of the above ingredients except the yoghurt. Cool and then add yoghurt. Stir well.

Health is the essential requisite of man.

CUCUMBER RAITA

2 cups thick yoghurt, whisked till smooth
½ cup coriander leaves finely chopped
1 large cucumber grated

¾ tsp jeera powder
½ tsp sugar (optional)
Salt to taste

METHOD:

Mix all the ingredients in a large bowl and stir well. Chill and serve.
Serve this cooling dish with practically any meal.



*Moderation in Diet is really wholesome both to the body and
mind.*



KHANDE POHA

1 ½ cups of red or white beaten or flattened rice poha,
¾ cup leeks finely chopped,
¼ tsp tumeric,
1 tsp mustard seeds
¼ tsp coriander powder
1 Tbsp oil

2 ½ Tbsp peanuts
10 to 12 curry leaves,
1 green chilli chopped,
1tsp sugar,
salt as required.
2 Tbsp grated coconut
1tsp lemon juice

METHOD:

Rinse poha in water till it has softened. They should lose their crunchiness and when you break them between your fingers they should easily get mashed. Add sugar, salt and tumeric to poha and gently mix. Dry roast peanuts in a pan till crunchy. Heat oil in the same pan, crackle mustard seeds first then add leeks. Saute' till it becomes translucent. Add curry leaves and green chilli. Saute' for one minute. Add roasted nuts and stir then add poha and stir. Cover and steam the poha for 2 to 3 minutes on low heat, when cooking check and stir. Switch off and let poha remain covered for 2 minutes. Remove lid and add coriander, grated coconut and sprinkle lemon juice. Stir gently and serve with tea for breakfast.

2 cups flour
1 tsp salt
½ tsp baking powder
1 Tbsp butter

4 Tbsp sugar
2 tsp thill lightly crushed.
1 cup Water and milk mixed
oil for frying

METHOD :

Sift flour. Add salt, baking powder, sugar and thill and rub in the butter. Add the water and milk mixture and make a dough. Break off a little bit at a time and roll very thinly (the size of a puri). Fry in hot oil – must be crispy.

YELADA

Excessive food intake buries us in a state of dullness and lethargy.

VEGETABLE OMELETTE

½ cup gram flour
½ cup rice flour
½ cup cake flour
½ tsp baking powder
½ tsp salt
½ tsp chillie powder or green chillies
Finely chopped coriander/dhania

6 mushrooms – thinly sliced
1 green pepper – finely chopped
1 tomato – finely chopped
½ cup leeks – finely chopped
Enough water to make a dropping consistency batter

METHOD:

Soak the 3 flours, baking powder and salt, overnight. Next morning: add all the other ingredients and mix. Pour a ladle of batter into a non-stick frying pan and spread evenly. When batter is cooked on one side turn omelette to cook the other side. Serve hot with salad or sauce.

PEANUT BUTTER PANCAKES

1 ripe banana mashed
3 Tbsp peanut butter
1 cup wholewheat flour
¼ tsp salt

1 cup milk
2 Tbsp sugar
2 tsp cream of tartar

METHOD :

Whisk all ingredients into a smooth batter. Pour 1 ladle spoon on lightly greased pan and cook.

ROASTED MIXED NUTS AND SEEDS

½ cup almonds
½ cup cashews
½ cup walnuts
½ cup Brazil nuts

2 Tbsp pumpkin seeds
2 Tbsp sesame seeds
2 Tbsp sunflower seeds
Honey as required

METHOD :

Mix and place on baking tray. Roast on 150 °C for 5 to 10 minutes. Remove and drizzle honey on ingredients. Allow nuts and seeds to cool then store in an air tight container.

Moderate food of the sathwic type promotes mental poise and physical happiness.

