

Ayurvedic Recipes

Ghee - Clarified Butter

To make *ghee*, use unsalted and good quality butter. Place the butter in a pan and let it melt and simmer on the lowest possible heat. In the beginning it will make a lot of noise, the butter will look thick and cloudy, and a foam will appear on the top. In the first five minutes occasionally give the liquid a stir to allow all the water content to evaporate, and then leave the liquid to continue simmering for a further 15 minutes. Slowly particles will sink to the bottom, the foam will settle on the top and in between the pure butter oil will become clear. The moment the sediment on the bottom starts to turn brown, remove the pan from the heat, skim off and discard the foam, and strain the liquid through a very fine sieve or muslin into a jar.

Don't store *ghee* in the fridge: it doesn't go rancid and will keep for months. Use it for cooking (*ghee* doesn't burn as quickly as butter does) and you can always add a teaspoon to your food. ENJOY!

Mung Soup

Mung beans are less gas producing than other beans, remove toxins from the body and when cooked with the suggested spices, stimulate the digestive fire. Soak the *mung* beans either over night or for at least one hour before cooking. Heat olive oil or *ghee* in a pan and add a teaspoon of turmeric powder, 2 pinches asafoetida (to take the gas quality out of the beans) and two bay leaves. (All ingredients are available in any Indian food store.) Discard the water from the soaked beans and add the beans into the pan with fresh water. To one part *mung* you need at least three to four parts water. Leave to bubble away for 30-40 minutes adding water as necessary. (If you have a pressure cooker the soup is cooked much quicker.) Slowly the beans begin to soften and break up. Continue to cook until all the beans are soft.

Whilst the beans are cooking heat some oil or *ghee* into another pan and add one heaped teaspoon of cumin and coriander seeds plus any other herbs or spices (except chilies) such as *garam masala*, black pepper, *kokum* etc. Sauté briefly and then add a finely chopped onion, some fresh root ginger and 2-3 cloves of garlic. Sauté until the onions turn golden brown and then remove from the heat. Once the beans are soft add the onions and some salt into the pan and continue to simmer for a further few minutes. Don't add salt until the end as this makes the beans tougher and they would therefore take longer to cook. Serve with rice, fresh coriander leaves and *ghee*.

Khichadi

Khichadi is a simple stew of rice and split *mung* beans which is easy to digest and stimulating to the digestive fire.

Soak the split *mung* beans for at least one hour before cooking. Heat *ghee* or olive oil in a pan and add cumin or coriander seeds. Then add some finely chopped onion, root ginger and garlic and sauté until golden brown. Stir in 1 tsp. turmeric powder, 1 tsp. asafoetida, some black pepper and a few bay leaves. Take a cup and fill half with *mung* and the remaining half with white basmati rice. (One can also add any

chopped vegetables that you have such as carrots, pumpkin, green beans, courgettes, asparagus etc.) Add the beans into the pan with min. four cups of water (more if you have added vegetables). In a normal pan you will need to cook it for about 30 minutes, adding more water as necessary whereas in a pressure cooker it will cook within about 5 minutes after coming to pressure.

When it's ready, ie. the beans have become completely soft, add a little salt and serve the dish with *ghee* and freshly chopped herbs. Experiment with different vegetables and spices to create different flavours.

An Ideal Breakfast - Porridge

In the evening place some water in a pan and soak at least 10 black raisins, 2-3 dates and some dried figs and apricots if desired. (Dried fruits should either be soaked over night or cooked into a compote.) You can also soak a combination of any of the following seeds and nuts: sunflower and pumpkin seeds, blanched almonds, hazelnuts, shredded coconut, sesame and linseeds (flax). In the morning bring the water and soaked fruits etc. to the boil and add 2 tsp. cinnamon powder and 4 crushed cardamoms. Then pour in rolled oats and cook until soft. Experiment with adding different grains such as flaked millet, popped quinoa, amaranth etc. and try altering the flavour by adding 1 tsp. fennel seeds. To make the porridge creamier, use *Oatly* (oat milk), soya or rice milk. If you like it really sweet, add any syrup of your choice (date, barley, rice, maple etc.), fruit spreads or hazelnut and almond butter.

Ginger Water

Ginger water is the ideal remedy when you have a cough, cold or excess mucus accumulation in your throat and sinuses. Being hot in nature ginger has the quality to cut into and loosen mucus as well as stimulate your digestive fire so that the stomach can clear the mucus effectively. Due to this stimulating action on the digestion it is also the perfect drink to be taken either before you eat a meal or half an hour afterwards. Don't drink it more than twice daily as it might then increase *pitta* too much, but when suffering from cold, ginger water can be drunk in small amounts throughout the day.

