

The Raj

America's Premiere Ayurvedic Health Center

The Raj Recipe Book



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The Maharishi Ayur-Veda® Approach to Diet

Balanced Diet

Maharishi Ayur-Veda emphasizes the importance of a balanced diet and provides a simple system to achieve it. According to Maharishi Ayur-Veda, all foods can be divided into six fundamental categories according to taste: sweet, sour, salty, pungent, bitter and astringent. Each taste contains nutritional factors that the body needs for proper functioning. Our diet should include all six tastes every day. Ideally, lunch and dinner would both contain all six tastes. It is especially important to include all these tastes in the midday meal, which should be the main meal of the day.

Imbalance in the diet can be a major source of imbalance in the body. Each type of food has a unique affect on Vata, Pitta and Kapha, as well as digestion, metabolism and the formation of tissues. Diets in which only certain food groups and tastes are predominant can lead to significant imbalances in the physiology. When the diet is not balanced, that is, when it does not contain all six tastes, it can lead to experiences such as feeling hungry after finishing a large meal, feeling weak and tired in the late afternoon or developing cravings for certain foods.

Your Maharishi Ayur-Vedic physician may recommend a specialized diet for you. Such diets can be designed to balance the Vata, Pitta, Kapha doshas and/or be recommended to cleanse the physiology. These specialized recommendations can be followed easily along with general Ayurvedic dietary principles.

Following are the six taste categories and some major foods given as examples within each group:

Sweet

- Most grains like wheat rice barley, corn, etc.
- Milk and sweet milk products like ghee, cream, butter
- Sweet fruits like coconuts, dates, figs, grapes, pears, mangoes and especially dried fruits
- Cooked vegetables like potato, sweet potato, carrot, beet root, cauliflower, string beans
- Sugar in any form—raw, refined, brown, white, molasses, sugar cane juice, etc.

Sour

- Sour fruits like lemons, limes, grapefruits, oranges, pineapples, passion fruit, cherries, plums
- Sour milk products like yogurt, cheese, sour cream, etc.
- Fermented substances like wine, vinegar, soy sauce.

Salty

- Any kind of salt like rock salt, sea salt, salt from the ground
- Any food to which salt has been added (pickles, nuts, chips)

Pungent

- Hot spices like chili, black pepper, mustard seeds, ginger, cumin, cloves, cardamom, garlic, etc.
- Mild spices like anise, cinnamon, and "fresh" herbs like oregano, thyme, mint, etc.
- Raw vegetables like radish, onion.

Bitter

- Green leafy vegetables like spinach, green cabbage, brussel sprouts, kale, chard
- Spices like fenugreek, turmeric

Astringent

- Turmeric, honey, walnuts, hazelnuts
- Legumes i.e. beans, lentils, peas, (dahl)

- Vegetables like sprouts, lettuce, green leafy vegetables, most raw vegetables
- Fruits like pomegranate, berries, persimmon, most unripe fruits.

General Principles Regarding Diet & Daily Routine

1. Eat in a settled and quiet atmosphere with a settled mind. Company and environment should be pleasant. Do not work, read or watch TV during meals. Always sit to eat. Eat at roughly the same times each day.
2. Eat at a moderate pace to about 3/4 of your capacity. Leave the table satisfied — neither hungry nor too full.
3. Allow your meal to completely digest before eating again (allow approximately 3 to 6 hours between meals).
4. Water and other beverages are fine to sip during meals. The temperature should be according to one's liking but not below room temperature. It is better to avoid large amounts of liquids before and within 1 or 2 hours after meals.
5. Milk is considered high quality food in Ayur-Veda and is often taken apart from meals to maximize digestibility. We avoid taking milk with meals of mixed tastes, especially sour or salty. For example, we avoid milk with vegetables, nuts, fish, eggs, fruits, yogurt, radish, garlic and salt. Milk may be taken with sweet tasting foods such as toast, cereal, dates or almonds.
6. Diet should include all six tastes in the daily food intake. Constitutional factors are considered when using taste to balance the doshas. Churnas (special Maharishi Ayur-Veda spice combinations) may be used to both balance selected doshas and provide all six tastes at a meal. Churnas may be used during cooking or sprinkled on food as a condiment "to taste".
7. We generally respect and follow our spontaneous desires. Desire is the physiology's means of expressing what it needs in order to achieve balance at a given moment. However, non-life-supporting desires may arise due to a habitual pattern created by some imbalance in the physiology.
8. Lunch should be the main meal of the day. Breakfast and dinner should be lighter both in quantity and quality.
9. Yogurt and cheese should be avoided at night.

10. Honey is never heated in any way such as by cooking, baking or adding it to hot beverages. If tea with honey is recommended let it cool to a temperature, which is drinkable warm before adding the honey.
11. Ice cold food and beverages may interfere with digestion.
12. Take a few minutes to sit quietly after eating before returning to your activity.
13. Finish your evening meal by 8:00 p.m.; if you are hungry at bedtime, enjoy a glass of warm milk cooked with a little cardamom or ginger.
14. Chew well; the digestive process begins in the mouth.
15. Ayur-Veda does not favor the intake of much raw food such as raw vegetables, uncooked oats, etc. Fruits need not be cooked.

Proper Food Preparation

1. Food should always be fresh and of the best possible quality. It is better to avoid food that is leftover or reheated.
2. Food is best when it is warm and well cooked (i.e., not overcooked, under-cooked, burned, etc.).
3. Food should always be pleasing to the senses.
4. Food prepared by a happy, settled cook in a pleasant environment will have the best influence.

A Note Regarding Vegetarianism

A vegetarian diet in Maharishi Ayur-Veda is considered to be one without meat, poultry or fish. Although it is not necessary to be a vegetarian in order to enjoy benefits from Maharishi Ayur-Veda, such a diet is considered most healthful and is recommended if it can be adopted without strain.

A gradual change toward vegetarianism is preferred. Start by reducing the number of meals in which you include red meat (beef, pork, veal, etc.) and substitute poultry and fish during these meals. Also, omit all meat items from the evening meal. Over a period of time, you will find you are able to take less and less poultry and fish even at the noon meal. If your diet becomes uncomfortable for you, please discuss it with your physician.

Over-consumption of meat, especially in the evening, increases sluggishness in the system due to the increase of ama, the toxic residue of an incomplete digestion. Cultural/social habits may dictate the occasional use of meats, but be sure to listen to the needs of your physiology versus these social pressures. Also, be alert to how you feel after having eaten non-vegetarian items.

Modern medical research has also begun to find significant evidence that a properly balanced vegetarian diet is perhaps the healthiest diet. For example, research has shown that the incidence of colonic cancer and certain other cancers is lower in individuals following a vegetarian diet. In addition, the incidence of obesity has been found to be lower in those following a vegetarian diet. Obesity is a major risk factor in many diseases including gall bladder disease, hypertension, and adult onset diabetes. Also, those taking less meat in their diet have been found to have fewer problems with cholesterol, a major risk factor in the development of cardiovascular disease.

Our diet is very important for our health. According to the American Cancer Society, up to 35% of the 900,000 new cases of cancer each year in the United States could be prevented by following proper dietary recommendations. Whatever diet has been recommended for you, please follow it in an easy and comfortable way.

Vata Pacifying Diet

If you have been recommended a Vata pacifying diet, the following foods are suitable for your condition. Give them preference over food on the avoid section. Eat larger quantities of food, but not more than you can easily digest.

Favor

General	Warm foods and drinks, unctuous (oily) food, food with predominantly sweet, sour, and salty tastes
Grains	Rice, wheat
Dairy	All dairy products
Sweeteners	All sweeteners (in moderation)
Oils	All oils (ghee is especially good)
Fruits	Sweet fruits, grapes, cherries, peaches, melons, coconut, sweet orange, sweet pineapple, papayas, sweet plums, sweet berries, mango, fresh figs, bananas and avocados
Vegetables	Well-cooked vegetables, beets, carrots, asparagus, cucumber, sweet potato
Beans	Pulses (dahl), green beans, and tofu
Nuts	All nuts
Spices	Black pepper (in small quantity), cinnamon, cardamom, cumin, ginger, salt, clove, mustard seeds
Animal foods	For non-vegetarians: chicken or turkey (white meat), seafood

The following foods taken in large quantities are not suitable for your condition. These foods should be either avoided or reduced in quantity and frequency in your diet.

