

ONEWORLD
ayurveda's secret

Your Kitchen is Your Pharmacy

*125 Tasty and
Healing Recipes*



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Oneworld Ayurveda's Secret - Your Kitchen is Your Pharmacy -
125 Tasty & Healing Recipes | Version 1.3 | Publish date: July 1, 2021

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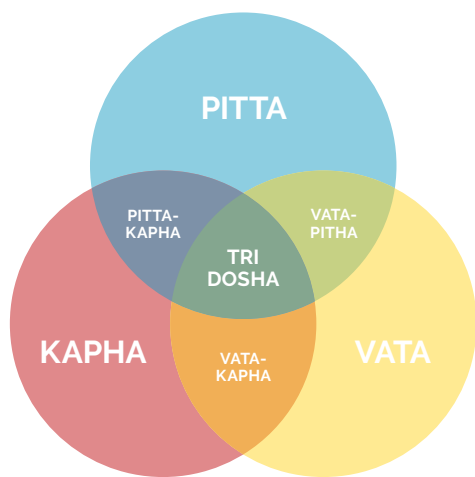
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FOOD ACCORDING TO AYURVEDA

Aharam Mahabhaishajyam - food is the best medicine

According to Ayurveda, Aharam (food), Nidra (sleep), and Brahmacharyam (controlling emotions) are the three pillars that support a healthy life. Without the right sustenance from a good, clean diet, disease and imbalances can manifest in our bodies.

Agni (our digestive fire) is the engine that aids the digestion of the food we eat and how we metabolize it. Agni converts food into energy, which is responsible for all of our vital body functions.



In Ayurveda, each Dosha (constitution) is responsible for specific physiological functions. To maintain these functions it's important to eat according to your Dosha type. Not sure what your Dosha type is? Take our free online quiz at www.oneworldayurveda.com/free-dosha-quiz/

When you eat according to your Dosha type you can improve your health and food quite literally becomes your medicine.

Central to Ayurvedic cooking is eating freshly cooked meals, no processed or leftover food, and using local, seasonal ingredients as they retain more nutrients and are more easily digestible.

Ayurveda also promotes balance—in Ayurvedic cooking, there are six tastes that should be incorporated into your diet daily.

They are:

- Madhura (Sweet)
- Amla (Sour)
- Lavana (Salty)
- Katu (Pungent)
- Tikta (Bitter)
- Kashaya (Astringent)

Each taste plays a role in keeping equilibrium in our physiology and mental health. Specific tastes can also be helpful for different Dosha types and illnesses. For example, pungent, bitter and astringent tastes balance Kapha, sweet, sour and salty help to keep Vata under control, while Pitta is balanced by astringent, bitter and sweet tastes. Learn more about this in the *Specific Diet and Lifestyle* Guidelines for the different Doshas.

Are you a Vata, Pitta or Kapha?



www.oneworldayurveda.com/free-dosha-quiz/ to find out what your predominant dosha is. By knowing your predominant dosha you'll discover what food and ingredients can create balance and which will create imbalances.

HOW TO APPLY AYURVEDIC WISDOM IN YOUR DAILY LIFE

Diet and lifestyle are the main components of how and whether disease gets a chance to spread and with your choices you can either balance or excite your doshas. Dosha imbalances leave you vulnerable to disease—when you live a balanced, sattvic life, you are better able to maintain your health. Here are some tips:

Ayurvedic guidelines for eating

- Have a moment of mindfulness before eating. This calms the mind and body and gives direction for use of the food.
- Eat in a settled atmosphere to promote parasympathetic nervous system functioning.
- Eat only when you are hungry.
- Nature likes cycles and regularity, so do we.
- Breakfast 7-8 am | Lunch 12-2pm | Dinner 6-7:30pm
- Choose organic and locally grown produce and grains whenever available.
- Eat warm and freshly cooked meals.
- The diet should be balanced by including all six tastes – sweet, sour, salty, pungent, bitter and astringent – at least once a day.
- Increase your digestive fire to digest what you eat. A half teaspoon of grated ginger taken with a pinch of salt is an excellent appetizer and kindles Agni

(digestive fire) as does splashing cool water over your face, neck and hands before meals.

- No snacking—this causes confusion in the nervous system about the timing of secretions and other digestive activities. The nervous system likes regularity.
- Eat the biggest meal at noontime to take advantage of the body's greatest digestive capacity.
- Avoid all ice-cold food or drink as the digestive process slows down in a cold environment and this strains the digestive process.

How and how much to eat?

- Eat with awareness, recognize and enjoy the appearance, textures, smell, tastes, and even sounds, if any. This produces emotional satisfaction and balance as well as aids digestion.
- Eat at a medium pace, not too slowly and not too fast (20 minutes), chew the food well.
- Eat to about $\frac{3}{4}$ of your stomach's capacity at your biggest meal.
- Stop eating when you are satisfied but not full.
- Avoid eating a meal or snack before the previous meal has been digested, unless it is a piece of fruit.
- Allow approximately 3 to 6 hours between meals, depending upon the types of food consumed.
- If you desire to drink anything with your meals, it is best to sip a small glass of hot or warm water. Also, avoid drinking large quantities of liquids right before and within the first 2 hours after meals.
- Walk 100 steps after the meal.
- Lie on the left side after eating for about ten minutes, digestion is improved with this action.
- Avoid too much raw, undercooked or overcooked food.
- Diet should be according to body type, energy level,



digestive capacity and age.

- It should depend on energy and nutrient requirements in case of pregnancy, childhood, workload, old age, disease condition.
- Observe the seasons and seasonal products. Winter – warming foods, Spring – cleansing foods, Summer – cooling foods, Autumn – nourishing foods.

Ayurveda's healing spices and herbs

Cumin

- Digestive, good for lactating mothers, boosts the immune system, relieves anxiety and stress.
- Use as a seasoning in cooking/dressing salads.
- 5 grams in 1 litre of water brought to boiling acts as a detox drink. Drink cumin tea for indigestion and abdominal distention.

Ginger

- Builds appetite and facilitates digestion, effective in diarrhoea due to indigestion.
- Use as a spice while cooking/dry powder in salad dressings.
- 2 ml of fresh ginger juice + pinch of Himalayan salt aids digestion.
- 5 grams of crushed ginger + 1 liter of water brought to boiling acts as a digestive and detox agent.
- Loss of appetite: ginger pickle with salt before food.
- Ginger vine is a good appetizer and detox agent.

Fennel

- Effective in dyspepsia, bad breath, maintains healthy levels of cholesterol.
- Use as a spice while cooking/dry powder in salad dressings.
- 1-2 gram roasted fennel can be chewed after eating, helps in fighting bad breath and aids digestion.
- Fennel cools down excess heat in the body.

Turmeric

- Acts as an antioxidant, immune booster, anti-infective, anti-inflammatory, anti-cancerous, a wonder drug.
- Used as a spice while cooking. Add $\frac{1}{2}$ teaspoon turmeric powder to anything you cook.
- Fresh turmeric and ginger can be sliced and pickled with salt and vinegar and taken as a condiment.

Fenugreek

- Good for menstrual pain, uterine cleanser, good for lactating mothers. Contraindicated in pregnancy.
- Useful in diabetes and high cholesterol cases.
- Use as tea, 5 grams fenugreek + 100 ml water, boil and reduce to 50 ml against menstrual cramps.
- 15 grams in 100 ml water, boil and drink throughout the day for premenstrual symptoms. Also acts as a uterine cleanser.

Nutmeg

- Detoxifies liver, effective against bad breath, tooth problems, mood disorders, sleep problems.
- Use as a spice while cooking. As it is a heat-generating spice, use in small quantities like 1- 2 pinches.
- 250 mg with hot milk at night is effective in sleep problems.

Sesame seeds

- Effective in maintaining healthy bones, teeth and hair.
- Sprinkle seeds while cooking vegetables, salad dressing, condiments etc.
- Mix 100 grams roasted sesame seeds, 200 mg cardamom powder, palm sugar syrup and mix into sesame laddo (balls) of 5 grams each. These can be taken two times a day, especially good for females nearing menopause, in memory problems etc.

Black pepper

- Digestive, relieves congestion.
- Use as a spice while cooking/dry powder in salad dressings or herbal teas. Sprinkle a small quantity in curry/salads/soups/broth.
- For cold or congestion, drink tea of black pepper.

Coriander

- Digestive, effective in recurrent urinary infections, excess body heat, skin problems.
- Use as a spice while cooking/fresh leaves in salad dressings/curries/soups.
- 5 grams of dry seed powder to spice curry/broth, 10 g of coriander crushed and soaked in 200 ml water overnight, then drained and strained in the morning is effective in excess body heat, urinary infections etc.

Teas

Method: 1½ cups boiled with herbs below and reduced to 1 cup.

Digestive teas

Fennel – 2 g | Black Pepper – 500mg | Ginger – 1 g | Himalayan salt – 1 pinch

Detox teas

Coriander – 3 g | Fennel – 3 g | Ginger – 1 g | Nutmeg – 250 mg | Cinnamon – 250mg

Note: The above herbs can be used as a spice in daily cooking to boost the digestive system and detox the body on a daily basis. At any point, if you want to get treated for a specific disease through Ayurveda, please contact our doctors or any qualified Ayurveda Doctor rather than following the herbal remedies given in books or the internet, as diagnosis and stage of the disease and state of the body are equally important in deciding the dose and combination of herbs.



SPECIFIC DIET AND LIFESTYLE GUIDELINES FOR VATA

Food quality

Unctuous, warm, moderately heavy, moist, soothing and nourishing.

Taste

Sweet, sour, salty can be taken in larger quantities. Excessive consumption of bitter, astringent and spicy tastes contributes to Vata imbalance.