ROASTED ROSEMARY AND CHICKPEA SNACK

2 cups chickpeas (boiled and drained)
2 Tbsp olive oil
1 Tbsp freshly chopped rosemary

2 tsp dried mixed herbs
ground black pepper to taste

METHOD:

Pre-heat oven to 200°C. Mix all the ingredients and spread onto a baking tray. Place in oven. Stir the chickpeas every 15-20 minutes and continue until the chickpeas are dried and crunchy. Enjoy as a snack or as a topping for salads.



*The nature of the food determines the nature of one's thoughts, feelings
and actions.*



SWEETMEATS

HEALTH LADDOO

1 cup icing sugar
1 cup ghee
¼ cup sultanas
1 ½ tsp roasted whole soomph
¼ cup semolina
¼ cup rice flour

¼ cup moong flour (roast and grind)
½ cup gram flour
¼ cup brown flour
¼ cup almonds (chopped) fine
3 Tbsp thill
¼ tsp ginger powder

METHOD:

Mix icing sugar, semolina, rice flour, moong flour, gram flour, brown flour and add ghee. Fry on low heat until golden brown and aromatic. Add soomph, ginger powder, almonds, thill and sultanas. Mix together thoroughly. Remove from heat. Immediately add icing sugar and mix well. Form into balls.

MOTHI CHOOR LADDOO

3 cups ghee to fry
2 cups gram flour
2 tsp butter ghee
water

1 tsp bicarbonate of soda
1 tsp baking powder
1 tsp elachi powder

SYRUP

3 cups sugar
1 cup water

METHOD :

Boil sugar and water until it gets crystallized. Set aside till it cools and turns white. Mix gram flour, bicarbonate of soda and baking powder together. Rub in butter ghee. Add water to make batter into a pouring consistency to go through sieve. Fry boondi in hot ghee. Pound the crystallized sugar to make it into a fine powder. Add fine crystallized sugar to boondi. Mix and add elachi powder while hot and shape into balls. If it is too dry add some ghee.

COCONUT SOJI HALWA

1 cup semolina
¼ cup jaggery/splenda
½ tsp elachi powder

2 Tbsp almonds/pinenuts
1 tsp sesame seeds
1 cup coconut cream

METHOD :

Roast semolina in a non stick pot until it turns golden brown. Add coconut cream, splenda, almonds, pinenuts and sesame seeds and stir well. Remove from the stove and add elachi powder.

A limit should be placed on the food that we take.

BAKED GOOLAB JAMUN:

1 tin condensed milk
1½ Tbsps. butter ghee
2 cups self-raising flour
1 tsp elachi powder

1 Tbsp. semolina
½ tsp baking powder
½ tsp nutmeg powder

METHOD:

Preheat oven at 180°C. Add all ingredients and lightly knead into dough. Shape into fingers. Brush with ghee. Sprinkle with coconut (optional). Bake till brown (± 10-15 minutes). Optional- Can be dipped into syrup.

MODHAK

A GREAT FAVOURITE OF LORD GANESHA

125 g butter
warm water
nutmeg
1 ½ cups of white rice – ground into flour –
should be 3 cups when ground

3 Tbsp grated coconut
1 Tbsp thill- roast and grind lightly
1 tsp elatchi
1 ½ cups sugar
1 cup moong dhal (green)

METHOD :

Soak one cup green (moongh) dhal over night and then boil till soft with one teaspoon salt (not smashed). Strain. To this mixture add 3 tablespoons sugar, ½ cup finely grated coconut, 1 teaspoon elatchi, half teaspoon nutmeg and place on the stove on low heat and stir till dry. Cool and make little balls.

Steam the ground rice for about 20-30 minutes. Cut up butter in a dish and add the steamed rice flour and mix well. Then add coconut, thill, elatchi, nutmeg and sugar and mix well. Sprinkle with a little warm water at a time and knead into a dough.

Then take some dough and place in the left cupped palm and press down flat – not too thin. Place a ball of green dhal mixture and close the hand. Make sure the edges are stuck. Place far apart in a colander and steam for half an hour. Remove with a rice spoon and cool.