Avoid or Reduce

General	Light diet and fasting, dry foods, cold foods and drinks, foods having predominantly pungent, bitter or astringent tastes
Grains	Barley, corn, millet, buckwheat, rye, oats
Fruits	Dried fruits, apple, pear, pomegranate, cranberry
Vegetables	Raw vegetables, potato, Brussels sprouts, broccoli, cabbage, peas, cauliflower, lettuce, spinach, bean sprouts, zucchini, celery. (These vegetables may be taken in moderate but not large quantity. They should always be cooked)
Beans	All beans should be avoided except for pulses (dahl), green beans, and tofu
Animal Foods	For non-vegetarians: beef, rabbit, pheasant

Vata Diet without Heavy Foods

The following foods are suitable for your condition. Give them preference over food in the avoid section. If you eat non-vegetarian foods, take only poultry and at lunchtime only.

Favor

General	Warm foods and drinks, unctuous (oily) food, food with predominantly sweet, sour, and salty tastes
Grains	Rice, wheat
Dairy	All dairy products

Sweeteners	Sugar cane products, molasses
Oils	All oils
Fruits	Sweet fruits, grapes, cherries, peaches, melons, coconut, sweet orange, sweet pineapple, sweet plums, sweet berries, mango, fresh figs
Vegetables	Well-cooked vegetables, beets, carrots, asparagus, cucumber, sweet potato
Nuts	All nuts
Spices	Black pepper (in small quantity), cinnamon, cardamom, cumin, ginger, salt, clove, mustard seeds
Animal foods	For non-vegetarians: chicken or turkey (white meat), seafood

The following foods taken in large quantities are not suitable for your condition. These foods should be either avoided or reduced in quantity and frequency in your diet.

Avoid or Reduce

General	Heavy foods such as cheese, nuts butters, yogurt (lassi is okay), raw vegetables, deep fried foods, bananas, avocado, cold foods, heavy desserts, and store purchased pastries. Take less potato, yeasted bread, and white flour. Light diet and fasting, dry foods, cold foods and drinks, foods having predominantly pungent, bitter or astringent tastes
Grains	Barley, corn, millet, buckwheat, rye, oats
Fruits	Dried fruits, apple, pear, pomegranate, cranberry

Vegetables	Raw vegetables, potato, Brussels sprouts, broccoli, cabbage, peas, cauliflower, lettuce, spinach, bean sprouts, zucchini, celery. (These vegetables may be taken in moderate but not large quantity. They should always be cooked)
Beans	All beans should be avoided except for pulses (dahl), green beans, and tofu
Animal Foods	For non-vegetarians: beef, rabbit, pheasant

Pitta Pacifying Diet

If you have been recommended a Pitta pacifying diet, the following foods are suitable for your condition. Give them preference over food in the avoid section.

Favor

General	Cool foods and drinks, foods with predominantly sweet, bitter and astringent tastes
Grains	Wheat, oats, barley, white rice
Dairy	Milk, butter, ghee
Sweeteners	All except honey and molasses
Oils	Olive, sunflower
Fruits	Sweet fruits, grapes, cherries, melons, avocado, coconut, sweet orange, sweet pineapple, sweet plums, mango, pear, pomegranate
Vegetables	Asparagus, pumpkin, cucumber, potato, broccoli, cauliflower, celery, lettuce, zucchini, okra, sweet potato, wax beans, green beans
Spices	Coriander, cinnamon, cardamom, fennel, black pepper (small quantity)
Animal Foods	For non-vegetarians: Chicken, turkey, egg white, pheasant

Avoid or Reduce

The following foods taken in large quantities are not suitable for your condition. These foods should be either avoided or reduced in quantity and frequency in your diet.

General	Foods with predominantly pungent (hot), sour, and salty tastes; foods and drinks with warming properties; acidic foods such as vinegar
Dairy	Yogurt, cheese, sour cream, cultured buttermilk
Sweeteners	Honey and molasses
Oils	Almond, sesame, corn
Grains	Corn, millet, rye, brown rice
Fruits	Grapefruit, sour oranges, sour pineapple, sour plums, papaya, persimmons, olives
Vegetables	Hot peppers, radish, tomato, beets, onion, garlic, spinach
Spices	Clove, celery seeds, salt, cayenne pepper, mustard seed
Nuts	Cashews, sesame seeds, peanuts
Animal Foods	For non-vegetarians: beef, seafood, egg yolk

Kapha Pacifying Diet

If you have been recommended a Kapha pacifying diet, the following foods are suitable for your condition. Give them preference over food in the avoid section.

Favor

General	Lighter food and diet, dry foods, warm foods and drinks, foods with predominantly pungent, bitter and astringent tastes
Grains	Barley, corn, millet, buckwheat, rye
Dairy	Low fat milk
Sweeteners	Honey
Fruits	Apple, pear, pomegranate, cranberry, persimmon
Vegetables	Radish, asparagus, eggplant, green, leafy vegetables
Spices	All spices except salt
Beans	All beans except tofu
Animal Foods	For non-vegetarians: Chicken, turkey

The following foods taken in large quantities are not suitable for your condition. These foods should be either avoided or reduced in quantity and frequency in your diet.

Avoid or Reduce

General	Overeating, unctuous (oily) food, cold foods and drinks, foods having predominantly sweet, sour and salty tastes; leafy vegetables, beets, broccoli, potato, cabbage, carrot, cauliflower, pumpkin, lettuce, celery, sprouts
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Grains	Large quantities of wheat, rice, or oats
Dairy	Cheese, yogurt, buttermilk, cream, butter
Fruits	Sweet fruits, grapes, banana, avocado, coconut, dates, figs, pineapple, watermelon, papaya
Vegetables	Tomato, cucumber, sweet potato, zucchini
Spices	Salt
Nuts	All nuts
Animal Foods	For non-vegetarians: Beef, seafood, pork

Practical Tips

Maharishi Ayur-Veda strongly recommends freshly prepared meals. This can often be a challenge for those with jobs and responsibilities that do not allow the time or facilities to cook.

The following tips and suggestions will help you to follow your Maharishi Ayur-Veda diet and daily routine suggestions more easily. These suggestions will add a 1/2-hour to your morning routine. All you need is a crock-pot, an array of thermoses, and a carrying case that will hold 2 or 3 thermoses. Color coding thermoses can be helpful

1. Set aside a time each morning to prepare the meals and recommended Ayur-Vedic teas that you will consume while away from home.
2. Begin by boiling a pot of water to fill your thermoses
 - one thermos for plain hot water
 - other thermoses for the various teas that have been recommended to you
 - label each of these thermos with instructions on when to drink, i.e.,:
 - "sip frequently throughout the day" or
 - "drink before meals"
3. Prepare a portable self-cooking lunch by following the directions for a thermos flask lunch provided on page ??
4. Prepare for dinner by following the Crock-Pot Mung Dahl directions on page ??
5. Pack-up the thermoses of plain water, recommended tea(s) for you during the day, and the thermos flask lunch. Remember cutlery—you may need a long, iced-tea spoon in order to “spoon-out” the rice and veggies from the bottom of the lunch thermos. Now you are set for a day of healthy meals!
6. Remember, you can always supplement your lunch with bread, fruit, dried fruits, pie, etc.—all according to your individualized dietary recommendations.

Recipes

Crock Pot Mung Dahl

1 cup split mung dahl
5-6 cups water
1 1/4 tsp salt
1 tsp paprika
1 tsp coriander
2 Tbl fresh ginger (chopped or pureed)
1/2 tsp turmeric
1 Tbl brown mustard seed
1 tsp cumin seed
2 Tbl lemon juice
2 tsp brown sugar
Basil, spinach, cilantro as wanted.

Rinse dahl well in fine strainer. Put water and dahl in crock pot in the morning. Turn on high. (This is if you are going to leave the crock-pot on all day. For a shorter cooking time try bringing the water and dahl to a boil on the stove, then pour into crock-pot and leave on high). Add salt, paprika, coriander, ginger and turmeric, put on the lid and let cook.