Dairy products

All dairy products in moderate quantity. Butter, buttermilk, cheese (hard), cheese (soft), cottage cheese, cow's milk ghee, goat cheese, goat's milk, sour cream, yoghurt (diluted and spiced).

Grains/flours

Rice and wheat, oats (cooked), quinoa, seitan (wheat meat), millet, amaranth, durham flour.

Sweeteners

Molasses, barley malt, cane sugar (raw or unrefined), fruit juice concentrates, honey - raw and unprocessed.

Oils

All oils, especially sesame, corn, peanut, mustard, olive, coconut, avocado. Choose cold-pressed oils.

Fruits

Grape, cherry, melon, peach, avocado, coconut, banana, orange, pineapple, plum, berries, mango, papaya, apple, apricot, date (fresh), fig (fresh),

grapefruit, kiwi, lemon, lime, prune (cooked), raisin (soaked), rambutan, rhubarb, strawberry.

Pulses

Aduki beans, mung daal (split and skinless), urud dal (black-eyed lentils), green mung beans in higher quantity. Other pulses can be eaten in moderation well spiced.

Nuts and seeds

Chia, flax, pumpkin, sesame, sunflower seeds. Nuts should be consumed in moderation: almond, black walnut, Brazil nut, cashew, charole, coconut, filbert, hazelnut, macadamia nut, peanut, pecan, pine nut, pistachio.

Salads/vegetables

Celery, zucchini, asparagus, beets, cabbage, carrot, cilantro, cucumber, daikon radish, green bean, green chili, Jerusalem artichoke, leafy greens, leek, okra, olive, onion (cooked), parsley, parsnip, pea (cooked), pumpkin, radish (cooked), rutabaga, spaghetti squash, spinach (cooked).

Spices

Allspice, almond extract, anise, basil, bay leaf, black pepper, cardamom, cinnamon, clove, coriander, cumin, carom seeds, curry leaf, dill, fennel, garlic, ginger, mace, marjoram, mint, mustard seed, nutmeg, orange peel, oregano, paprika, parsley, peppermint, long pepper, poppy seed, rosemary, thyme, turmeric, salt, saffron, spearmint, star anise, tarragon, vanilla, wintergreen.

Teas

Chamomile, fennel, ginger, liquorice, lemon, carom seeds, catnip, chicory, chrysanthemum, clove, comfrey, elderflower, eucalyptus, fenugreek, hawthorn, juniper berry, lavender, lemongrass, marshmallow, oat straw, orange peel, peppermint, raspberry, rosehip, saffron, sage, sarsaparilla, spearmint.

Avoid/minimize

Light, dry, rough and cold foods, raw vegetables. Excess of sprouts, peas, potatoes, white flour, junk food, cheese, fizzy drinks.

Lifestyle advice

- Sit down to eat quietly and focus on the taste and texture of your food and chew thoroughly.
- Choose warming foods and minimize intake of raw and cold food/drink.
- Walk fast for 100 steps after each meal.
- Sit in Vajrasana yoga posture after food.
- Maintain a consistent daily routine (prepare and use a timetable of all your activities from waking to sleeping).
- Keep exercise gentle and regulated.

- Drink a glass of warm water early in the morning after brushing your teeth.
- Drink two litres of water every day.
- Find time for rest, reflection, and nurturing yourself.
- Create a calm, safe and comforting environment for yourself.
- Have regular Ayurvedic massage as it is soothing and grounding.
- Avoid very cold and very windy conditions, also very dry climates.
- Minimise travel and too much movement, avoid loud and noisy places, crowds, too much talking.
- Express your creativity in focused and satisfying ways and allocate space and time for this.
- Wear soft flowing clothes made of natural fibres in earthy tones.
- Get enough sleep.
- Keep warm.
- Bring positivity in mind with yoga, meditation, nature walks, music etc.
- Meditate for 30 minutes every day.

SPECIFIC DIET AND LIFESTYLE GUIDELINES FOR PITTA

Food quality

Luke warm-cold.

Taste

Eat herbs and food that contain more of these three tastes: sweet, bitter, astringent. Minimize the consumption of hot, sour, pungent, oily, fried, salty, fermented foods and alcohol.

Dairy products

Butter (unsalted), cheese (soft, not aged, unsalted), cottage cheese, cow's milk, goat's cheese (soft, unsalted), ice cream, yoghurt (freshly made and diluted), goat's milk. Minimize sour yoghurt and sour cream.

Grains/flours

Amaranth, barley, couscous, durham flour, granola, oat bran, oats (cooked), rice, rice cakes, sago, saitan (wheat meat), spelt, sprouted wheat bread (essene), tapioca, wheat, wheat bran.

Sweeteners

Unrefined sugar, barley malt syrup, brown rice syrup, maple syrup, fruit juice concentrates, whole cane sugar, sugar cane juice, palm sugar.

Oils

Olive, sunflower, coconut, canola, flaxseed, ghee, primrose, soy, walnut.



Fruits

Generally most sweet fruits, avoid sour. Apple (sweet), apple sauce, apricot (sweet), avocado, berries (sweet), cherry (sweet), coconut, date, durian (small amounts in season), fig, grape (red and purple), guava, longan (seasonal), lychee, mango (ripe), melons, papaya (sweet), orange (sweet), pear, persimmon, pineapple (sweet), plum (sweet), pomegranate, prune, quince (sweet), raisin, rambutan (seasonal).

Pulses

Green mung beans, Adzuki beans, black beans, black-eyed peas, chickpeas (garbanzo beans), kidney beans, lima beans, navy beans, peas (dried), pinto beans, soybeans, soy cheese, soy milk, split peas, tempeh, tofu, white beans.

Nuts and seeds

Flax, popcorn (no salt, buttered), psyllium, pumpkin seeds, sunflower seeds, almonds (soaked and peeled, charoli nut, coconut).

Salads/vegetables

Cucumber, cabbage, potato, sweet potato, zucchini, radish, leafy greens, pumpkin, bottle gourd, ridge gourd, bitter melon, artichoke, beets (cooked), bitter melon, broccoli, Brussels sprouts, carrots, cauliflower, celery, cilantro, dandelion greens, green beans, Jerusalem artichoke, kale, leek (cooked), lettuce, okra, olives (black), onion (cooked), parsley, parsnip, pea, peppers (sweet).



Spices

Fennel, turmeric, basil (fresh), cardamom, cinnamon, coriander, cumin, curry leaf, dill, ginger (fresh and young), mint (all mints), parsley, saffron, wintergreen.

Teas

Fennel, liquorice, spearmint, alfalfa, barley, blackberry, borage, burdock, catnip, chamomile, chicory, comfrey, dandelion, ginger (fresh and young), green tea, hibiscus, hops, jasmine, lavender, lemon balm, lemongrass, marshmallow, nettle, oat straw, passionflower, peppermint, raspberry, red clover, sarsaparilla, spearmint, strawberry, violet.

Avoid/minimize

Excess of pungent spices, mustard, white flour (maida), junk food, cheese, fizzy drinks.

Excess of tomatoes, red chilli, garlic, ginger, sour fruits and vegetables, beef, seafood, egg yolk.

Lifestyle advice

- Get plenty of fresh air and fresh fruits, vegetables, milk, and whole grains.
- Take a brisk walk of 100 steps after each meal.
- Sit in Vajrasana yoga posture after eating.
- Keep cool physically and mentally.
- Apply an attitude of moderation in all things.
- Avoid situations of excessive heat, steam, or humidity.
- Drink a glass of warm water early in the morning after brushing your teeth.
- Try to avoid over indulgence of sense organs.
- Avoid going to bed late at night.
- In hot climates or seasons, take cool baths, stay out of the sun in the hottest part of the day, wear loose light-coloured cotton clothing (especially white and pastel shades like pale blue), take enough fluids, wear a hat.
- Be considerate and patient with others.
- Engage in quiet and contemplative activities.
- Avoid situations of potential conflict.
- Choose cooler times of day to take part in physical activities.
- Avoid a sedentary life.
- Be mentally positive through yoga, meditation, nature-walk, music etc.
- Meditate for 30 minutes every day.

SPECIFIC DIET AND LIFESTYLE GUIDELINES FOR KAPHA

Food quality

Warm, light, dry, slightly unctuous, low-fat.

Taste

Pungent, bitter, astringent tastes. Excessive consumption of sweet and salt tastes contributes to Kapha imbalance.

Dairy products

Less of dairy products. Goat's milk, buttermilk, cottage cheese (skimmed or goat's milk), ghee (moderation), goat's cheese (unsalted and not aged) in moderation, yoghurt (goat's milk).

Grains/flours

Barley, corn, millet, buckwheat, rye, old rice, ragi, wheat bran, couscous, durham flour, granola, muesli, oat bran, oats (dry), polenta, rice (basmati, wild), rye, sago, sprouted wheat bread.

Sweeteners

Raw honey.



Oils

All oils in moderation: almond, canola, corn, ghee, mustard seed, olive, safflower, sesame, sunflower.

Fruits

Generally most astringent or dry fruits. Apple, pear, pomegranate, lemon, apricot, pineapple, custard apple, guava, papaya, fig, berries, cherry, cranberry, peach, persimmon, prune, raisin, strawberry. Moderate use of banana, mango, litchi, watermelon.

Pulses

Most legumes are good. Adzuki beans, black beans, black-eyed peas, garbanzo beans (chickpeas), lentils (red and brown), lima beans, mung beans/dhal, tur dhal peas (dried), pinto beans, soy sausages, white beans.

Nuts and seeds

Sunflower seeds, flax seeds, pumpkin seeds, chia, popcorn (no salt or butter), other nuts in moderation.