White sugar causes cancer. The reason for this is that in the refining of sugar a lot of chemicals are added.

LADOOS

DOUGH

250 gr channa / gram flour
1 ½ tsp baking powder
oil for frying
water to make batter

½ Tbsp ghee
yellow colouring (optional)
almonds

SYRUP

2 cups sugar
1 cup water

METHOD:

Make sticky syrup – keep hot. Rub ghee into flour and baking powder – till resembles crumbs. Add water to make batter. Heat oil – drop little boondis into the hot oil. Drain properly on grease proof paper. Grind in food processor – till crumbly. Dough should not be too wet. Add hot syrup – slowly and mix thoroughly. Roll into small balls and decorate with almonds.



Love is My form Truth is My breath Bliss is my Food.



SOJI LAGAAN CAKE

2 cups cake flour
2 cups sugar
2 cups dessicated coconut
2 cups semolina

4 tsp baking powder
2 tsp vanilla essence
4 cups milk
500 grams butter

Optional: handful chopped almonds and /or cherries). Hundreds and thousands /coconut for topping

METHOD:

Preheat oven to 180°C. Boil butter and milk together on the stove. Once boiled, add vanilla essence, and mix well. Sift all dry ingredients in a dish. Mix well. Add hot milk mixture to the dry ingredients and mix well. Pour mixture in greased baking casserole. Sprinkle hundreds and thousands /almonds/ cherries on the top of the mixture or desiccated coconut or add into the mixture. Bake at 180°C for 30 mins until golden brown.

1½ cups flour
1 cup rolled oats
¼ cup brown sugar
1 Tbsp baking powder
½ tsp cinnamon

1 cup skim milk
½ cup sour milk
3 Tbsp vegetable oil
1¼ cup blueberries
¾ cup raspberries

BERRY MUFFINS

METHOD :

Preheat the oven to 190°C. Line the cups of a muffin pan with paper liners. Combine flour, oats, brown sugar, baking powder, and cinnamon in a large mixing bowl. In another bowl, combine milk, sour milk and oil. Whisk together. Add the wet mixture to the flour mixture in the large bowl. Stir until combined. Fold in berries. Spoon the mixture into the muffin cups, approximately ¾ full. Bake for 25 to 30 minutes or until light golden brown.

The gift of food to the hungry is the noblest of all gifts.

OAT MUFFINS

2 cups rolled oats
1 tsp baking powder
1 cup milk
mixed seeds (pumpkin, sunflower ,sesame for sprinkling)

¼ cup sultanas and raisins, mixed
3 Tbsp butter
¼ cup brown sugar

METHOD:

Pre-heat the oven to 180°C and grease muffin tray. Grind rolled oats and mix with milk, baking powder, sugar and butter. Stir quickly and add sultanas and raisins. Fill greased tin with mixture. Sprinkle with seeds and bake for 25 minutes.

SWEETCORN MUFFINS

1 bunch dhania chopped
5 green chillies finely cut
½ cup leeks finely cut
2 tsp baking powder
½ tsp pepper
½ tsp crushed jeera
salt to taste

½ cup oil
¾ cup milk
1 tin sweet corn
1 ¼ cup self raising flour
1 cup semolina
¾ cup gram flour

METHOD :

Mix together dhania , green chillies, leeks , oil, milk and sweet corn . Add self raising flour , semolina ,gram flour, baking powder ,pepper , crushed jeera , salt to taste and mix well. Put mixture in a greased muffin tin and bake at 180° C for 30 to 45 minutes.

SCONES

6 cups sifted flour
250 g butter
Milk as required

9 tsp baking powder
1 cup castor sugar

METHOD :

Sift flour, baking powder and castor sugar together. Rub in the butter until it resembles bread crumbs. Add milk and make a soft dough. Place on flat surface and roll till smooth. Cut with scone cutter and brush with milk and place on a greased baking sheet. Bake at 200 – 220° C..