When you return you can add the following spices: Dry roast black mustard seed and cumin seed until lightly toasted. Add to dahl. Stir in lemon juice and brown sugar (optional). Add chopped cilantro, basil or spinach if desired. Stir and serve.

Optional: chopped or diced carrots, zucchini, or yellow squash. Add in the beginning along with dried spices.

Serve this soup along with flatbread (chapati - see page ??) or with rice in order to provide a complete protein and a very satisfactory meal!

Thermos Flask Lunch

1/4 cup yellow split mung beans
1/4 cup basmati rice
1-1/2 cups fresh vegetables, cut into small pieces to fit into thermos
1 Tbl ghee
2 cups water
whole or ground spices to taste (salt, pepper, cumin, ginger, turmeric, etc.)

Briefly sauté the spices in the ghee (see notes below for more information about cooking spices). Add the mung dahl, rice and chopped vegetables. Cover with the water, and simmer for five minutes only. While still boiling hot, quickly pour the mixture into a one-liter or one-quart thermos (you may need to spoon it in, but don't let the mixture cool). Close the thermos quickly and leave it closed for about four hours. The meal will cook and be ready to eat after four hours in the thermos.

Note:

- You may need to experiment with amounts and cooking times to get the best results. The exact amount of cooking time depends on the time lapse between cooking and eating and how well your thermos retains heat. If the time between cooking and eating is 5 to 6 hours, then only two minutes of cooking time may be required. If the time lapse is 2 to 3 hours, then five to ten minutes cooking time may be required.
- Since mung dahl and rice swell up substantially, you will need a generous amount of water to get the proper consistency.
- Heavier vegetables like carrots and beets need one to two more minutes of cooking with the rice and dahl. Lighter vegetables like spinach and leafy greens can be added just before pouring the whole mixture into the thermos.
- You can substitute beans and lentils for the mung beans. Heavier lentils and beans will need considerably more time. They should be cooked first after frying the spices. Then rice and vegetables should be added, in order.

Instructions for frying the spices

- Do not overheat the ghee; it should not be smoking hot. Begin with whole spices, such as fresh chopped ginger, black pepper, cumin seeds

and mustard seeds. Fry them until they turn light brown or until the mustard seeds pop. Then add the ground spices, such as ginger, cumin, turmeric, cardamom and pepper; sauté just a few seconds.

- A spice is generally used either whole or ground, not both ways in one dish.

The Preparation of Ghee

Ghee is clarified butter. According to Maharishi Ayur-Veda it is the best oil for all doshas, because it improves the digestion without aggravating Pitta. Ghee can be used as cooking oil, as a digestive aid, or as a flavoring in place of butter. Under doctors' recommendation, it is also taken in its melted form as a preparation for Maharishi Ayur-Veda Rejuvenation Treatments at The Raj.

1. Place one or more pounds of unsalted butter in a deep stainless steel or Pyrex type glass pan on medium or medium-low heat. Watch to make sure that the butter doesn't scorch while melting.
2. Within the next 30 to 40 minutes the water will boil away (approximately 20% of butter is composed of water). Milk solids will appear on the surface of the liquid and also at the bottom of the pan.
3. Be alert to remove the liquid from the heat as soon as milk solids turn golden brown on the bottom of the pan; otherwise the ghee may burn. At this point, you may notice that the ghee smells like popcorn and that tiny bubbles arise from the bottom of the pan.
4. Strain sediment from ghee while hot, by pouring it through a cotton cloth placed over a stainless steel strainer or Pyrex type pan. At this point it is very hot, so you should always be cautious.
5. Ghee can be stored at room temperature for 3 to 4 months or longer if it is refrigerated. Later if ghee becomes solid due to being cool, just heat it slightly and it will return to liquid.
6. Ghee is usually available at delicatessens, natural food stores, and Indian groceries in your community. It can also be shipped to you from The Raj 1-800-248-9050.

The Preparation of Yogurt and Lassi

Use an electric yogurt maker. It is good to use one that maintains a constant temperature and has several small cups rather than one large volume container. Plan to make a fresh batch of yogurt each day. Start the process around 9 p.m. the night before you plan to use the yogurt.

Yogurt

Purchase a small container of plain yogurt at the grocery to use as “starter”.
Milk to use: whole cow’s milk.

- Boil milk for 10 minutes with a few slices of fresh ginger. Cool to warm (40 degrees Celsius / 100 degrees Fahrenheit or just slightly warmer than body temperature).
- Pour milk into cups of yogurt maker.
- Add 1/4 teaspoon of yogurt to each cup. DO NOT STIR!
- Allow automatic process to continue until the next day.

Save a small amount of new yogurt to make the next day’s batch.

Yogurt and lassi are not considered the same thing in Maharishi Ayur-Veda. So if yogurt is restricted, you may have lassi. Yogurt or lassi are best taken after lunch or late afternoon rather than evening.

Lassi

Lassi is a yogurt drink, which is considered to be a healthful digestive aid. It is made by diluting yogurt and adding some spices, to taste, for the desired effect.

Enjoy this drink at room temperature at the end of your luncheon or as an afternoon treat.

Sweet Lassi

3 parts water (room temperature)
1 part yogurt
sugar
rose water
(fresh) cardamom powder

Digestive Lassi

3 parts water (room temperature)
1 part yogurt
*pinch salt to taste**
pinches cumin
1/4 - 1/2 tsp chopped cilantro (the fresh form of coriander) or mint
(Digestive lassi is also considered helpful for gas problems)

*Black salt in lassi is very effective as a digestive aid. It has a sulfur smell and taste — not everyone enjoys it. However it does provide the best aid to gas and digestive problems. Black salt can be purchased at Indian grocery stores or ordered through The Raj Herbery.

Breads

Chapati

The following recipe is good for Vata and Pitta dosha and makes 12 servings:

2 cups	unbleached white flour
1/2 tsp	salt
1/2 - 2/3 cup	warm water

Combine flour and salt in a mixing bowl. Gradually add water until dough forms a firm ball.

Dust with flour. Cover and let set 30 minutes.

Cut dough into 12 pieces and form into balls. Roll out balls on a floured surface into 6" circles.

Place a chapati in a heated griddle. Cook about 1 minute on each side.

Put the chapati directly on a gas burner flame and cook until it puffs up.

Cornbread

The following recipe is good for Kapha dosha and makes 16 pieces:

<i>2 cups</i>	<i>yellow cornmeal</i>
<i>2 cups</i>	<i>unbleached white flour</i>
<i>1/2 cup</i>	<i>brown sugar</i>
<i>2 tsp</i>	<i>baking powder</i>
<i>1 1/2 tsp</i>	<i>baking soda</i>
<i>1 1/2 tsp</i>	<i>salt</i>
<i>1 1/2 tsp</i>	<i>ground cumin</i>
<i>1 1/2 tsp</i>	<i>paprika</i>
<i>1 1/2 cups</i>	<i>corn (off the cob)</i>
<i>1/2 each</i>	<i>yellow and red sweet pepper, chopped</i>
<i>1/2 cup</i>	<i>olive oil</i>
<i>3 cups</i>	<i>lassi, or water</i>

Combine dry ingredients, corn and peppers in a mixer and blend well.

Combine oil with milk and add to blended ingredients.

Continue mixing until smooth.

Spread in an oiled and floured pan. Bake at 350°F for 25-30 minutes or until knife inserted in the middle of corn bread comes out clean. Cut into 16 pieces.

French Bread

Low yeast - no oil

3-3 1/2 cups flour (High gluten unbleached organic bread flour, or any unbleached, unbromated flour will work. All-purpose flour is okay but the taste will be very different.)

1/2 tsp yeast (Any kind other than "quick" yeast.)

3/4 tsp salt (real salt, sea salt, kosher salt are best)

1 cup lukewarm water 105-115°F

Mix all dry ingredients well. Add water slowly while mixing until all ingredients are wet. Knead dough for 10 to 15 minutes until dough is smooth. Dough should be firm and almost dry unlike most bread doughs.

Oil bowl lightly and place ball inside, cover tightly with plastic wrap and a towel. Let dough rise for 12 hours in a warm place and away from drafts. Inside a gas oven the temperature is usually around 80 °F from the pilot. This works well as a place for dough to rise.