Salads/vegetables

Eggplant, beetroot, potato, bottle gourd, snake gourd, ridge gourd, bitter gourd, cucumber, carrot, radish, green pea, celery, okra, yam, zucchini, asparagus, lettuce, artichoke, beets, bitter melon, broccoli, Brussels sprouts, burdock root, cabbage, cauliflower, cilantro, corn, daikon radish, dandelion greens, green beans, green chillies, horseradish, Jerusalem artichoke, kale, kohlrabi, leafy greens, leeks, lettuce, mustard greens, okra, onion, mushrooms, radish, rutabaga, spinach, sprouts, tomatoes (yellowish and cooked), turnip greens, watercress, wheatgrass.

Spices

Carom seeds, almond, anise, asafoetida, basil, bay leaf, black pepper, caraway, cardamom, cayenne, clove, cinnamon, coriander, cumin, curry leaf, dill, fenugreek, garlic, ginger, mace, marjoram, mint, mustard seed, neem leaf, nutmeg, orange peel, oregano, paprika, parsley, peppermint, pippali, poppy seed, rosemary, saffron, sage, savory, spearmint, star anise, tarragon, thyme, turmeric, wintergreen.

Teas

Cinnamon, fenugreek, peppermint, raspberry.

Avoid/minimize

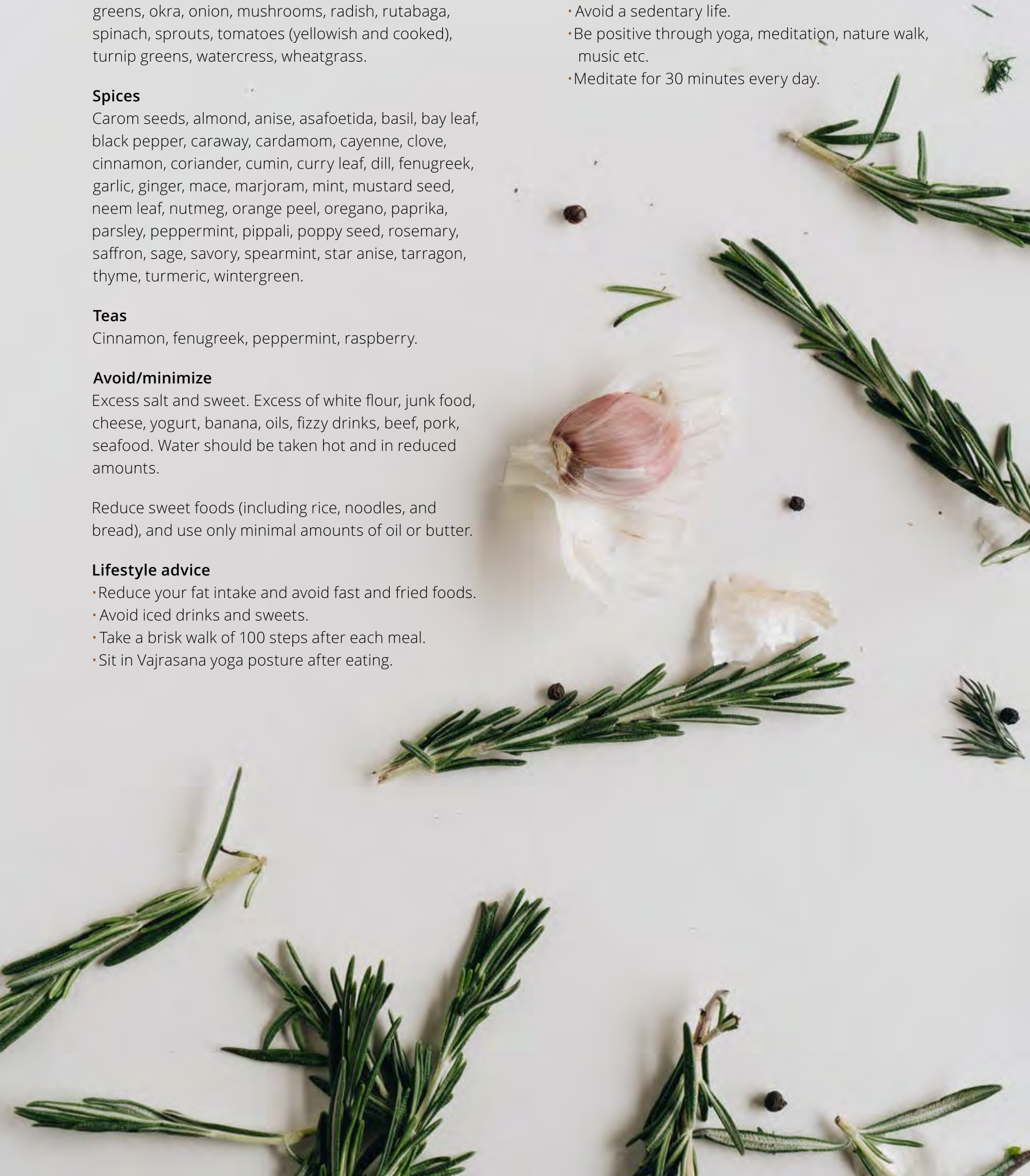
Excess salt and sweet. Excess of white flour, junk food, cheese, yogurt, banana, oils, fizzy drinks, beef, pork, seafood. Water should be taken hot and in reduced amounts.

Reduce sweet foods (including rice, noodles, and bread), and use only minimal amounts of oil or butter.

Lifestyle advice

- Reduce your fat intake and avoid fast and fried foods.
- Avoid iced drinks and sweets.
- Take a brisk walk of 100 steps after each meal.
- Sit in Vajrasana yoga posture after eating.

- Wake early (before dawn), sleep less and avoid sleeping in the day.
- Get plenty of physical exercise every day.
- Perform activities that stimulate and energize the body and mind, and build physical and mental heat.
- Allow for excitement and challenge and variety in life to break away from stagnation and clinging to old ways of thinking and behaving.
- Keep warm and dry.
- Avoid a sedentary life.
- Be positive through yoga, meditation, nature walk, music etc.
- Meditate for 30 minutes every day.



Ayurvedic Recipes



■ BREAKFAST

Apple Porridge with Oatmeal

Ingredients - 2 portions

4 cups (1 liter) water
½ cinnamon stick
1 cup quick cooking oatmeal
1 green apple, cut into cubes
2 apricots, cut into cubes
¼ tsp salt
180 ml coconut milk
Mixed nuts for topping

Method

In a medium sized saucepan bring the water to boil and add cinnamon stick. Pour the oatmeal, apricot and apple into the boiling water, stirring constantly to prevent any lumps from forming. Add salt and reduce the heat to low and allow the porridge to simmer for 30 minutes, stirring occasionally. Serve with mixed nuts and coconut milk.

Baked Nutmeg-scented Barley with Dates, Apple and Banana

Ingredients - 6 portions

2 cups barley, soaked in water overnight
5 cups water
2 tbsp ghee, melted
2 apples, peeled and diced
2 bananas, peeled and diced
4 dates, chopped
½ tsp ground nutmeg
¼ tsp salt

Toasted slivered almonds, to garnish
Soy milk or coconut milk for serving

Method

Drain the soaked barley. Place it in a bowl and mix well with the rest of the ingredients.

Divide the mix evenly into ceramic dishes, cover with foil and place in the oven at 180°C and bake for an hour. Remove foil and fork the barley. Sprinkle with toasted almonds.

Serve hot with some soy milk or coconut milk on side. NB – you can also replace some of the water for some soy or coconut milk in the mix to make a richer dish.

Bihun Goreng Noodles

Ingredients - 3 portions

100 g bihun/rice noodles
50 g onion, sliced
2 stalks leek, sliced
3 tsp ghee
25 g garlic, chopped
2 carrots, medium-sized, julienned
¼ cabbage, julienned
200 g bok choy
10 g celery
2 tsp sesame oil
Salt & pepper to taste

Method

Soak the noodles in fresh water until soft and set aside. Sauté onion and leek in ghee, add garlic and carrot, stirring for 3 minutes. Add cabbage, bok choy and celery stirring until well cooked. Add the rice noodles to the vegetables and add sesame oil, season with salt and pepper.

Black Rice Pudding

Ingredients - 2 portions

1 cup black rice
¼ cup white rice
5 cup water
1 stick cinnamon
2 tbsp coconut milk
4 tbsp palm sugar

Method

Wash and rinse black and white rice and soak for 2 hours. Bring the water to boil. Add cinnamon stick and rice. Keep simmering, stirring until soft. Add palm sugar and mix. Serve with coconut milk on top.

Breakfast Couscous with Nuts

Ingredients - 4-6 portions

200 g couscous
500 ml water
30 g raisins
30 g flaked almonds
30 g pine nuts
30 g shelled unsalted pistachios
2-3 pinches of ground cinnamon (more or less to taste)
6 tbsp honey
1 teaspoon rose water, optional
1 orange, zest
200 ml coconut/almond milk

Method

Boil water. Place the couscous in a bowl and cover it with boiling water. Let it stand for 10 minutes until the water is absorbed, then fluff up with a fork. Soak the raisins in lukewarm water for 15 minutes until softened, then drain.

Toast the almonds and pine nuts by placing them in a dry frying pan over a medium heat and stirring for 2 to 3 minutes, until they are golden brown.

Roughly chop the pistachios and add to the couscous. Then add the raisins, almonds, pine nuts, cinnamon, honey and rosewater (if using) and gently toss together. Serve warm or at room temperature with a few gratings of orange zest to garnish. Serve the milk on the side.

Buckwheat Pancake

Ingredients - 1 portion (3-4 pancakes)

1/2 cup or 60 g buckwheat flour
1/8 tsp salt
1/2 and 1/3 cup or 150 ml water according to the preferred thickness
1 tbsp ghee or oil for coating the pan
10 thin slices of banana
10 thin slices of strawberry

Method

Heat a nonstick pan or cast iron skillet on medium heat. The pan or griddle should be ready for the batter as soon as it is mixed.