*God is the doctor. Seek Him. Rely on Him and you will be free
from disease.*

DATE AND WALNUT CAKE

250 g butter – soft or melted	1 tsp nutmeg
1 tin nestle cream or 1 curry spoon sour milk	salt to taste
1 cup brown sugar	1 tsp vanilla essence
½ cup sliced almonds	1 ½ pkts dates
3 heaped cups flour	2 tsp bicarbonate of soda.
3 tsp baking powder	
2 tsp coffee (mix in ½ cup boiling water – add last)	

METHOD:

Cut up dates. Add 2 ½ cups boiling water and 2 tsp bicarbonate of soda. Have this ready and cool.

Sift flour, baking powder, nutmeg and salt. Cream together butter, brown sugar and cream. Beat well. Add date mixture when cold. Mix well. Add the flour mixture. Mix well. Add coffee. Mix well. Put into a tin lined with foil – grease and sprinkle flour. Knock the tin for mixture to settle. Bake at 170° C for 1 hour.

CHICKPEA MUFFINS:

2 cups chickpeas boiled and drained	2 tsp sesame seeds/poppy seeds
2 grated carrots	1 tsp olive oil
2 tsp instant yeast	Salt and pepper

METHOD :

Mix all ingredients except sesame seeds and poppy seeds. Drop spoonfuls into muffin pan. Top with seeds and bake at 180°C for 30 minutes.

GLUTEN FREE CHOCOLATE CHIP COOKIES

2 ½ cups ground peanuts	1 Tbsp vanilla extract
¼ tsp salt	1/2 cup honey
¼ tsp Baking Soda	1 cup chocolate chips
10 Tbsp melted butter	

METHOD :

Combine dry ingredients in a large bowl. Stir together wet ingredients in a smaller bowl. Mix wet ingredients into dry ingredients. Form balls and press onto a lined baking sheet. Bake at 180°C for 7 – 10 minutes. Cool and serve.

We must control our Desires. Don't Waste Food.

COCONUT EGG FREE BISCUITS

500g self raising flour
250 g. Butter
⅓ cup cooking oil
gold baking dust

¾ cup sugar
1 tsp vanilla essence
200 g dessicated coconut (rough)
¼ cup sliced almonds

METHOD:

Cream butter, vanilla essence and sugar. Add dry ingredients with oil. Make soft dough. Shape as desired. Place half an almond on top. Bake at 180°C until golden brown. Sprinkle gold dust.

CRUNCHIE BISCUITS

2 cups flour,
2 cups oats,
2 cups coconut
250 gr butter
1 cup brown sugar

½ cup Sesame seeds,
½ cup cashew nuts,
½ pecan nuts
1 tsp bicarb
2 Tbsp water
A little golden syrup

METHOD :

Mix sugar and butter till nice and smooth. Mix 1 teaspoon bicarb with two tablespoon water and add to the butter mixture. Add all dry ingredients to the butter mixture. Add a little golden syrup so it is not too dry. Make into little balls, flatten like biscuits in the palm of your hand, place on greased baking tray and lightly flatten with fork. Pre-heat oven at 180°C and reduce to 160°C. Then bake biscuits until light golden brown, cool and store in sealed containers.

Take care that the food you eat helps you maintain good health.

THE DRUMSTICK TREE [Moringa Oleifera]

This tree is one of God's versatile gifts. Almost every part of the drumstick tree has so much therapeutic and nutritional value that it could be considered a natural pharmacy and a multi vitamin.

The leaves contain high amounts of vitamin A (4x more than carrots), vitamin C (7x more than oranges), protein (2 x that of milk), calcium (4x more than milk), iron (3x the iron of spinach) and potassium (3 x the amount of bananas) which is important for the functioning of the brain and nerves.