After 12 hours, dough should look like a sponge with craters and depressions. Punch down and knead for a few minutes until dough is smooth. Shape loaf as desired: two long, thin baguettes; or a round, free form loaf.

Cover again with plastic wrap and a towel for 2 to 3 hours for the second rise.

When loaves are approximately double in size, heat oven to 450 degrees. Allow the temperature to stabilize (approximately 10 minutes.). Brush the loaves with a mixture of any of the following: water, milk, egg/water; then slice the loaf to allow steam to escape.

Place 4 ice cubes in the oven, then the loaves. Bake for 15 to 20 minutes to desired color.

Since there is no oil in the recipe, this bread will only keep for 24 hours or so. If you seal it in a bag before it is completely cool some of the crustiness will be lost so loosely wrapping the loaf may be best.

Soups

Fennel Soup with Watercress Purée

Fennel bulb stewed with leeks makes a sweet-tasting soup, while the watercress finishes it with a lively, peppery flourish. Fennel is so flavorful that there's no need to make a stock or even use the ubiquitous and trusted aromatics — bay leaf, parsley, and thyme. In fact, using water for the liquid allows the full taste of the vegetables to come forward completely unmasked.

Serve this soup with just the swirl of watercress or enrich it with a spoonful of butter or ghee. A handful of little croutons, sautéed in butter, always add a nice crunchy touch to puréed soups.

Wash and slice all the vegetables first. If the inner core of the fennel is tough and stringy, remove it with a paring knife, but usually even a well-developed core will be tender.

Ingredients (4 to 6 persons):

<i>1 T.</i>	<i>butter</i>
<i>1</i>	<i>large leek, white part only, chopped (about 1 1/2 cups)</i>
<i>2</i>	<i>large fennel bulbs, quartered and sliced</i>
<i>2 T.</i>	<i>chopped fennel green</i>
<i>1</i>	<i>medium-sized red potato, sliced or chopped</i>
	<i>salt to taste</i>
<i>6 1/2 cups</i>	<i>cold water</i>
	<i>additional water for thinning</i>
<i>1 bunch</i>	<i>watercress</i>

Melt the butter in a heavy soup pot; add the vegetables (except watercress), salt, and 1/2 cup of the water. Sweat these vegetables over low heat for about 12 to 15 minutes, then add the remaining 6 cups cold water and bring it to a boil. Lower the heat and simmer until the vegetables are tender, about 20 minutes.

Purée the soup in a food processor or blender until smooth and return it to the pot. If the soup needs thinning, add enough water, milk, or cream to get the right consistency. Season to taste with salt, if necessary.

Sort through the watercress and discard the large stems and any yellow or damaged leaves. If you are making the soup in advance, wait until the last minute to purée the watercress to enjoy its bright, green freshness. Purée in a food processor or blend until fine, adding enough water to loosen the leaves from the blades. Stir in half the purée and taste it before adding the rest. Sometimes watercress can be very strong, with an extra bitter edge that will completely take over the taste; so be alert and taste before adding more to the soup.

Barley Soup

The following recipe is good for balancing Kapha dosha.

<i>2 tsp</i>	<i>olive oil</i>
<i>1/4 cup</i>	<i>minced fresh parsley</i>
<i>1/4 tsp</i>	<i>rosemary</i>
<i>1/2 tsp</i>	<i>basil</i>
<i>1/2 tsp</i>	<i>oregano</i>
<i>1/2 tsp</i>	<i>thyme</i>
<i>1</i>	<i>celery stalk with leaves, sliced</i>
<i>1</i>	<i>carrot, grated</i>
<i>5 cups</i>	<i>vegetable stock or water</i>
<i>1/4 cup</i>	<i>barley</i>
<i>1</i>	<i>turnip, cut in small pieces</i>
<i>1</i>	<i>bay leaf</i>
	<i>salt and pepper</i>

Sauté the parsley, rosemary, basil, oregano, thyme, celery and carrot in the olive oil over low heat for 10 minutes. Add the vegetables and the stock, then add the barley, turnip and bay leaf. Bring to a boil. Cover and reduce heat. Simmer for 1/2 to 1 hour or until turnip is easily pierced with a fork. Season to taste with salt and pepper. This recipe makes about 6 cups.

Shane's Vegetable Soup

Serves 4-6:

<i>1/4 lb.</i>	<i>carrots diced</i>
<i>1/4 lb.</i>	<i>celery diced</i>
<i>1 cup</i>	<i>yellow squash diced</i>
<i>3 cups</i>	<i>vegetable stock*</i>
<i>3 cups</i>	<i>water</i>
<i>1 tsp</i>	<i>salt</i>
<i>1/4 tsp</i>	<i>pepper</i>
<i>1 Tbl</i>	<i>sesame oil for frying</i>

Heat soup pan. Add oil and thoroughly sauté vegetables for 1 minute. Add broth and water, salt and pepper. Simmer for 15 minutes. Serve.

***Vegetable Stock**

Add to 6 cups water: spices, asefoetida, paprika, parsley, dill, lemon juice to taste. Simmer until flavor is full.

Spinach Soup

<i>2 lbs.</i>	<i>washed, chopped spinach</i>
<i>2 tsp</i>	<i>ground, fresh ginger</i>
<i>1/4 tsp</i>	<i>cloves</i>
<i>1/4 tsp</i>	<i>fennel Seeds</i>
<i>1/4 tsp</i>	<i>black Mustard Seeds</i>
<i>1/4 tsp</i>	<i>cumin Seeds</i>
<i>1/8 tsp</i>	<i>ground Nutmeg</i>
	<i>juice of 1 Lemon</i>
<i>8 cups</i>	<i>vegetable stock (commercial products may be high in salt, you may want to try your own—see recipe above for vegetable broth)</i>
<i>2 tsp</i>	<i>olive oil</i>

Toast the mustard and cumin seeds in the oil, and add to boiling stock. Add remaining ingredients and simmer for 3-5 minutes.

Dahls

Mung Dahl Soup

Mung dahl soup is easy to prepare and easy to digest. Serve it accompanied with a flatbread or rice and vegetables. Grains and dahl make a complete protein. Always sort, wash and drain mung beans first.

Following are the ingredients for a soup that will serve 4 to 6 persons:

<i>1 cup</i>	<i>split mung dahl</i>
<i>6 cups</i>	<i>water</i>
<i>1 tsp</i>	<i>turmeric</i>
<i>2 tsp</i>	<i>ground coriander</i>
<i>2 tsp</i>	<i>peeled and minced fresh ginger root</i>
<i>1 tsp</i>	<i>salt</i>
<i>2 Tbl</i>	<i>ghee/or olive oil</i>
<i>1 tsp</i>	<i>cumin seeds</i>
<i>1 tsp</i>	<i>mustard seeds</i>
<i>4 Tbl</i>	<i>coarsely chopped fresh cilantro</i>

1. Sort, wash and drain the split mung beans.
2. Combine the mung beans, water, and spices in a large pot, except the cumin and mustard seeds. Stirring occasionally, bring to a full boil over high heat. Reduce the heat to moderate. Cook for one hour or until the dahl is soft and fully cooked. Stir occasionally to prevent sticking and add water as needed to keep dahl to desired consistency.
3. Remove from heat, uncover, whip with a wire whisk until the dahl soup is creamy smooth.
4. Heat the ghee in a small saucepan over moderate heat. When it is hot, add the cumin and mustard seeds then fry until the seeds turn brown. Put a small amount of dahl into the cooked spices and mix, then pour into the larger pot. Cover for 1-2 minutes. Mix in turmeric. Serve garnished with cilantro. For variety, vary spices and any vegetables added to the dahl.