Whisk buckwheat flour and water together in a large bowl. Add salt and mix well. Do not overmix. A few lumps are fine.

Put a small amount (a half teaspoon) of ghee/oil in the pan and spread it around to coat. Ladle the batter onto the hot surface in the desired size, about 4-5 inches wide. Put banana and strawberry slices on one half of the pancake, then fold the other side over. Reduce the heat to medium-low. Allow the pancake to cook for 2-3 minutes, until nicely golden. Garnish with 1 slice of banana and strawberry each.

Mango Smoothie Bowl

Ingredients - 2 portions

2 cup coconut water
1½ cup mango, cut in chunks
½ cup pineapple, cut in chunks
½ banana
1 cup quick cooking oats

Topping

½ cup mango and pineapple chunks
¼ cup coconut flakes

Method

Add 1 cup of coconut water and the fruits into a blender. Blend on high for one minute, until you get a thick and creamy consistency.

Heat a pan, pour in 1 cup coconut water and add the quick cooking oats. When the oats are ready, add the smoothie and mix together with oats. Pour 2 ladles into a bowl and add your toppings.

Mixed Grain Pancake

Ingredients - 2 portions

¾ cup (100g or 3.5 oz) all-purpose flour (you can substitute with buckwheat flour for a 100% buckwheat pancake if you wish)
¾ cup (100g or 3.5 oz) buckwheat flour
1 cup water
3 tbsp brown sugar
½ tsp salt
Vegetable oil or ghee for coating the pan, if needed
1 banana, sliced thin
3-4 strawberries, sliced thin

Method

Mix the flours in a bowl with the water, add brown sugar and salt. Heat a stick-free pan on medium heat.

The pan or griddle should be ready for the batter as soon as it is mixed. Grease the pan if needed.



Pour 1 ladle of the batter into the pan, fry until the bottom of the pancake is slightly brown.

Place half the bananas and strawberries on one side of the pancake, then fold over the other side. Continue with the second pancake. Place finished pancake on a plate and garnish with one slice of banana and strawberry each.

Egg Bennedict

Ingredients - 4 portions

Egg white

8 large pieces of medium soft coconut meat

½ tsp salt

¼ tsp black pepper, grounded

Egg yolk

1 cup cashew nuts soaked for 20 minutes

¼ cup water

1 tbsp olive oil

½ tsp turmeric powder

½ tsp onion powder

½ tsp ground palm sugar

Salt and pepper to taste

Sauce

½ cup coconut milk

1 tsp curry powder

1 tsp turmeric powder

½ tsp coriander powder

½ cup water

Salt and pepper to taste

Method

For the egg white, marinate the coconut meat with salt and black pepper and grill to make it warm.

For the egg yolk, drain the cashew nuts and blend with the other ingredients in a food processor until a

bit chunky. Add a little water if necessary to facilitate easy blending. Remove from the blender and cook in a steamer for 5-10 minutes.

For the sauce, mix all the ingredients in a pan, simmer on a low flame for at least 3-5 minutes and set aside. Place the spinach on a plate, layered with coconut meat, make sure coconut meat is on the top. Scoop the egg yolk with a small ice cream scoop and put on top of the coconut meat. Then cover the egg yolk with the sauce.

Momos Dumplings

Ingredients

Filling

½ cup cabbage, finely chopped

½ cup carrots, finely chopped

1 onion, finely chopped

An inch piece of ginger, grated

Salt to taste

1 tsp oil

Dumpling skin

2 cups of chapatti/whole wheat flour

Water for kneading the dough

Method - Filling

Combine all the chopped vegetables in a bowl. Check the salt and add the oil to it as well.

Method - Dumpling skin

Put the flour into a large mixing bowl (no salt added in a traditional momo).

Add a little water at a time and knead to make a smooth dough. Once the dough is formed, keep kneading for about 5 minutes to make it smooth and elastic. The dough should not be sticky.

Seal the dough in a zip lock bag, making sure to press out all air within the bag, and let it rest for at least 10 minutes. The dough will steam up the bag and become soft and easy to work with.

Divide the dough into small lemon size portions of one inch in diameter. Dust them in flour and roll out into a circle. Do not roll too thick, as the filling will push itself out and tear when steamed.

Place a small spoon of filling in the centre of the rolled circle. Bring the edges of the dough together with a pinching and folding motion on one side and fold the other side over the pinched side. By doing this, the half moon shaped momos will have a frilled look. Proceed similar way with the remaining dough. You can experiment with different shapes and sizes as you like. All it takes is some time and practice.

As you keep shaping the momos, you need to keep them on a greased platter and cover with a damp cloth to prevent them from drying out.

While you are shaping the momos, have a steamer with water boiling. Grease the steamer pan with some oil to prevent the momos from sticking.

Place the momos on the greased steamer pan. When you have one set, steam on high for 5-7 minutes or until you see a glaze or shine on the skin. As soon as you notice this, turn off the heat and remove the momos from the steamer. Place them in a dish and keep covered.

Mung Bean Dosa

Ingredients - 6-8 dosas

1 cup mung bean
¼ cup white rice, raw
½ cup water, more if needed
1 tsp ghee or oil
½ tsp salt
Pepper to taste

Method

Wash rice and mung beans, soak overnight or 8 hours. Blend the soaked rice and mung beans together by adding enough water until a smooth pouring consistency is reached. Transfer this dosa batter into a large mixing bowl. Just before making the dosas, add salt to the batter. Mix the batter well 2-3 times.

Preheat the pan and lightly coat it with ghee. Once the pan is ready, pour 4-5 tablespoons of batter carefully onto the centre of the heated pan and spread in circular motion to form a thin, even layer.

Once the dosa is spread, use a brush to apply ghee all over it. Let it fry until the edges start to rise and become slightly brown. Flip the dosa a couple of times

till both sides are well done and brown. Transfer to plate and serve hot. Repeat for rest of the batter.

Oat Porridge with Pear

Ingredients - 1 portion

1 ¼ cup or 300 ml water
½ cup yellow pear, diced
⅓ cup or 40 g quick-cooking oatmeal
¼ tsp cinnamon powder
½ cup or 100 ml almond milk /soy milk
4 dates/prunes, diced
4 strawberries, diced

Method

In a medium-sized saucepan bring water to boil. Add pear cubes, oatmeal, and cinnamon powder into the boiling water, stir constantly to prevent lumping. Reduce heat to low and allow the porridge to simmer for 15 minutes. Add milk, stir well and cook for another 5 minutes over low heat. Switch off the heat and serve with the prunes and strawberries.

Quinoa Pancakes

Ingredients - 1 portion (3 pancakes)

¼ cup or 50 g quinoa, soaked overnight
¼ cup or 60 ml water
⅛ tsp salt
1 tbsp ghee or oil for coating the pan
10 thin slices of banana
10 thin slices of strawberry



Method

Using a blender, mix the quinoa with water and salt until it becomes a soft batter, preferably no lumps. Heat a non-stick pan or cast-iron skillet over medium heat. The pan should be ready for the batter as soon as it has been mixed.

Put ghee/oil in the pan and spread it around to coat. Ladle the batter onto the hot surface in the desired size, about 4-5 inches wide.

Reduce the heat to medium-low. Put banana and strawberry slices on one half of the pancake, then fold the other side over. Allow the pancake to cook for 2-3 minutes, until nicely brown.

Garnish with banana and strawberry slices. You should get 3-4 pancakes with this recipe.

Quinoa Porridge

Ingredients - 1 portion

2 1/4 cups or 500 ml water
1/4 cup or 50 g quinoa, soaked overnight
1 tbsp palm sugar
5 raisins, diced
1/2 cup or 100 ml soy milk or almond milk

Toppings

4 strawberries, diced (or other fruits)
4 almonds or 5 hazelnuts, crushed
1 tsp chia seeds or flax seeds
1 apricot, diced

Method

Combine quinoa and water in a saucepan, cover with a lid. Cook over medium heat, stirring occasionally, for about 20 minutes. Add palm sugar, raisins, soy milk/ almond milk and cook for another 10 minutes until quinoa is soft. Turn off the heat. Add any of the extra healthy toppings and enjoy!

Rice Flour Porridge with Raisins

Ingredients - 1 portion

1 3/4 cup or 300 ml water
1/4 tsp cinnamon powder
1/4 cup or 50 g rice flour
1/2 cup or 100 ml soy milk or almond milk
10 raisins
4 dates/prunes, finely diced
1 banana, peeled and sliced
2 strawberries, sliced

Method

Cook water with the cinnamon powder over medium heat. When the water has boiled add the rice flour little by little to avoid lumps cook for 10 minutes. Add soy milk or almond milk, raisins, and dates /prunes. Turn the heat to low. Stir until hot and smooth for the next 5 minutes. Remove from heat. Garnish with strawberries and banana, serve warm.

Semolina Paleo Porridge

Ingredients - 1 portion

1 3/4 cup or 300 ml water
1/4 cup or 50 g semolina
1/2 cup or 100 ml soy milk or almond milk
4 dates/prunes

1/4 tsp cinnamon powder

Toppings

1 banana, peeled and sliced
3 strawberries, sliced
10 raisins

Method

Heat water with over medium heat. When water starts boiling, add semolina slowly little by little to avoid lumps, cook for 10 minutes. Add the milk of your choice, dates/prunes, and cinnamon powder. Turn the heat to low. Stir until hot and smooth for the next 5 more minutes. Remove the pan from heat.

Garnish with strawberries, banana slices, and raisins. Serve warm.