According to ancient Ayurveda, the leaves prevent 300 diseases. They are antibacterial and natural anti-bacterial and a natural antibiotic, like penicillin, and a cleanser of respiratory diseases. It has the ability to purify the blood stream which makes it an excellent tonic for everyone, especially infants and children. The drumstick leaves are also valuable in healing digestive disorders.

The leaves can be ground to a powder. Leaves should be dried in the shade to reduce loss of vitamins and then pounded or rubbed over a wire screen to remove leaf stems. The powder maybe stored in a sealed, dark container. This can be used in soups, sauces, baby food, etc. 2 tsp can be used daily.

In places where vitamins are unavailable, drumstick trees can provide a practical nutritional supplement for children, pregnant mothers, lactating women, and the aged.

The pods have the same nutritional value as the leaves. The sticks can be made into soup, which provides calcium for anyone suffering from osteoporosis. They are antibacterial, anti-epileptic, anti-flatulent, and anti-paralytic. A soup of leaves, flowers and sticks helps prevent infections in the throat, chest and skin. The high content of vitamin A can save the eyesight of children.

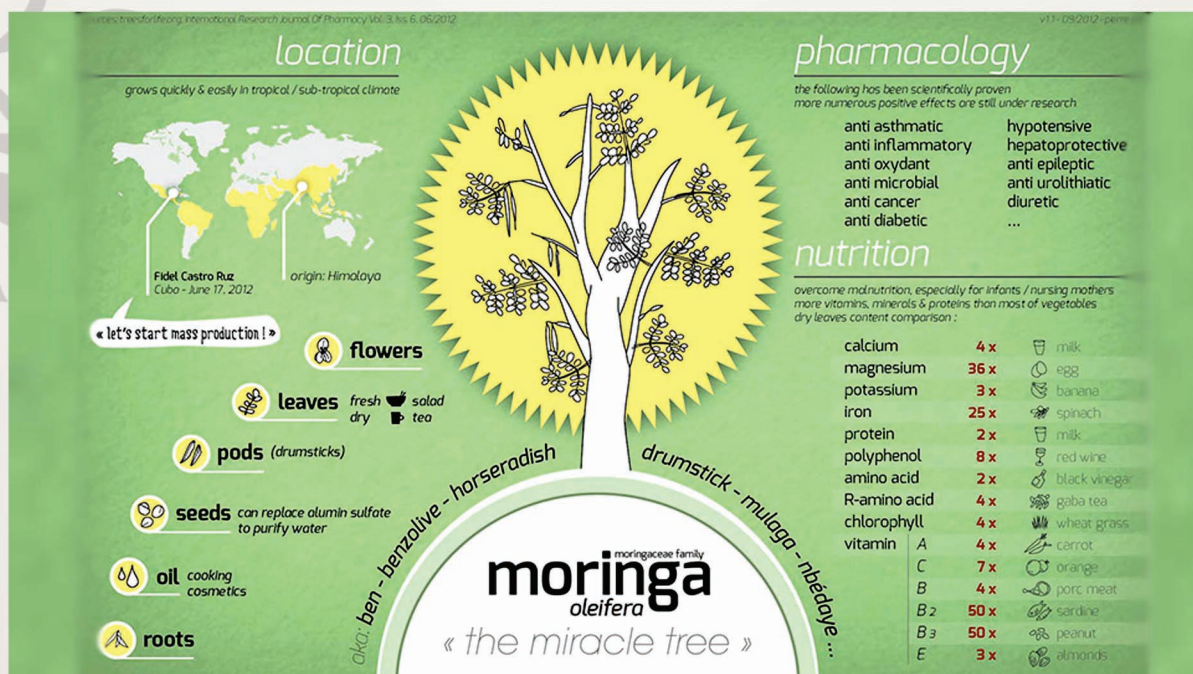


Image obtained from: <http://blog.ishafoundation.org/lifestyle/food/drumstick-soup/>

GLOSSARY OF INDIAN WORDS

SPICES & CONDIMENTS

A large, light-colored floral pattern is centered on the page, behind the text. It features a central vertical stem with symmetrical, stylized leaves and flower-like shapes on either side.