Mung Dahl with Daikon

The following recipe is good for pacifying Vata dosha and makes 8 servings:

<i>1 cup</i>	<i>split mung dahl, without the skins</i>
<i>7 cups</i>	<i>water</i>
<i>1/2 tsp</i>	<i>turmeric</i>
<i>1 Tbl</i>	<i>ginger root, minced</i>
<i>1 tsp</i>	<i>each of paprika, lemon pepper, and salt</i>
<i>1 Tbl</i>	<i>granulated sugar</i>
<i>1 Tbl</i>	<i>each of chopped fresh parsley, cilantro and tarragon</i>
<i>1 1/2 cups</i>	<i>daikon, chopped</i>
<i>2 Tbl</i>	<i>lime juice</i>
<i>1 1/2 tsp</i>	<i>cumin seeds</i>
<i>1 1/2 tsp</i>	<i>fenugreek</i>
<i>1 1/2 tsp</i>	<i>black mustard seeds</i>

Dry roast mung dahl until golden brown. Add water and stir beans away from the bottom of the pot. Add ingredients from ginger to lime juice. Continue cooking until beans are mushy (about one hour). Dry roast seeds until black mustard seeds pop. Add to dahl and cook another 15 minutes or until dahl turns into a creamy liquid. Add the turmeric last.

Mung Dahl with Celery

The following recipe is good for Pitta dosha and makes 8 servings:

<i>1 cup</i>	<i>split mung dahl</i>
<i>1 cup</i>	<i>diced celery</i>
<i>7 cups</i>	<i>water</i>
<i>1/2 tsp</i>	<i>turmeric</i>
<i>3 Tbl</i>	<i>fresh ginger root, minced</i>
<i>1 tsp</i>	<i>salt</i>
<i>1 Tbl</i>	<i>granulated sugar</i>
<i>3 Tbl</i>	<i>fresh cilantro leaves, chopped</i>
<i>1 tsp</i>	<i>ground coriander</i>
<i>2 tsp</i>	<i>lime juice</i>
<i>1/2 tsp</i>	<i>cardamom</i>
<i>1 tsp</i>	<i>garam masala</i>
<i>1 tsp</i>	<i>mustard seeds</i>
<i>1 tsp</i>	<i>cumin seeds</i>
<i>1 tsp</i>	<i>fennel seeds</i>

Dry roast mung dahl until golden brown. Add water and stir beans away from the bottom of the pot. Add ingredients from ginger to lime juice. Continue cooking until beans are mushy (about one hour).

Dry roast seeds. Add to dahl and cook another 15 minutes or until dahl turns into a creamy liquid. Whip to increase smoothness. Add turmeric.

Mung Dahl with Spinach

The following recipe is good for Kapha dosha and makes 8 servings:

<i>1 cup</i>	<i>split mung dahl, without skins</i>
<i>10 oz.</i>	<i>fresh spinach, chopped</i>
<i>7 cups</i>	<i>water</i>
<i>1 tsp</i>	<i>cumin seeds</i>
<i>1 tsp</i>	<i>turmeric</i>
<i>3 Tbl</i>	<i>fresh ginger root, minced</i>
<i>2 tsp</i>	<i>ground coriander</i>
<i>1 tsp</i>	<i>salt</i>
<i>1 tsp</i>	<i>paprika</i>
<i>1 Tbl</i>	<i>granulated sugar</i>
<i>1 Tbl</i>	<i>lemon juice</i>

Dry roast mung dahl and cumin seeds until golden brown. Add remaining ingredients except turmeric. Continue cooking until beans are mushy (about one hour). Whip to increase smoothness. Add turmeric.

Mung Dahl with Broccoli

<i>1 cup</i>	<i>split mung dahl</i>
<i>5 cup</i>	<i>water</i>
<i>1 tsp</i>	<i>chopped cilantro</i>
<i>1 tsp</i>	<i>salt (optional)</i>
<i>1 tsp</i>	<i>paprika</i>
<i>1 tsp</i>	<i>black mustard seeds</i>
<i>2 tsp</i>	<i>lemon juice</i>
<i>1 Tbl</i>	<i>coriander ground</i>
<i>1 Tbl</i>	<i>grated ginger root</i>
<i>1 cup</i>	<i>chopped broccoli</i>

Dry roast dahl until golden and add water. Add everything except cumin and black mustard seeds. When the dahl has cooked down to a liquid (approximately 20-30 minutes) dry roast cumin and black mustard seeds in a separate pan (seeds are ready when black mustard seeds pop.) and add to the dahl. Continue cooking a few more minutes. Add more salt if desired and water if dahl is too thick.

Grains

Grain Cooking Guide

Dry Grain (1/2 cup)	Liquid (cups)	Yield (cups)	Approximate Cooking Time (minutes)
Barley	1 1/3	1 3/4	40
Bulgar	1	1 1/2	20
Cornmeal	1 1/2	1 1/2	5
Couscous	2/3	1	5
Grits	2	2	10
Kasha	1	1 1/2	20
Millet	1	1 1/2	20
Mung Dahl	3 1/2	3 1/2	60
Quinoa	3/4	1 1/4	15
Rolled oats	1	1	5
Semolina	1 3/4	2 1/4	15
Wheat berries	1 3/4	1 1/3	90
Whole oats	1	1 1/4	30
Brown rice	1 1/8	1 1/2	40
Wild rice	1 1/4	2 1/3	55
Bhasmati rice	1	2	35

Lemon Rice

<i>2 cups</i>	<i>boiling purified water</i>
<i>1 cup</i>	<i>basmati rice</i>
<i>1/2 tsp</i>	<i>salt</i>
<i>1 Tbl</i>	<i>olive oil</i>
<i>1 tsp</i>	<i>black mustard seeds</i>
<i>1/3 tsp</i>	<i>turmeric</i>
<i>1/3 cup</i>	<i>lemon juice</i>
<i>3 Tbl</i>	<i>chopped parsley</i>

Add rice to boiling water. After it has begun to boil again, lower heat to simmer. Toast seeds in oil, and add to rice, along with salt, lemon, and turmeric. Cover, and leave on low heat for 20 minutes. When done, fluff rice with a fork, while stirring in the parsley.

Rice Pilaf

The following recipe is good for pacifying Vata dosha and makes 4-6 servings:

<i>1/2 tsp</i>	<i>olive oil</i>
<i>1 cup</i>	<i>white basmati rice</i>
<i>1 tsp</i>	<i>nutmeg</i>
<i>1 tsp</i>	<i>salt</i>
<i>1/2 tsp</i>	<i>paprika</i>
<i>1 tsp</i>	<i>white pepper</i>
<i>1 tsp</i>	<i>fennel seeds</i>
<i>1 tsp</i>	<i>cumin seeds</i>
<i>1 tsp</i>	<i>cinnamon</i>
<i>1/2 tsp</i>	<i>cardamom</i>
<i>1/4 tsp</i>	<i>ground cloves</i>
<i>1/4 cup</i>	<i>raisins</i>
<i>1/4 cup</i>	<i>turbinado sugar or sucanat</i>
<i>1 2/3 cup</i>	<i>water</i>
<i>1/4 cup</i>	<i>precooked fresh green peas</i>

In a medium-sized pot, heat oil until hot. Add all ingredients except peas. Sauté until oil is evenly mixed into rice and spices. Add water and bring to a boil. Turn heat on low and cover. Cook about 20 minutes. Steam peas for 4 to 5 minutes. Add peas to rice.

Polenta

4 cups water
1 tsp salt
1 3/4 cups cornmeal

Optional: You may add your favorite herbs to make a savory polenta.

Bring water to a boil. Add salt, sprinkle the cornmeal over the water, stirring constantly with a wire whisk. Reduce heat to low. Continue to stir mixture until it is very thick - about 10 minutes. It is ready when a wooden spoon will stand upright in the center of the mixture. Pour into an oiled 8" x 8" pan. Cool 4 hours. Cut into pieces. When you want to serve, either bake 350°F for 15-20 minutes, pan fry in olive oil or butter, or deep fry in ghee.

Baked Herbed Polenta with Carrot Basil Sauce

The following recipe is good for pacifying Kapha dosha and makes 6 servings:

8 cups water
2 1/2 tsp salt
1Tbl mixed green herbs (oregano, parsley and rosemary)
3 1/2 cups yellow cornmeal
2 tsp olive oil

Bring the water, salt and herbs to a boil in a pan over heat. Gradually sprinkle cornmeal over the water and stir with a wire whisk, making sure there are no lumps. Continue to stir polenta until it is very thick, about 10-15 minutes.