Semolina Paleo Porridge with Nuts and Dates

Ingredients - 5-6 portions

1 cup raw pecan nuts
1 cup raw cashew nuts
2 cups coconut milk
4 dates, pitted
1/2 cup semolina flour
1/4 tsp sea salt

Topping

2 bananas
1 tbsp butter or ghee
1 1/2 tbsp honey
1/4 tsp cinnamon
1/2 cup chopped pecan nuts
1 cup coconut milk
6 strawberries

Method

Place the nuts in a large bowl of water and soak for 8 hours or overnight. Soaking the nuts not only helps to make the porridge creamy, but also increases the digestibility of the nuts (so do not skip this step!).

Drain the nuts in a colander and rinse under cold water. Place the nuts, dates and sea salt in a food processor and pulse until finely ground (stopping before you create a nut butter).

Transfer the nut mixture to a pot. Cook semolina in another pot and pour in the nut mixture, stir until all is well mixed. Add the coconut milk and turn the heat to medium-high. Stir until hot and smooth, then remove from the heat.

Peel the bananas and slice in half, then again, lengthwise. Heat a skillet on medium heat and add butter, honey and cinnamon and stir until combined. Place the bananas in the skillet and cook for one minute, then carefully flip and cook for an additional minute on the other side.

Divide the porridge into bowls. Add the caramelized bananas, a sprinkle of chopped pecans and ¼ cup coconut milk to each bowl. Garnish with the strawberries, serve immediately.

Semolina Porridge

Ingredients - 1 portion

1 ¾ cup or 400 ml water
¼ cup or 50 g semolina
salt to taste

Method

Boil the water in a saucepan over medium heat. Add the semolina once the water starts boiling. Stir continuously to avoid lumps. Simmer over low heat for another 5 minutes. Add salt if needed. Once well-cooked, switch the heat off. Serve warm. Porridge thickens if kept waiting, add water to loosen the porridge before serving.

SOUPS

Balinese Soup/Garang Asem

Ingredients - 4 portions

1 tbsp coconut oil
1 stalk lemon grass
1 l vegetable stock
100 g kidney beans
200 g chayote, diced
2 pcs bay leaves
Salt & pepper to taste

Bumbu gede paste

20 g turmeric, chopped
15 g ginger, chopped
50 g shallot, chopped
20 g white turmeric, chopped
50 g garlic, chopped
10 g lemongrass, chopped
10 g red chili, chopped
2 tbsp coconut oil
50 ml water

Method

Bumbu gede: Sauté all ingredients until fragrant, add water and cook until well cooked, blend till smooth. Return bumbu gede to heat, add oil and lemongrass. Stir for 1-2 minutes, add stock and bring to boil then add kidney beans. When kidney beans are half cooked, add chayote and bay leaf and cook the vegetables until well cooked, seasoning with salt and pepper.

Beetroot Soup

Ingredients - 1 portion

1 tbsp coconut oil or ghee

¼ cup onion, minced
3 cloves garlic, minced
1 cup or 150 g beetroot, peeled and chopped
1 ¼ cup or 300 ml vegetable stock
½ tsp turmeric powder
½ tsp salt

Method

Warm coconut oil/ghee in a saucepan over medium heat. Stir in onions and garlic; cook until soft but not browned, about 3 minutes. Stir in chopped beetroot and cook for 1 minute.

Pour in the vegetable stock and season with salt and turmeric powder. Bring to a boil and let simmer for 15 minutes till tender. Remove from heat and set aside for 5-10 minutes to cool slightly. Blend everything until smooth. Return soup to the pan and gently heat through.

Broccoli Soup

Ingredients - 1 portion

1 tsp olive oil
1 tbsp onion, minced
1 tsp or 1 garlic clove, minced
1 cup or 100 g broccoli, copped
1 ¾ cup or 300 ml vegetable stock
Salt and pepper to taste
5 basil or coriander leaves

Method

Heat olive oil in a medium saucepan over medium-high heat. Add onion and garlic. Cook while stirring for three minutes or until onion has softened. Add broccoli and cook for five minutes. Stir frequently. Add vegetable stock, season with salt and pepper, and bring to a boil. Reduce heat to medium-low. Simmer for 15 minutes or until broccoli is tender. Add coriander leaves and stir through. Turn off the heat and set aside to cool slightly, then blend until smooth. Return to pan over low heat for 3 minutes.



Carrot and Ginger Soup

Ingredients - 1 portion

1 tbsp ghee or oil

1 tbsp onion, minced
2 garlic cloves, minced
1 tsp or 5 g ginger, sliced
1/2 cup or 40 g carrot, diced
1 1/4 cup or 300 ml vegetable stock
1/4 tsp salt
1/4 tsp pepper
Coriander leaves

Method

Heat ghee or oil in a pan, then sauté the onion for 2-3 minutes until softened. Add garlic and ginger, stirring cook for 2-3 minutes. Add the carrot and vegetable stock. Bring to a boil and simmer for 15 minutes. Stir until carrots are softened, season with salt and pepper, and add chopped coriander leaves.

Cauliflower Soup

Ingredients

1 tbsp olive oil
1 large brown onion, chopped
2 garlic cloves, crushed
1 head (1.3kg) cauliflower, cut into florets
1 liter vegetable stock
Salt and pepper to taste

Method

Heat oil in a large saucepan over medium-high heat. Add onion and garlic. Cook, stirring, for 3 minutes or until onion has softened. Add cauliflower. Cook, stirring, for 5 minutes.

Add stock, season with salt and pepper, cover and bring to a boil. Reduce heat to medium-low. Simmer for 15-20 minutes or until cauliflower is tender. Set aside for 5 minutes to cool slightly. Blend, in batches, until smooth. Return to pan over low heat.

Mixed Vegetable Soup

Ingredients - 1 portion

1 tbsp or 15 ml virgin coconut or olive oil
1 tbsp or 10 g onion, diced
1 tsp or 1 garlic clove, minced
1 tbsp or 15 g tomato, diced
2 tbsp or 15 g carrot, diced
1 3/4 cup or 400 ml vegetable stock
1 tbsp or 10 g tofu, diced
1 tbsp or 10 g eggplant, diced
1 tbsp or 10 g zucchini, diced
1 tbsp or 10 g green french beans, sliced
1 2 tbsp broccoli, chopped
1/4 tsp dried basil
Salt and pepper to taste
1/4 tsp fresh basil, oregano, or thyme (optional)

Method

Heat the oil in a saucepan over medium heat. Add

onion and garlic, and cook until golden brown for about 3 minutes. Add tomato and carrot, cook for another 2 minutes. Add vegetable stock and cook until they begin to soften, about 15 minutes. Add tofu, eggplant, zucchini, and beans. Stir well and cook for another 15 minutes over medium heat.

Then add broccoli, dried basil/oregano/thyme, and salt and pepper to taste. Add vegetable stock if needed and bring to a boil.

Reduce the heat to low and simmer for 10 minutes. Ladle into a bowl and top with chopped basil/oregano/thyme (optional).

Mung Bean Soup

Ingredients - 2 portions

1 cup whole green mung beans, soaked overnight
2 cup water
1/2-1 tsp salt
2 cup water
1 tbsp ghee/oil
1/2 onion, chopped
1/2 tsp turmeric
1 tsp ginger, chopped
1 garlic clove, chopped
1 tsp salt
Pinch of pepper

Method

Soak the mung beans overnight in water. Drain them, washing twice and cook with water until tender, takes about 75 minutes. The beans have to be broken.

Heat ghee/oil in a large deep saucepan and sauté onion, garlic, turmeric, ginger and a pinch of pepper. Mix well and do not allow to burn. Put all ingredients into a saucepan, mix well, add some water, simmer for 10-15 minutes.

Set aside to cool slightly. Blend until smooth.

Pumpkin-Ginger Soup

Ingredients - 1 portion

1 tbsp olive oil or coconut oil
1/4 cup or 20 g onion, minced
3 garlic cloves, minced
1 tbsp or 5 g ginger, sliced
1 cup or 130 g pumpkin, peeled, seeded, and diced
3/4 cup or 200 ml vegetable stock
Salt and pepper to taste

Method

Heat oil in a medium pan, sauté onion, garlic, and ginger until soft. Add pumpkin and keep stirring for 2 minutes. Add vegetable stock. Season with salt and pepper. Bring to a boil and simmer uncovered for 15 minutes. The pumpkin should be soft.

Set aside for 5-10 minutes to cool slightly. Blend everything until smooth, return to heat for 3 minutes. Adjust the consistency of soup by adding extra vegetable stock if needed.

Sayur Lodeh

Ingredients - 4 portions

25 gm shallots, chopped
15 gm garlic cloves, chopped
4 candle nuts, crushed
2 tbsp coconut oil
10 gm galangal, crushed
1 ltr water
1 chayote cut into cubes
8 long beans cut to 5 cm
1 tomato cut into cubes
1 medium eggplant cut into cubes
3 ears young sweet corn cut into cubes
200 gm snow peas
200 gm melinjo
1 green chilli seeded and sliced
1 red chilli seeded and sliced
100 gm tempe cut into cubes
2 tbsp of palm sugar
100 ml coconut milk
salt and pepper for seasoning
1 handful of moringa leaves

Method

Crush the shallot, garlic and candle nut in a mortar to a fine paste, or use a blender. Keep aside.

Heat coconut oil in a pan and fry the paste with crushed galangal until fragrant. Add water and bring to boil. Then add the chayote, long beans, tomato, egg plant, sweet corn, snow peas, melinjo, green chilli, red chilli, tempe and palm sugar. Cook till soft. Stir in coconut milk, season with salt and pepper and bring it to boil. Add moringa leaves.

Serve sayur lodeh in a bowl and garnish with fried shallots (optional)

Soto Tofu

Ingredients - 4 portions

Soto paste

2 tbsp coconut oil
100 g shallots, sliced
25 g turmeric, sliced
50 g galangal, sliced
50 g garlic, sliced
1 stalk lemongrass, chopped
25 g aromatic ginger

Soto base

1 l vegetable stock
Salt and pepper, to taste

1 medium carrot, julienned
50 g bean sprouts
20 g bok coy, shredded
50 g tofu, diced
10 g rice noodles/ kwetiau
2 tbsp celery leaves, chopped
2 tbsp fried shallot
1 lime, sliced

Method

Heat coconut oil in a sauce pan and sauté all Soto paste ingredients until fragrant, then set aside to cool slightly for 5-10 minutes. Blend until smooth.