Cut 4-5 slices of fresh root ginger and place in a pan of water. Bring to the boil and allow to simmer for at least 5 minutes. Strain into a mug and enjoy! If you wish to sweeten it with honey, add it only after the liquid has cooled to drinking temperature, as honey is not heat stable.

Digestion Enhancing Tea

Place 4 cups of water, 2 tsp. cumin powder, 2 tsp. coriander powder, 20 rose petals (or 2 tsp. dried rose petals), 4 crushed cardamom, 1 tsp. fennel seeds, 1 pinch black pepper, 1 pinch asafoetida and 2 slices fresh root ginger together in a pan and bring to the boil. Simmer gently for about 5 minutes, remove from the heat and keep it covered for a further 20 minutes. Filter and keep warm in a flask to drink regularly throughout the day.

Recipes

Here are a few recipes for dishes that we enjoy eating. The amounts given are for two people. You don't have to add all the spices, garlic, ginger etc. if you don't wish to, but try to include at least a few cumin seeds or some black pepper to help enhance the digestive fire. For more ideas treat yourself to a copy of Barbara Cousin's *Vegetarian Cooking Without* published by Thorsons. You will need to modify some of the ingredients according to the Ayurvedic guidelines that you have been given (such as avoiding tomatoes!), but its full with delicious recipes free of gluten, wheat, yeast and sugar.

Pumpkin Soup

1 red pumpkin or butternut squash
1 onion (finely chopped)
Garlic
Coriander, black pepper
½ tsp turmeric powder

Place some *ghee* in a pan and gently sauté the spices, onion and garlic until golden brown. Meanwhile wash the pumpkin, remove the seeds and cut into small pieces (it is not necessary to remove the skin if you don't wish to). When the onions are ready add the pumpkin and enough water to almost cover the pumpkin. (You can also add carrots, swedes or a handful of yellow split *mung dal* or red lentils into the soup.) Cook the soup either in a pressure cooker (takes 5 min once the pressure has been reached) or cook in an open pan until the pumpkin is soft. Then blend or mash the soup to the desired texture. Serve with a spoonful of *ghee*.

Pumpkin with Apricots

1 red pumpkin or butternut squash
5-6 unsulphered apricots

Simply cut the pumpkin in half, scoop out the seeds and place the apricots and 2 tbsp. of water into the hole where the seeds were. Place the pumpkin in an ovenproof dish, cover it and leave it in the oven (180°C) for about one hour or until the pumpkin is really soft. You can eat it straight out of the skin.

Pasta with Spinach

Some vegetables of your choice like courgette, carrot, broccoli, red pepper, mushrooms, spring onions, bamboo shoots and sprouts, water chestnut etc.

Tofu

Rice noodles

Desiccated coconut

1 yeast free veggie stock cube

3 cups of water

Ginger, onion and garlic (chopped)

Place some *ghee* in a pan and gently sauté the chopped ginger, onion and garlic until golden brown. Add 3 cups of water and the stock cube, bring to the boil and simmer for ten minutes. Meanwhile prepare your vegetables and chop them into thin slices. Fill another pan with water, bring it to the boil, turn off the heat and throw in the rice noodles. Follow the instructions on the packet, which usually say that the noodles will be cooked in three minutes. Once the noodles are cooked, strain off the water and place them in a large bowl. Take a wok (or large frying pan) and stir-fry the vegetables and tofu (if you have many vegetables, better fry them separately or they end up 'boiled'). When they are done, add them to the noodles and sprinkle some desiccated coconut and a little *tamari* soy sauce over them. Now pour over the vegetable broth and serve. Season to taste with salt, pepper or more *tamari*.

Spinach Pancakes

4 oz / $\frac{3}{4}$ cup *Dove's* gluten-free flour or rice flour

$\frac{1}{2}$ pint / 300ml soya or rice milk

1 egg

Salt and pepper

Fresh herbs

1 chopped onion

2 cloves garlic

Spinach

Sift the flour into a bowl and gradually beat in the egg, milk, seasoning and freshly chopped herbs. Beat until the batter is smooth either using a hand whisk or a blender. Leave the batter to stand for about twenty minutes.

Meanwhile, finely chop an onion and the garlic and sauté in a pan until golden brown. Add some ground nutmeg and a large amount of spinach and cook until soft; letting the water evaporate. Remove from the heat and keep warm.

Heat a non-stick frying pan and add a little *ghee* or oil. Pour one ladle full of batter into the pan and fry both sides of the pancake until golden brown. Turn the cooked pancake out onto a plate and keep warm, whilst you cook the others. Once all the batter is used up, take a pancake, place a large tablespoon of spinach onto one side and roll the pancake into a sausage shape. Serve immediately.