Spread the mixture into an oiled baking pan (7"x11"). Bake 350o for 20-25 minutes or until golden brown on top.

Carrot Basil Sauce for Polenta

2 lbs. carrots
1 cup tomato sauce
1 1/2 cups fresh basil

Steam carrots until tender (approximately 15 minutes). Then combine all ingredients in a blender.

Heat in saucepan before spreading on polenta.

Semolina with Vegetables

The following recipe is good for pacifying Kapha dosha and makes 6 servings:

<i>1 1/2 cups</i>	<i>semolina</i>
<i>1 1/2 tsp</i>	<i>each of cumin and black mustard seeds</i>
<i>1/2 tsp</i>	<i>turmeric</i>
<i>1 1/2 tsp</i>	<i>salt</i>
<i>4 Tbl</i>	<i>chopped cilantro leaves</i>
	<i>juice of one lemon</i>
<i>6 cups</i>	<i>mixed colorful vegetables, steamed (bok choy, red and yellow peppers, carrots, zucchini and yellow squash)</i>
<i>3 cups</i>	<i>hot water</i>

In a large 4-5 quart pot, dry roast semolina, seeds, turmeric and salt until mustard seeds pop. Add cilantro and lemon juice. Gradually stir in steamed vegetables. Add water and stir again. Cook until semolina becomes thick. Spoon out with ice cream scoop to create an attractive serving.

Semolina Gnocchi with Cilantro Pesto

The following recipe is good for pacifying Pitta dosha and makes 6 servings:

4 cups salty lassi
1/2 tsp salt
1 tsp nutmeg
1 1/2 cups semolina flour

Pour lassi in saucepan and add salt and nutmeg. Turn flame on low and gradually whisk in semolina flour. Stir constantly until mixture becomes very thick.

Spread in a greased 11" x 7" pan. Bake 350o for 20-30 minutes or until golden on top. Cut into 6 squares.

Cilantro Pesto

<i>2 cups</i>	<i>cilantro leaves</i>
<i>1 cup</i>	<i>spinach leaves</i>
<i>1 cup</i>	<i>parsley leaves</i>
	<i>juice of 2 lemons</i>
<i>1/2 cup</i>	<i>olive oil</i>
	<i>salt to taste and water to thin</i>

Combine all leaves and salt in a food processor. Start processor and pour in juice and olive oil. Thin with water. Heat in a sauce pan and then spread on top of baked semolina (above).

Ginger-Lemon Quinoa

<i>1 cup</i>	<i>quinoa</i>
<i>2 cups</i>	<i>water</i>
<i>1 Tbl</i>	<i>fresh ginger root, peeled</i>
<i>1/8 tsp</i>	<i>salt</i>
<i>2 tsp</i>	<i>lemon zest (grated peel)</i>
<i>1/4 tsp</i>	<i>freshly ground black pepper</i>
<i>1 tsp</i>	<i>toasted sesame oil</i>
<i>1 tsp</i>	<i>tamari, or to taste</i>
<i>2 Tbl</i>	<i>fresh basil leaves, minced</i>
	<i>lemon</i>

Dry-toast quinoa in a frying pan until it is fragrant and toasty, stirring so it won't burn. Add the water, salt and ginger. Bring to a boil. Cover and reduce heat to a simmer; cook until the quinoa has absorbed all the liquid, about 15 minutes. Remove from the heat and let stand 5 minutes, then stir in the lemon zest, sesame oil, tamari, and basil. Serve with sliced lemon. (Serves 3-4)

Vegetable Dishes

Cauliflower Balls with Paprika Sauce

The following recipe is good for Kapha dosha and makes 6 servings:

<i>1 lb.</i>	<i>cauliflower, chopped and steamed</i>
<i>2 Tbl</i>	<i>fresh ginger root, minced</i>
<i>1 tsp</i>	<i>turmeric</i>
<i>1 tsp</i>	<i>garam masala*</i>
<i>1 tsp</i>	<i>ground cumin</i>
<i>1/4 cup</i>	<i>fresh cilantro</i>
<i>1 tsp</i>	<i>salt</i>
<i>1 tsp</i>	<i>baking powder</i>
<i>1/2 cup</i>	<i>each of unbleached white flour and chickpea flour</i>

Combine all in a mixer and blend well. Form into balls and bake 350o for 20-30 minutes.

Serve with sauce:

<i>6 Tbl</i>	<i>sugar</i>
<i>2 Tbl</i>	<i>salt</i>
<i>3 Tbl</i>	<i>paprika</i>
<i>2 Tbl</i>	<i>fresh rosemary</i>
<i>2 Tbl</i>	<i>fresh thyme</i>

Combine all in a blender. Sprinkle over cauliflower balls.

*This can be found at an Indian Grocery or health food stores.

Broccoli with Rosemary and Red Pepper Sauce

The following recipe is good for pacifying the Pitta dosha and makes 4 servings:

<i>1 head</i>	<i>broccoli</i>
<i>1</i>	<i>red pepper, diced</i>
<i>1/2 tsp</i>	<i>olive oil</i>
<i>1 tsp</i>	<i>lemon pepper</i>
<i>1</i>	<i>fresh rosemary sprig, leaves removed</i>
<i>1/2 tsp</i>	<i>salt</i>
	<i>zest (grated peel) of one lemon</i>

Steam broccoli and red pepper. Sauté lemon pepper and rosemary leaves in oil. Add to broccoli and season with salt and lemon zest.

Ratatouille over Fettucini

The following recipe is good for pacifying the Pitta dosha and makes 6 servings:

1 lb. fettucini noodles, cooked
2 medium eggplants, cubed and salted (let sit for 1/2 hour)
1 large red pepper, cored, seeded and cut into strips
1 large yellow pepper, cored, seeded and cut into strips
2 medium zucchinis, sliced
2 medium yellow squash, sliced and halved
4 medium tomatoes, cut into quarters
1 tsp salt
1 Tbl each chopped fresh parsley, oregano and basil

Combine tomatoes in a large saucepan and cook down until juicy.

Add remaining ingredients and continue cooking until vegetables are tender.
Serve over hot fettucini noodles.

Carrots with Tarragon and Ginger

The following recipe is good for pacifying Vata dosha:

<i>1 lb.</i>	<i>carrots, peeled and sliced julienne style (long thin strips)</i>
	<i>apple juice-enough to cover carrots</i>
<i>3 Tbl</i>	<i>ginger root, minced</i>
<i>2 Tbl</i>	<i>fresh tarragon, chopped</i>
<i>1 tsp</i>	<i>paprika</i>
<i>1/2 tsp</i>	<i>salt</i>
<i>1/4 tsp</i>	<i>cracked black pepper</i>
<i>1 1/2 tsp</i>	<i>canola oil</i>

Cover carrots with apple juice, simmer until tender.

Sauté herbs and spices in hot canola oil. Add to tender carrots.

Moussaka

The following recipe is good for pacifying Vata dosha and makes 4-6 servings:

2	<i>medium eggplants, thinly sliced</i>
1 tsp	<i>olive oil</i>
1	<i>medium carrot, sliced</i>
1	<i>celery stalk</i>
1 1/4 cups	<i>tomato sauce</i>
2 tsp	<i>dried basil</i>
1/3 tsp	<i>ground cinnamon</i>
1 1/2 lbs.	<i>low fat tofu</i>
3 Tbl	<i>lemon juice</i>
1/4 tsp	<i>nutmeg</i>
1/2 tsp	<i>salt</i>
1 cup	<i>bread crumbs</i>
1/4 cup	<i>fresh chopped parsley</i>
4	<i>roma tomatoes, sliced</i>

Place washed and sliced eggplants on a baking dish. Sprinkle with salt and bake at 350°F for about 20 minutes or until slightly browned on top.

Sauté carrots, celery, basil and cinnamon in oil. Add tomato sauce and cook until carrots are tender.

Purée tofu with lemon juice, nutmeg and salt.

Sprinkle an 11" x 17" pan with bread crumbs. Place eggplant slices on top. Spread carrot tomato mixture on eggplant and sprinkle with bread crumbs. Continue layering with the eggplant, carrot, tomato and bread crumbs.