Aniseed / Fennel	Soumph
Asafoetida	Hing
Bay Leaf	Tej Patta
Cardamom	Elatchi
Chilli	Mirchi
Cinnamon	Dalchini
Cloves	Laung
Coriander	Dhania
Cumin	Jeera
Fenugreek	Methi
Garlic	Lehsun
Ginger	Adrak
Mace	Javitri
Mint	Podina
Mustard	Sarso
Nutmeg	Jaiphal
Parsley	Ajmoda ke pathe
Peppercorns	Kali mirchi
Poppy seeds	Khaskhas
Saffron	Zafran or Kesar
Tamarind	Imli
Tumeric	Haldi
Sesame	Thill

NOTE: If preferred leeks could be substituted by red onions.

PERMACULTURE

Permaculture is a system of gardening that co-operates with nature. It is about caring for the earth so that nature can work better for us and provide food rich environments.

GUIDELINES FOR SETTING UP A HOME VEGETABLE GARDEN

SOIL CONDITIONING

Soil often needs to be healed before we can grow food.

Strategies include – planting legumes such as peas and beans.

Mulch [dry grass, leaves, newspaper] which covers the ground. This keeps the ground warm, retains moisture and reduces weeds. Compost can be made and added to soil.

COMPOST

Compost improves the soil because it adds organic matter and contains minerals needed by the plants in a form they find easy to absorb .

INGREDIENTS

Dry grass, dry leaves, sticks, green leaves/pruned leaves, hedges, topsoil /manure, kitchen waste.

METHOD

Select shady , sheltered area near water.

Mark a square – 1m x 1m.

First layer – approximately 30 cm of sticks

Second layer – 30 cm dry layer [grass , leaves].

Third layer – 30 cm green layer [leaves, grass, vegetable waste].

Fourth layer – 5 cm of top soil / manure, water

Repeat layers second to fourth – until it reaches hip high.

Cover the heap with a thick layer of mulch.

Insert a stick from the top of the heap through the heap.

Mix the heaps 3 weeks later.



BED PREPARATION

Mark out area 1m x 2m.

Dig up at least 20cm deep.

Add compost and turn into the soil.

Select companions from selected list.

Plant in rows – each seedling 20cm apart.

Water and mulch thickly [5cm].

On the edges marigold, chillies or shallots can be planted for pest management.

Mulch prevents weeds from growing.

COMPANION PLANTING.

Plants that help each other to grow well together. This is done through root secretions, by providing specific nutrients or acting as pest repellents.

COMPANIONS [THESE ARE PLANTED IN THE SAME BED]

COMMON NAME	VEGETABLE
Asparagus	Tomatoes, Parsley
Beans and other Legumes	Beets, Lettuce, Potatoes, Spinach, Cabbage, Dill, Carrots, Chards, Eggplant, Peas, Tomatoes, Corn, Cucumber, Grapes
Bush Beans	Cucumber, Soybeans, Strawberries
Beets	Broccoli, Bush Beans, Cabbage, Lettuce, Onions
Broccoli	Lettuce
Cabbage	Beans, Celery
Carrots	Tomatoes, Beans, Leeks, Lettuce, Onions
Cauliflower	Beans, Celery, Spinach, Peas
Celery	Bush Beans, Cucumber
Corn/Maize	Beans, Soybeans, Tomatoes
Cucumber	Beans, Lettuce
Eggplant, Brinjal	Beans, Peppers, Tomatoes
Leek	Carrots, Celery, Onion, Tomatoes
Lettuce	Beets, Beans, Okra, Onion, Radish, Broccoli, Chinese Cabbage
Mustard	Beans, Broccoli, Cabbage, Cauliflower, Radish, Brussel Sprouts, Turnips
Okra	Sweet Potatoes, Tomatoes, Peppers
Onion	Beets, Beans, Cabbage, Broccoli, Carrots, Lettuce, Cucumber, Peppers, Strawberries
Peas	Turnip, Cauliflower, Garlic
Peppers	Okra
Potatoes	Beans, Corn, Peas
Pumpkin	Corn, Beans
Radish	Squash, Eggplant, Cucumber, Lettuce, Peas, Beans
Spinach	Cauliflower
Squash	Corn, Beans, Okra
Sweet Potato	Okra
Tomatoes	Broccoli, Cabbage, Celery, Peppers, Asparagus, Roses (Flower)
Turnips	Peas, Broccoli