In a large sauce pan, fry the soto paste over medium heat while stirring for a couple of minutes until fragrant. Add the vegetable stock and season with salt and pepper. Cover and bring to boil. Reduce the heat to medium low, simmer for 15-20 minutes.

Cook carrot, bean sprouts, bok coy, tofu and kwetiau in boiling water until softened and strain. To serve, place them in a bowl, pour the soup base over it, and garnish with fried shallot and celery leaves.

Spinach Soup

Ingredients - 3 portions

25 g ghee
½ onion, sliced
2 cloves garlic, chopped
1 bunch spring onions, chopped
1 leek, sliced
2 small sticks celery, chopped
200 g potato, peeled and diced
1 l vegetable stock
400 g spinach
Salt and pepper
10 g coconut, grated

Method

Heat the ghee in a large saucepan. Add onion, leek, celery, garlic and potato. Stir and cover. Cook for 10 minutes, stirring a couple of times. Pour in the stock and cook for 10 -15 minutes till the potato is soft. Add the spinach and cook for a couple of minutes until wilted. Use blender to blitz to a smooth soup. Pour into a pan and add pepper and salt to taste. Reheat for 2 minutes before serving and top with grated coconut.

Shiitake Mushroom and Vegetable Soup

Ingredients - 3 portions

1 tablespoon ghee/butter
1 medium onion, diced
1 clove garlic, chopped
1 carrot, peeled and diced
8-10 shiitake mushrooms, julienned

8 cups vegetable stock
3 broccoli florets, diced
Salt and pepper, to taste
½ cup parsley, chopped

Method

Heat the pan with the ghee, sauté onion and garlic, stir for 1-2 minutes. Add carrot and mushrooms and stir for another 2 minutes. Add stock and bring to a boil. Add broccoli, simmer for 15-20 minutes. Season with salt and pepper. Garnish with parsley.

Sweet Corn Soup

Ingredients - 3 Portions

300 g sweet corn, fresh
1 onion, roughly chopped
15 g olive oil (or oil of your choice)
½ tsp garlic clove, chopped
1 l vegetable stock
Salt and pepper to taste

Method

On medium heat, sauté the roughly-chopped onion. Add garlic and stir. Add fresh corn, salt and pepper, mix together. Cover and let simmer for 3-4 minutes. Add the stock to mixture. Blend the content of the pan until all corn is blended. Return to heat and add the rest of the vegetables. Reheat.

Zucchini and Thyme Soup

Ingredients - 1 portion

1 1/2 cup or 200 g zucchini
1/2 tsp thyme or oregano
2 tbsp ghee or oil
2 tbsp or 20 g onion, minced
1 garlic clove, crushed
1/4 tsp or 1-2 cm ginger, sliced
3/4 cup or 200 ml vegetable stock
Salt and pepper to taste



Method

Slice the zucchini into medium-sized slants and sprinkle with thyme/oregano. Grill the zucchini in a pan using ghee/oil. Set aside.

Heat ghee/oil in a pot, sauté onion, garlic, and ginger, stirring for 2 minutes. Add zucchini, stir for 1-2 minutes. Add vegetable stock and bring to a boil, reduce heat to medium-low, simmer for 5-10 minutes. Season with salt and pepper. Set aside for 5 minutes to cool slightly. Blend until smooth. Return to pan over low heat for 3 minutes. Adjust the consistency of soup by adding extra vegetable stock if needed. Serve warm.

■ MAINS

Asparagus and Broccoli Risotto with Pickled Carrot

Ingredients - 5 portions

5 cups (1.25 liters) vegetable stock
2 tbsp extra virgin olive oil
1 tbsp ghee/unsalted butter
1 onion, finely chopped
2 cloves garlic, crushed or chopped
1 ½ cups (300g) risotto rice
2 bunches asparagus, trimmed, cut into 1-2cm slices
1 bunch broccoli, cut into small florets or diced
2 tbsp white vinegar
Pickled carrot
3 carrot, julienned
1 tbsp white vinegar
2 star anise
2 cinnamon sticks
½ liter water
1 shallot, halved
1 tsp salt

Method

Bring stock to boil in a saucepan over medium heat. Reduce heat to low/medium and cover. Simmer gently. Heat oil and half the ghee/butter in a large saucepan over medium heat. Add onion and garlic, then cook, stirring, for 4-5 minutes or till soft. Add the rice. Cook, stirring, for 2 minutes or until rice is hot and well coated in onion/garlic mixture. Add 1 cup of hot stock and stir continuously till stock has been absorbed. Add another cup of stock, stir until stock has been absorbed. Add asparagus and broccoli to the pan.

Add the remaining stock, a cupful at a time, stirring continuously, allowing stock to be absorbed before adding more, until the mixture is creamy and rice is tender (this should take about 20 minutes); add a little extra stock or water if necessary. Add vinegar, stir to combine. Stir in the rest of the ghee and season to taste. For the pickled carrot, pour water into a pot and bring

to a boil, add cinnamon stick, vinegar, shallot, star anise and carrot and cook until soft, season with salt and strain. Serve on top of the risotto.

Carrot and Zucchini Spaghetti with Avocado-Cucumber Sauce

Ingredients - 2 portions

4 zucchini
4 carrots, peeled
½ cup cashews, chopped
1 avocado, peeled and pitted
1 cucumber, peeled
1 lemon
3 cloves garlic
Salt and pepper, to taste

Method

Chop off the ends of the zucchini and make noodles with a spiralizer. Place these in a large bowl. To make the noodles easier to eat, cut the long noodles with kitchen scissors.

Peel the carrots to make long, thin noodles and place in the bowl. Place the avocado, cucumber, garlic and lemon juice in a food processor. Process until creamy. Add salt and pepper to taste. Add the sauce to the bowl of zucchini noodles and stir until well combined. Plate each serving of noodles and top with a generous amount of chopped cashews.



Cauliflower Curry

Ingredients - 6 portions

3 tbsp olive oil
1 large onion, peeled and minced
1 clove garlic, sliced
2 cm ginger, peeled and sliced
½ tsp turmeric powder
2 lemongrass sticks, sliced
1 tomato, sliced
1 cup water

10 oz cauliflower florets
1 green bell pepper, diced
1 eggplant, diced
1 daikon, diced
1 potato, peeled and diced
1 tsp cumin powder
1 tsp coriander powder
Salt and pepper, to taste
1¼ cups unflavored coconut milk
1-2 tbsp coriander, minced for garnish

Method

Paste: Heat the oil in a large saucepan, sauté the onion, garlic, ginger, turmeric and lemongrass until soft. Add tomato, simmer until the liquid has evaporated. Set aside for a few minutes to cool slightly. Then blend till smooth.

In another large pot, add some water and bring to a boil. Add all the vegetables and cook till soft, strain and transfer into the paste. Mix well. Season with cumin, coriander powder, salt and pepper. Simmer for 10-15 minutes. Add coconut milk and fresh coriander leaves to garnish. Serve with Chappatti on the side.

Cauliflower Pizza with Tomato Sauce and Sambal Matah

Ingredients - 2 portions

Pie

1 medium head cauliflower, broken into florets
½ cup whole flaxseeds
2 cloves garlic, roughly chopped
4 fresh basil leaves, roughly chopped or 1 ½ teaspoon dried basil
¼ cup ground flaxseeds
1 tsp oregano
1 tbsp lemon juice
½ tsp salt
½ tsp fresh ground pepper
1 tbsp buckwheat flour

Topping

1 bunch of spinach
100 g button mushroom, sliced
2 g black olives, sliced
250 ml water
1 tbsp oil
Salt and pepper to taste

Tomato sauce

2 medium tomatoes, sliced
4 tbsp olive oil
1 onion, sliced
3 clove garlic, chopped
1 tsp thyme
5 basil leaves, shredded
1 tsp oregano
Salt and pepper to taste

Sambal matah

2 cloves shallot, chopped
1 pcs lemongrass, chopped
1 pcs red chili, seeds removed and chopped
1 lime leaf
1 kaffir lime, juice
1 tbsp coconut oil
Salt to taste



Method

For the pie, place the cauliflower in a food processor. Pulse until finely chopped. Remove to a bowl and set aside. Add the whole flaxseeds, garlic and basil. Pulse to combine. Add ground flaxseed and oregano. Pulse to combine. Add remaining ingredients, pulse to combine. You may have to stop and scrape down the sides. On a non-stick dehydrator sheet or stainless sheet, shape ½ cup mixture into 5-6 inch circles that are ¼ inch thick. Dehydrate at 145°F for 30 minutes, then at 115 for 5 hours, or put in an oven heated to 350°F for 30 minutes.

For the topping, boil the spinach in the water, add salt and pepper. Strain and set aside.

Sauté the mushrooms in a pan in the oil till soft, season with salt and pepper. Set aside.

Sauté the sliced olives in a pan without oil, just to make them warm. Set aside.

For the tomato sauce, heat olive oil and sauté onion and garlic till golden brown. Add the tomatoes and simmer until the tomatoes thicken and the liquid has evaporated. Add thyme, basil and oregano, season with salt and pepper

For sambal matah, place all ingredients in a bowl, mix well and season with salt.

Put the pizza base on a plate, cover with the tomato sauce, then layer the spinach on it, followed by a layer of the mushrooms and then olives. Top everything with sambal matah.