Spread tofu mixture on top. Sprinkle with parsley and arrange tomato slices evenly on top.

Bake 350°F for 30-40 minutes or until tofu is browned.

Asparagus and/or Carrots with Lemon-Herb Sauce

Balance the following to taste:

Juice 1 lemon

Salt (use minimum possible, starting with 1/4 tsp.)

Honey (unheated preferred - use about same quantity as lemon juice)

Dilute flavors with water as you prefer.

Put all ingredients in blender. Then add a few leaves of both basil and mint.
Purée to smooth mixture.

You may enjoy using fresh ginger and cilantro instead of the basil/mint recipe.

Steam your chosen amount of asparagus and/or carrots to a “fork friendly” quality. This means more well done than al dente, but not mushy!

Pour desired amount of lemon/herb sauce over the asparagus/carrots

Shredded Zucchini with Yogurt Sauce

This type of recipe is given as a salad in Turkish cookbooks, but is quite delicious when served warm. Because of the pasta like shape of the cut zucchini and the texture of the yogurt, it is like eating noodles in cream sauce, only much lighter.

With some fresh tomatoes and slices of dark bread, or used as a filling for pita breads, this makes an easy summer lunch for two people.

Ingredients (generous serving for 2 persons):

1 lb. medium-sized, firm zucchini
2 to 3 Tbl water
salt
1/2 cup plain yogurt
asefoetida to taste
2 tsp chopped dill or several pinches dried
1 tsp chopped mint leaves or 2 pinches dried
1 tsp lemon juice
1 Tbl virgin olive oil
freshly ground pepper
additional fresh herbs, whole or chopped, for garnish

Grate the zucchini coarsely, using the large holes of a 4-sided grater or the shredding disk of the food processor. Heat a few tablespoons of water in a wide non-stick skillet; add the zucchini and lightly salt. Cook gently over medium heat until there is little moisture in the pan and the zucchini is cooked, about 8 minutes. Stir occasionally to make sure that it isn't sticking or browning.

While the zucchini is cooking, mix the yogurt with the asefoetida, herbs, lemon juice, oil, and pepper. Stir it into the cooked zucchini, toss, and heat gently until it is warm throughout. Salt to taste. Serve the zucchini warm or at room temperature with freshly ground pepper and a garnish of fresh herbs.

Pesto Carrots

(serves 4)

1 lb. carrots
1 Tbl tarragon
1/4 cup pesto sauce
2 tsp paprika
1 tsp salt (optional)
apple juice to cover carrots

Cover carrots with apple juice and cook until tender, then add spices and pesto sauce.

Pesto Sauce

2 cups fresh basil leaves (packed)
1 /4 cup olive oil
juice of 2 lemons

Blend until smooth. Equals 1/4 cup.

Dilled Green Beans

Serves 12:

<i>3 lbs.</i>	<i>green beans</i>
<i>1 1/2 cups</i>	<i>water</i>
<i>3 Tbl</i>	<i>ghee</i>
<i>pinch</i>	<i>asefoetida (to taste)</i>
<i>1 Tbl</i>	<i>dried dill</i>
<i>1/2 tsp</i>	<i>salt</i>
<i>1/4 tsp</i>	<i>pepper</i>

Bring water to boil and add beans. Cover and reduce heat. Cook 10 minutes. Stir occasionally.

Drain beans and plunge into cold water, strain again and set aside.

Heat ghee in a wok or frying pan, add asefoetida and cook 30 seconds. Add beans and stir occasionally until thoroughly heated. Add the dill, salt and pepper. Toss well and serve.

Lemon Broccoli (Serves 4):

<i>1 lb.</i>	<i>fresh broccoli</i>
<i>1/4 cup</i>	<i>ghee</i>
<i>pinch</i>	<i>asefoetida to taste</i>
<i>1/4 cup</i>	<i>chopped celery</i>
<i>1 Tbl</i>	<i>lemon juice</i>
<i>1/4 tsp</i>	<i>lemon rind</i>

Cook broccoli until tender.

Heat ghee, sauté asefoetida and celery. Cook until tender. Stir in lemon juice. Place broccoli in a serving dish. Pour celery over broccoli and sprinkle with lemon rind.

Chutneys

Apple Chutney

The following recipe is good for pacifying Kapha dosha and makes 1 1/2 cups:

<i>1/2 tsp</i>	<i>fennel seeds</i>
<i>1/2 tsp</i>	<i>cumin seeds</i>
<i>1 tsp</i>	<i>coriander, ground</i>
<i>8</i>	<i>medium size Granny Smith apples, peeled, cored and chopped</i>
<i>3/4 cup</i>	<i>granulated sugar</i>
<i>1 tsp</i>	<i>each cardamom, cinnamon, mace and nutmeg</i>
<i>1/4 tsp</i>	<i>paprika</i>
<i>1/2 cup</i>	<i>apricot juice</i>

Dry roast seeds and coriander.

Add remaining ingredients and cook 20 minutes or until chutney is thick.

Papaya Chutney

The following recipe is good for pacifying Kapha dosha and makes 1 1/2 cups:

2 1/2 cups chopped, firm, ripe papayas (about 2 pounds)
1/2 cup granulated sugar
1/2 cup apple juice
1/4 cup lemon juice
1/4 tsp salt

Peel papayas and scoop out the seeds. Combine sugar and juices in a saucepan. Place over low heat and stir until sugar is dissolved. Add papaya and salt. Gently boil fruit until soft.

Raisin-Date Chutney

The following recipe is good for pacifying Pitta dosha:

<i>1 tsp</i>	<i>fennel seeds</i>
<i>1 tsp</i>	<i>cumin seeds</i>
<i>2 tsp</i>	<i>coriander, ground</i>
<i>1 cup</i>	<i>raisins</i>
<i>1/2 cup</i>	<i>dates, pitted and chopped</i>
<i>1/4 cup</i>	<i>orange juice</i>
<i>2 Tbl</i>	<i>fresh ginger root, minced</i>
<i>1/4 tsp</i>	<i>nutmeg</i>
<i>1/4 tsp</i>	<i>salt</i>
<i>3 Tbl</i>	<i>chopped fresh cilantro</i>

Dry roast seeds and coriander. Combine raisins and dates and soak 20 minutes or until fruits are soft. Combine all in a food processor. Pulse until coarsely ground.

Plum Chutney

The following recipe is good for pacifying Pitta dosha and makes 1 1/2 cups:

1 1/2 cups red or purple plums
1/2 Tbl peeled, fresh ginger root, minced
1/4 tsp each cloves, mace, cinnamon, coriander and turmeric
1/2 tsp fennel
1/4 tsp salt
1/2 cup grape juice
1 1/2 cups granulated sugar
zest (grated peel) of 1 orange

Dry roast ginger root, spices and fennel seeds. Add plums, salt, juice, sugar and orange zest.

Raise the heat slightly, and, stirring constantly, bring to a boil. Reduce the heat and cook chutney about 1/2 hour.

Mango-Peach Chutney

The following recipe is good for pacifying Vata dosha and makes 2 cups:

<i>2</i>	<i>medium ripe mangoes</i>
<i>4</i>	<i>ripe peaches</i>
<i>1 Tbl</i>	<i>lime juice</i>
<i>1 Tbl</i>	<i>orange juice</i>
<i>1/2 tsp</i>	<i>salt</i>
<i>1/8 tsp</i>	<i>paprika</i>
<i>1 tsp</i>	<i>black mustard seeds</i>
<i>3 Tbl</i>	<i>chopped, fresh coriander</i>

Dry roast the black mustard seeds until they pop.

Peel and pit the mangoes and peaches.

Chop the fruit and add remaining ingredients.

Marinate for 1/2 hour

Ginger Chutney

<i>1 Tbl</i>	<i>lime juice</i>
<i>1/3 cup</i>	<i>orange juice</i>
<i>3/4 cup</i>	<i>chopped, peeled ginger root</i>
<i>1/2 cup</i>	<i>raisins</i>

Combine the ingredients in a food processor and grind to the desired texture.