Grilled Polenta with Spinach

1 onion (finely chopped)
Fresh garlic and ginger (chopped or crushed)
Spices such as cumin, coriander and black pepper
3 large handfuls of fresh spinach or one small broccoli
150g finely ground polenta
1 pint of water
½ tsp rock salt
Fresh herbs (coriander leaves, parsley, thyme etc.)

Place some *ghee* or olive oil in a saucepan and sauté the onion, ginger and garlic together with any spices of your choice (cumin and coriander are particularly good for aiding digestion). Add the spinach and cook until soft. Remove from the heat. Steamed broccoli also works well in this dish if spinach is unavailable.

Bring a pan of water to the boil and pour in the polenta and salt; whisking continuously to prevent the forming of lumps. Cook for about ten minutes until the polenta is thick and doesn't stick to the side of the pan. Remove from the heat and stir in the onions, spinach or broccoli and some fresh herbs. Pour the mixture into a loaf tin or a flat dish, level the surface and leave to cool completely.

Turn out the terrine onto a plate and cut into thick slices. Place under the grill, for about 5 minutes on each side, until crisp and golden brown. Serve immediately with other vegetables or a soup.

Coconut Chutney

1 coconut
1 large handful of fresh coriander leaves

Crackopen the coconut and cut out the flesh. Place in a blender with the coconut milk and a little water. Add the coriander leaves and blend the mixture to a fine paste. Add more water if the paste becomes too thick. Season to taste.

Cake Recipes

Hazelnut Cake

250g ghee or butter
150g rapadura or jaggery (solidified sugar cane juice)
250g ground hazelnuts
150g Dove's gluten free flour
½ cup of water
1 tbsp hazelnut butter
2 tsp gluten free baking powder
2 tsp arrowroot powder

Melt the *ghee* in a pan. Finely chop the *jaggery*, place in a bowl with the *ghee* and stir until the *jaggery* has dissolved. Add the hazelnut butter and then fold in the ground hazelnuts, flour, baking powder, arrowroot (it acts as a binding agent) and the water. If the consistency is too dry then add more water.

Place the dough in a cake tin and bake it in a preheated oven for 1 hour at 180°C or gas mark 5 and then for a further ½ hour at 150°C or gas mark 4.

Carrot and Coconut Cake

250g ghee or 180ml / 6fl.oz sunflower oil
150g rapadura or jaggery (solidified sugar cane juice)
3 large eggs or 2 tsp arrowroot powder with ½ cup water
175g Dove's gluten free flour
300g grated carrots
100g chopped walnuts
100g desiccated coconut or coconut cream
2 tsp gluten free baking powder
1 tsp cinnamon
1 tsp ground mace

Melt the *ghee* in a pan. Finely chop the *jaggery*, place in a bowl with the *ghee* and stir until the *jaggery* has dissolved. Beat the eggs with a folk (or mix the arrowroot with water) and add into the mixture. Fold in the flour, carrots, walnuts, coconut, spices and baking powder and mix thoroughly. If the consistency is too dry then add some water.

Place the dough in a cake tin and bake it in a preheated oven for 1 hour at 180° Celsius or gas mark 5.

Lemon Polenta Cake

250g ghee or *butter*
150g rapadura or jaggery (*solidified sugar cane juice*)
250g ground almonds
250g polenta (*coarse, fine or mixed*)
4 eggs or 1 heaped *tbsp arrowroot with ½ cup soya milk*
2 large lemons (*zest and juice*)
2 *tsp baking powder*
1½ *tsp vanilla essence (optional)*

Beat the butter/*ghee* with the finely chopped *jaggery* till light and fluffy. Add the eggs (or arrowroot and soya milk) and continue to beat the mixture. (Arrowroot powder mixed with soya milk acts as a binding agent.) Fold in the almonds, polenta, baking powder, lemon juice and zest.

Place the dough in a cake tin and bake it in a preheated oven for about 1½ hours at gas mark 4 or 160° Celsius.

Flapjacks

125g ghee
100g rapadura or jaggery (*solidified sugar cane juice*)
2 *tsp cinnamon*
3 *cardamom, ground*
Rolled porridge oats

Place the *ghee* and the finely chopped *jaggery* in a pan and melt over a low heat. Instead of *jaggery* you can also use rice syrup or malt syrup made from millet or barley. Add the spices and enough oats to make quite a thick consistency. Stir the mixture on the heat for a further minute and then remove and pour onto a baking sheet or a flat oven dish.

Place the tray in a preheated oven and bake for about ½ hour at 160° Celsius or gas mark 4 until the flapjacks are golden brown on top.