PERMACULTURE

COMMON NAME	FRUIT
Apple	Garlic, Daffodils
Blueberries	Oak Trees, Pine Trees, Strawberries
Fruit Trees	Marigolds, Mustard, Dandelions
Grapes	Basil, Beans, Geraniums, Mustard, Peas, Blackberries
Melon	Chamomile
Granadilla/Passion Fruit	Potatoes, Beets, Chard, Carrots, Spinach, Strawberries, Eggplant, Onion, Leeks, Lettuce
Pears	Aromatic Plants
Strawberries	Bush Beans, Lettuce, Onions, Spinach, Granadilla, Sage, Thyme

COMMON NAME	HERBS
Basil	Tomatoes, Peppers, Asparagus, Grapes
Chamomile	Most Herbs, Cucumber, Onions, Cabbage
Chives	Apples, Carrots, Grapes, Roses, Tomatoes, Broccoli, Cabbage, Mustard
Coriander	Cabbage, Spinach, Lettuce, Tomatoes
Dill	Broccoli, Cabbage, Corn, Eggplant/Aubergine, Fennel, Lettuce, Onion, Cucumbers
Fennel	Dill
Garlic	Roses, Cucumbers, Lettuce, Celery, Peas, Chinese Cabbage, Potatoes
Lavender	Chamomile, Lettuce, Onion, Tomatoes, Oreganum, Thyme, Sage, Rosemary
Lemon Grass	Eggplant
Oreganum	Grapes, Tomatoes, Peppers, Pumpkin
Parsley	Asparagus, Corn/Maize, Tomatoes
Peppermint	Cabbage, Beans, Carrots
Sage	Rosemary, Cabbage, Brussels Sprouts, Carrots, Strawberry, Tomatoes
Thyme	Cabbage, Eggplant, Potatoes, Strawberries, Tomatoes, Sprouts

MEASUREMENTS

LIQUIDS CUP MEASURE	250ml 1cup	125ml ½ cup	80ml ⅓ cup	60ml ¼ cup	12,5ml 1Tbsp	5ml 1tsp	100g
INGREDIENTS							
Breadcrumbs	120g	60g	40g	30g	6g	2,5g	200ml
Butter, Solid Ghee	230g	115g	80g	60g	10g	5g	90ml
Cheese, Cottage	250g	125g	80g	60g	12,5g	5g	100ml
Coconut(Dessicated)	80g	40g	30g	20g	4g	1,5g	300ml
Flour (Cake, Gram, etc)	120g	60g	40g	30g	6g	2,5g	200ml
Milk Powder	100g	50g	33g	25g	5g	2g	250ml
Oats	90g	45g	30g	22g	4,5g	2g	275ml
Rice	200g	100g	65g	50g	10g	4g	125ml
Fresh ground Chilli, Ginger, Garlic	200g	100g	65g	50g	10g	4g	125ml
Sugar (granulated)	200g	100g	65g	50g	10g	4g	120ml
Icing Sugar	130g	65g	40g	35g	7g	2,5g	200ml
Nuts	125g	60g	40g	30g	6g	2,5g	200ml

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SAMASTA LOKHA
SUKHINO BHAVANTU

May all the beings in all the worlds be happy and know you Swami.