Cilantro Chutney

2 apples

3/4 - 1 cup fresh cilantro

1 sprig fresh basil (optional)

1 tsp Real Salt (brand of herbal salt)

2 tsp turbinado sugar (heaping)

Juice of 1-2 lemons (to taste)

Peel and core 2 apples. Put in food processor with fresh cilantro (optional: add 1 sprig fresh basil).

Add lemon juice ,Real Salt and turbinado sugar according to taste.

Grind and serve.

Desserts

Apple Cobbler

Topping:

<i>1/2 cup</i>	<i>flour</i>
<i>1/2 cup</i>	<i>brown sugar</i>
<i>2 Tbl</i>	<i>almonds</i>
<i>1/2 tsp</i>	<i>cinnamon</i>
<i>1/2 tsp</i>	<i>nutmeg</i>
<i>1/4 tsp</i>	<i>salt</i>
<i>5 Tbl</i>	<i>unsalted butter, cubed</i>

Combine all but butter in a food processor, blend well. Add butter and continue processing until the mixture resembles coarse crumbs.

Filling:

<i>6</i>	<i>granny apples, peeled, cored and sliced</i>
<i>3/4 cup</i>	<i>granulated sugar</i>
<i>1 1/2 Tbl</i>	<i>cornstarch</i>
<i>1/2 tsp</i>	<i>nutmeg</i>
<i>1/2 tsp</i>	<i>cinnamon</i>
<i>2 Tbl</i>	<i>lemon juice</i>

Combine all in a bowl and spread in an 8" x 2" baking pan. Sprinkle with topping. Bake until golden.

Almond Apple Crepes

Crepes:

2 cups skim milk
1 3/4 cups unbleached white flour
1 Tbl soy flour
1/2 Tbl each cornstarch and arrowroot
1 Tbl canola oil

Combine all in a blender. Blend until smooth. Let sit 30 minutes. Heat a crepe pan and spray with cooking oil. Pour out a small amount in the pan and roll the pan so the crepe batter spreads evenly on the bottom.

Cook until bubbles form on the crepe. Flip and cook 30 seconds on the second side.

Filling:

2 Granny Smith apples, peeled, cored and sliced
1/2 cup Thompson raisins, soaked in water 20 minutes
1/4 cup blanched almonds
1 tsp each cinnamon and nutmeg

Combine all in a bowl.

Fill each crepe with small amount of filling, then pinch 2 sides of crepe closed using toothpick to hold in place. (Optional: sprinkle with powdered sugar.)

Carob Ganache Cake with Strawberry Filling

The following recipe is good for pacifying Pitta dosha and makes 10 servings:

Cake:

1 1/2 cups unbleached white flour
1 cup granulated sugar
3 Tbl carob powder
1 tsp baking soda
1/2 tsp salt
1 cup cold water
5 Tbl canola oil
1 Tbl lemon juice
1 tsp vanilla extract
1 tsp strawberry extract

Combine dry ingredients and liquid ingredients separately. Pour liquid into dry and blend well. Pour into an 8" oiled and floured round pan. Bake at 350°F for 30 minutes or until knife inserted in the middle comes out clean.

Strawberry Filling:

1 pint fresh strawberries
1/4 cup granulated sugar

Wash strawberries and slice into a bowl and combine with sugar.

Ganache:

3 oz. unsweetened carob chips
1 lb. sweetened carob chips
2 cups 2% milk

Melt carob over double boiler.
Slowly whip in milk. Stir until well blended.

Assemble Cake:

Split cake horizontally into 2 pieces. Spread with strawberry filling. Pour ganache over top.

Serve with additional strawberry filling on top.

Orange Poached Pears with Raspberry Coulée

The following recipe is good for pacifying Vata dosha and makes 6 servings:

6 *Comice pears*
2 1/2 cups *water*
3/4 cup *sugar*
 zest (grated peel) from 1 orange
2 tsp *orange extract*

Peel the pears and cut in half. Core pears and remove the seeds. Bring water to a boil, add sugar and orange zest.

Stir to dissolve the sugar; then lower the heat. Add the pears and cook them gently until soft. Remove from heat and cool.

Raspberry Coulée:

2 cups *fresh raspberries*
1 cup *granulated sugar*

Combine all in a blender and blend well. Add water if too thick; if too thin, add an additional 1/4 cup raspberries. When ready to serve, remove pears from pan and place in 6 dishes. Top with Raspberry Coulée and orange sugar water

Plum Cobbler

<i>3 lbs</i>	<i>plums, peeled and sliced</i>
<i>1/2 cup</i>	<i>sugar, granulated</i>
<i>1/4 tsp</i>	<i>cinnamon</i>
<i>1/4 tsp</i>	<i>nutmeg</i>
<i>1 Tbl</i>	<i>lemon juice</i>
<i>2 Tbl</i>	<i>tapioca flour</i>

Combine all of the above in a saucepan and cook until plums are tender about 20-30 minutes.

Spread into a 7" x 13" pan.

Topping:

<i>1 cup</i>	<i>flour</i>
<i>1 tsp</i>	<i>baking powder</i>
<i>1 Tbl</i>	<i>sugar</i>
<i>1/8 tsp</i>	<i>salt</i>
<i>1/2 tsp</i>	<i>vanilla extract</i>
<i>4 Tbl</i>	<i>butter (unsalted)</i>
<i>3 Tbl</i>	<i>lassi</i>

Combine the dry ingredients. Cut the butter into small pieces and blend in (with a pastry blender) until mixture resembles coarse meal. Add lassi and drop on top of plum mixture. Bake at 400°F for 20-25 minutes.

Poached Pears with Vanilla Sauce

(serves 4)

4 *pears - peeled and covered up with sugar water*
 juice of one lemon
 1/2 a lemon rind

Simmer in a saucepan approximately 15-20 minutes until tender.

Vanilla Sauce:

1 cup *low fat milk*
1/2 cup *granulated sugar*
dash *pure vanilla extract*

Cook these two items until hot. Then mix well.

4 T. *cornstarch*
1/2 cup *heated milk*

Add to pot and continue stirring and cooking until thick.

Place pears on individual plates and pour sauce over top. Garnish with mint leaves and a strawberry for color.

Strawberry Tartlets

Combine the following 3 in a blender:

1 pint strawberries cut into pieces
1 cup sugar
4 Tbl cornstarch

Pour into tartlets (Graham cracker tartlets-can purchase ready made or see recipe below) and bake for 20 minutes at 350°F.

Use remaining strawberry sauce to drizzle over tartlets.

Homemade Tartlets

Use foil Tartlet shells or muffin tins.

1 1/2 cups Graham cracker crumbs
1/2 cup melted butter
1/4 cup brown sugar or sucanat

Stir. Scoop out and press into tartlet shell.

Rhubarb Crumble

2 cups diced rhubarb (about 1 1/4 pounds)
3 Granny Smith apples, peeled, cored and thinly sliced
3/4 cup brown sugar
1 1/2 Tbl cornstarch
1/2 tsp ground cardamom

Topping:

1/2 cup unbleached flour
1/4 tsp salt
1/2 cup packed light brown sugar
5 Tbl cold unsalted butter, cut into bits
1/2 tsp cinnamon
2 Tbl slivered almonds

1. Preheat the oven to 350°F. In a large bowl, combine the rhubarb, apples, brown sugar, cornstarch and cardamom. Pour the fruit into an 8" x 8" x 2" baking pan and smooth the top.
2. To make the topping: Combine the flour, light brown sugar, cinnamon, and salt in a medium bowl. Add the butter bits and stir to coat. With your fingertips, rub the butter into the mixture until coarse crumbs form. Stir in the almonds. Sprinkle the crumbs all over the top of the rhubarb filling.
3. Bake 50 minutes, or until the topping is brown and the filling is bubbly. Serve slightly warm or at room temperature.

Tapioca

Combine:

1 quart milk
3/4 cup brown sugar

Bring to a boil.

Combine:

1/2 quart milk (cold)
3/4 cup tapioca

Add to hot milk. Stir constantly till thick.

Add your choice flavors:

1 Tbl ghee (optional)
1 Tbl vanilla
1 Tbl almond extract (optional)

Variation:

Substitute water or fruit juice for the milk.

Add your choice of fresh fruit and boil for a few minutes in the liquid.

Add cold liquid and flavors, as before.