Chimichurri Sauce with Portobello Mushroom

Ingredients - 2 portions

¼ cup vinegar
1 tbsp garlic, chopped
2 tbs shallot, chopped
1 tbsp jalapeño, chopped
2 tbsp coriander, minced
1 tbsp oregano
3 tbsp olive oil
2 tbsp ghee
6 Portobello mushrooms, cleaned
2 potatoes, diced
8 asparagus
1 bunch broccoli, cut into florets
Salt and pepper to taste

Method

For the sauce, heat olive oil in saucepan. Combine vinegar, ½ tsp salt, garlic, shallot and jalapeño, stir a few minutes until soft, add oregano and coriander, set aside. For the mushroom, sprinkle the cleaned Portobello mushroom with salt and grill in a pan with ghee, on both sides till soft. Set aside. Cook potato in boiling water and strain. Add ghee in a saucepan and fry potato till golden brown, season with salt.

Cut asparagus in 5 cm long pieces and grill with ghee. In another pan, sauté chopped onion and garlic, add broccoli, stirring till well cooked. Season with salt and pepper. Plate the Portobello mushroom with tomato sauce on top, and the vegetables on the side.

Dal

Ingredients - 2 portions

1 cup (210g) mung bean lentils, rinsed well
3 cm fresh ginger, sliced
2 bay leaves
1 cinnamon stick
3 cups water
2 tablespoons (40g) ghee/butter
1 large onion, finely chopped
2 cloves garlic, crushed
2 tsp turmeric powder
1 tsp cumin
½ tsp garam masala
½-1 tsp salt
1 tbsp chopped coriander leaves

Method

Place lentils, ginger, bay leaves, cinnamon, and water in a large saucepan. Bring to a boil, reduce the heat to medium and simmer, stirring to prevent sticking for 10-12 minutes. Discard spices and set aside.

Heat the ghee/butter in a large frying pan over medium high heat. Add the onion and cook for 3

minutes. Stir in the garlic, turmeric, cumin and garam masala and cook for a further minute or until fragrant. Season to taste with salt.

Add the lentils to the pan and mix well. Cook for further 3 minutes, stirring constantly. Remove from the heat. Stir in coriander and serve hot with naan bread or pappadums.

Duxelle Mushroom with Moringa-spinach Cake and Cassava Chutney

Ingredients - Duxelle mushroom - 1 portion

5 g garlic, sliced
5 g shallot, sliced
5 ml oil
1 g bay leaves
10 ml vinegar
100 g button mushrooms
2 g fresh thyme
Salt and pepper, to taste

Method

Sauté the garlic and shallot in oil, add bay leaves, vinegar, and mushrooms. Stir for a couple of minutes, add thyme, season with salt and pepper. Once the mushrooms are cooked, turn off the heat and let cool slightly. Then blend the mushrooms into a purée.

Ingredients - Moringa & spinach cake - 1 portion

25 g spinach
50 g almond flour or rice flour
5 g salt
1 g white pepper
5 g moringa powder
2 g cumin powder
2 g coriander powder
5 g ghee
50 ml water

Method

Preheat the oven to 350°F. Cook the spinach till soft and blend into purée. Combine all ingredients in a bowl and mix well. Place the batter in a baking tray that is about 2 cm thick. Bake the cake for 30-40 minutes or until a toothpick comes out clean. Let cool for 5-10 minutes. Once cool, cut the cake into triangles.

Ingredients - Cassava chutney - 1 portion

100 g cassava, peeled, diced small
5 ml oil
1 g mustard seeds
10 g shallot, chopped
2g garlic, chopped
5g ginger, grated
3 curry leaves
2 g turmeric powder
Salt and pepper, to taste

Method

Steam the cassava till soft. Heat the oil in a nonstick pan, pop the mustard seeds, add shallot, garlic, ginger, and curry leaves, sauté for a few minutes and then add cassava and turmeric powder. Mix well and cover for a few minutes. Season with salt and pepper.

Gado-Gado

Ingredients - 2 portions

1 medium sized carrot cut into buttons
2 pcs white cabbage
100 g spinach leaves
2 stalks bok choy cut into quarters
2 potatoes cubed
1 cup bean sprouts
100 g of long beans cut into 5 cm lengths
100 g choy sum
2 pcs tofu cut into triangles
4 pcs thinly sliced tempe

Sauce

1 tbsp coconut oil
4 shallots thinly sliced
2 garlic cloves thinly sliced
2 crushed candlenuts
1 red chilli seeded and sliced
½ cup roasted cashew nuts
1 tbsp ground palm sugar
salt and pepper to taste

Method

Blanch or cook all the vegetables quickly in boiling water until they are barely soft (do not over cook). Put aside. Prepare the tofu and tempe the same way.

Heat oil in a pan and saute sliced shallots, garlic, candle nuts and red chili until softened. Set aside and cool slightly for 5 - 10 minutes, then blend with roasted cashew nuts until smooth. Transfer the blended mixture to the pan and reheat. Add palm sugar and season with salt and pepper.

To serve, arrange all the vegetables on a plate and serve the sauce on the side

Green Mung Bean Curry

Ingredients - 4 portions

1 cup mung beans, soaked overnight
½ l water
1 onion, chopped
2 tomatoes, chopped
½ tsp cumin seeds
1 tbsp coriander powder
1 tsp red chili powder
1 tsp turmeric powder
1 tsp cumin powder
10 ml coconut milk

1 tsp oil
Salt to taste
Coriander leaves for garnishing

Method

Cook the soaked and drained mung beans with the water in a pot, season with salt, cook till completely soft. If you press it with your fingers they should get mashed. Heat oil in a pan, pop the cumin seeds. Add onions and cook till golden. Add all spice powders and mix well. Throw in the tomatoes and cook till mushy. Add required amount of water and bring to a boil. Add the cooked dal and mix well. Add coconut milk and adequate amount of water. Season with salt. Simmer for 5 minutes, garnish with coriander leaves.



Grilled Marinated Pumpkin, with Kidney Beans, Bell Pepper, Corn and Avocado Purée

Ingredients - 8 portions

¾ of whole yellow pumpkin
50 g red kidney beans, soaked overnight
100 g onion, chopped
3 cloves garlic, chopped
Salt and pepper
1 tbsp fresh coriander leaves, chopped
1 whole red bell pepper, diced
1 whole green bell pepper, diced
1 whole yellow bell pepper, diced
1 whole fresh sweet corn, sliced

Tahini dressing

2 tbsp tahini paste
1 tsp honey
1 tsp lime juice
¼ cup hot water
Salt and pepper to taste

Avocado purée

2 fresh avocado, puréed
1 tbsp tahini dressing

2 tbsplemon juice
1tbsphoney
Salt and pepper to taste

Method

Peel the pumpkin and remove the seeds, cut into 1,5 inch thick slices in a half moon shape. Boil the pumpkin in a pot with strainer. Take out after 5 minutes, do not let it overcook. Set aside.

Boil the beans that you soaked overnight. Set aside. Preheat a pan and sauté onion and garlic until brown, add the beans and sauté them together. Add salt and pepper and chopped coriander at the last minute. Take another frying pan and add little bit olive oil to sauté bell pepper, add salt and pepper. Do the same with the fresh corn.

For the Tahini dressing, mix all ingredients, whisk well and season with salt and pepper.

For the avocado purée, put fresh avocado in a mixing bowl and whisk it or use food processor until avocado is smooth. Add tahini, lemon juice, honey and salt and pepper, whisk them until all is mixed well.

Place the pumpkins on a plate, add the beans, bell peppers, and corns on the side. Top with avocado purée and the rest of the Tahini dressing.

Grilled Tempe Tartin

Ingredients - 2 portions

50 g tempe, sliced
1 tbsp soy sauce
1 tsp miso
300 g fennel, sliced
300 g red paprika, roasted and sliced
50 g pine nut, roasted
100 g kale
15 g garlic
30 g onion
100 g corn flour (polenta)
½ tsp salt and pepper
1 tsp ghee
15 g clove-roasted garlic
50 g grilled cherry tomato

Method

Marinate the tempe with miso, soya sauce, salt and pepper, then grill until it gets a bit brown in the colour, with light grill marks, and set aside.

For polenta, cook the corn flour in boiling water till well cooked and transfer it into a square tray and let it cool down. When it has hardened, cut polenta into triangles and grill with ghee.

For pesto, cook kale in boiling water and strain. Ground the pine nuts in food processor with roasted garlic, kale and season with salt and pepper.

Sauté sliced fennel with chopped onion and garlic along with roasted pepper till well done. Season with salt and pepper, just before serving, toss with pine nut-kale pesto. Garnish with cherry tomato and fennel.

Herb-grilled Cassava with Broccoli, Turmeric, Leek and Pine Nut Pesto

Ingredients - 2 portions

1 whole cassava
100 g broccoli, cut in florets
100 g leeks, sliced
10 g basil leaves, chopped
1 tsp turmeric powder
1 tsp dry mixed herbs
10 g pumpkin seeds
½ tsp salt and pepper
1 tbsp olive oil

Method

Peel the cassava, cover with water, add salt and boil for 10 minutes or till soft. Remove from the water and let it cool. Slice the whole cassava and rub the slices with herb mix and grill or fry in a pan till golden brown. Boil water and cook broccoli for around 6 minutes. Slice the leek lengthways and cook in a different pan, adding turmeric powder.

For the pine nut pesto, ground the pumpkin seeds in a food processor, leave them a little chunky and put in a mixing bowl, add oil and mix well. Add the chopped basil leaves, mix, and then add salt and pepper for seasoning.

Khichadi Dal

Ingredients - 1 portion

¼ cup or 50 g yellow lentils, soaked overnight
¼ cup or 50 g rice or quinoa (soaked overnight)
2 tbsp ghee or oil
¼ tsp cumin seeds
½ tsp or ½ inch ginger, minced or grated
¼ cup or 20 g onion, sliced
¼ tsp turmeric powder
½ cup carrot, diced
¼ cup or 30 g green beans, diced
3 ½ cup or 800 ml water
¼ cup tomato, chopped
Salt and pepper to taste

Method

Wash soaked yellow lentils and rice/quinoa together. Heat the ghee/oil in a pressure cooker or a pan. Add cumin, when it pops, add ginger and onion. Stir well, when onions turn translucent, add turmeric powder. Stir for about 2 minutes. Add carrot and beans.

Drain the rice/quinoa and yellow lentils and add them to the pressure cooker/pan. Stir for a minute. Pour the water and let it boil for a while. Then add tomato, stir and season with salt and pepper.

Close the lid tightly and pressure cook the khichadi over high heat for 6-7 whistles or cook in the pot until rice/quinoa and vegetables are soft. If the khichadi becomes too thick, add some water and stir well. Keep simmering on low heat till you get the right consistency. Top with 1 tbsp ghee for serving.



Khichadi Dal (Quicker Option)

Ingredients - 1 portion

¼ cup or 40 g yellow lentils, soaked overnight
¼ cup or 40 g rice or quinoa (soaked overnight)
½ tsp cumin seeds
½ tsp or ½ inch ginger, minced or grated
¼ cup or 10 g onion, sliced
¼ tsp turmeric powder
¼ cup tomato, chopped
½ cup carrot, chopped
¼ cup or 20 g green beans, chopped
Salt and pepper to taste
2 ¾ cups or 600 ml water
1 tbsp ghee or oil

Method

Wash soaked yellow lentils and rice/quinoa together. Drain the water. Add the rice/quinoa, yellow lentils, cumin seeds, ginger, onion, turmeric powder, tomato, carrot, beans, salt, pepper, and water into a pressure cooker or rice cooker. Close the lid tightly and pressure cook over high heat for 6 whistles or cook in the rice cooker until rice/quinoa and vegetables are soft, it takes about 20 minutes.

If the khichadi becomes too thick, add some water and stir well. The consistency can be adjusted as per your choice by adding less or more water. Top with 1 tbsp ghee/oil before serving.



Layered Vegetables (Lasagna)

Ingredients - 4 portions

2 eggplants, sliced
 2 zucchini, sliced
 2 carrots, sliced
 1 tbsp mixed dry herbs
 8 tofu, cut into halves
 1 tsp turmeric powder
 Salt and pepper to taste
 8 tbsp olive oil
 200 g onions, chopped
 100 g garlic, chopped
 100 g spinach
 100 g button mushrooms, sliced
 500 g tomato, sliced`
 1 tsp thyme
 1 tsp oregano
 10 g basil leaves, shredded

Method

Rub eggplant, zucchini and carrots with mixed herbs and grill on both sides until a little bit brown. Set aside. Marinate the tofu with turmeric, salt and pepper. Grill until lightly brown. Set aside.

In a saucepan, heat 1 tbsp olive oil and sauté onion and garlic till lightly browned. Add spinach and season with salt and pepper. Set aside.

Heat 1 tbsp olive oil and sauté mushrooms till lightly browned. Season with salt and pepper. Set aside. For the tomato sauce, heat 1 tbsp olive oil and sauté the tomatoes and simmer until tomato has thickened and the liquid has evaporated. Add thyme, oregano, basil and season with salt and pepper. Set aside. Grease a 10 inch square baking dish with olive oil, first put a layer of eggplants, then layer of tomato sauce, then layer of zucchini and again tomato sauce.

Continue with layers of carrot, spinach, mushrooms and tofu. Then start again with a layer of eggplant, tomato sauce, zucchini, tomato sauce ending with the carrot. Cover with foil and bake in the oven at 350°F for 45 minutes.

Remove the foil, cut lasagna into squares. Put on a plate, garnish with the rest of the tomato sauce and top with basil leaves.

Masala Dosa

4 portions

Each portion includes two Masala dosas served with coconut chutney

Ingredients - Dosa

1 cup of rice
 1 cup black gram (Urad dal)
 ¼ tsp fenugreek powder -
 Salt to taste
 20 ml ghee
 Water as required

Method

Wash the rice and the black gram, soak overnight. Blend the soaked rice and black gram together by adding enough water until you get a smooth batter (pouring consistency). Transfer the batter into a large bowl, just before making dosas add salt and mix well. Heat a pan with a ½ tsp ghee, once the pan is hot, pour 1 ladle of batter carefully onto the center of the heated pan and spread in a circular motion to form a thin, even layer. `

Once the dosa is spread, use a brush to apply ghee all over it. Let fry until the edges start to rise and become slightly brown. Flip the dosa a couple of times till both sides are well cooked and of a light brown color. Transfer to a plate and serve hot.

Ingredients - Filling

250 g potato, diced
5 curry leaves
¼ tsp turmeric powder
10 ml coconut oil
10 g ginger, grated
15 g onion, chopped
5 g garlic, chopped
¼ tsp mustard seeds

Method

Peel the potato and cook till soft and mashed. Heat oil in a pan, add the mustard seeds. Once they pop up, add curry leaves, chopped onion, garlic, ginger and sauté till softened. Then add mashed potato and season with salt.

Ingredients - Coconut Chutney

50 g coconut, grated
2 sliced green chili
10 g ginger, grated
¼ tsp mustard seeds
5 curry leaves
5 ml coconut oil
Water as required
Coriander, chopped, for garnish

Method

Blend the grated coconut, ginger, green chili, curry leaves, and mustard seeds. Heat oil in a pan, add the paste and water, then warm the mix. Season with salt and garnish with chopped coriander.

Enjoy Masala dosas with filling and coconut chutney in a small dish on the side.

Mung Bean Curry

Ingredients - 1 portion

1/4 cup or 60 g yellow lentils, soaked overnight
2 1/4 cup or 1/2 liter water
Salt to taste
1 tsp oil/ghee
1/2 tsp cumin seeds
4 bay leaves or curry leaves
1 tbsp or 30 g onion, minced
1/2 tsp grated ginger
1/4 tsp coriander powder
1/4 tsp pepper
1/4 tsp turmeric powder
1 tbsp or 10 g tomato, chopped
2 tsp or 10 ml coconut milk
Coriander leaves

Method

Wash the soaked lentils, place it in a pan and add water. Season with salt. Cook until completely soft. If you press the lentils with your fingers they should mash easily. Set aside.

Heat oil/ghee in a pan. Add cumin, when it pops, add bay/curry leaves, onion, and ginger. Cook until golden. Add coriander powder, pepper, and turmeric powder, mix well. Add tomato and cook until mushy. Add 1/2 cup or required amount of water, bring to a boil for 5 minutes. Add the cooked lentils and mix well. Add coconut milk, season with salt. Simmer for 5 minutes. Turn the heat off and garnish with coriander leaves.

Nasi Campur

Ingredients - 2 portions

Sweet tempeh

15 g tempeh, cut into thin medium pieces
vegetable oil for deep-frying
50 g shallot
20 g garlic
20 g red chili
5 g turmeric
4 ml coconut oil
1 kaffir lime leaf, shredded
10 g palm sugar
3 g salt

Corn sambal

130 g young sweet corn
200 ml water
25 g shallot, chopped
15 g garlic, chopped
5 ml oil
5 g salt

Jackfruit lawar

200 g young jackfruit, diced small
200 g long bean, sliced
50 g red bean, cooked till soft
10 ml oil
15 g turmeric, sliced
10 g galangal
15 g garlic, sliced
10 g fried shallot
50 g grated coconut
5 g salt
2 kaffir lime leaves, shredded
½ tsp kaffir lime juice

Jackfruit curry

200 g young jackfruit
75 g shallot
35 g garlic
15 g candlenut
5 g coriander seeds
5 g cumin seeds
10 ml oil
2 bay leaves
1 stalk lemongrass
500 ml coconut milk
10 g galangal, crushed
10 g salt

Method

Sweet tempeh

Fry the tempeh over moderate heat until crispy and set aside. Blend the shallot, garlic, chili, turmeric until you get a fine paste. Heat the oil in a pan, sauté the paste till fragrant and then add the fried tempeh, kaffir lime leaf, and palm sugar, season with salt and mix well for 1-2 minutes and set aside.

Corn sambal

Cook the corn in boiling water for 5 minutes and set aside to cool slightly, then blend until chunky. Sauté chopped shallot and garlic in hot oil until soft, add the corn and season with salt.

Jackfruit lawar

Boil jackfruit, long bean, and red bean in a saucepan with water until soft then set aside.

For the galangal paste, heat the oil in a pan and sauté turmeric, garlic, and galangal till fragrant and blend into a paste. Put the galangal paste into a bowl, add fried shallot, grated coconut, salt and mix well. Then add cooked vegetables, kaffir lime leaf, lime juice, and mix well.

Jackfruit curry

Cut the jackfruit into long pieces and remove the thick green thorny skin and the thick core. Cut into medium-sized pieces, wash and clean properly.

Blend shallot, garlic, candlenut, coriander, and cumin into a paste. Heat oil in a pan and sauté the paste, bay leaves, and lemongrass until fragrant, then add jackfruit and mix. Add coconut milk, crushed galangal and bring to a boil and cook until soft, season with salt. Serve the jackfruit curry with a portion of warm rice, jackfruit lawar and corn sambal on the side. Enjoy!

Pepes Tofu with Lemongrass Rice, Pakis Urap and Black Bean Soup

Ingredients - Bumbu gede paste

100 g shallot, sliced
50 g garlic, sliced
20 g turmeric, sliced
15 g ginger, sliced
10 g aromatic galangal, sliced
10 g lemongrass, chopped
10 g red chilli, seeded
20 ml coconut oil

Method

Sauté all ingredients in a pan till fragrant/soft. Blend into a smooth paste.

Ingredients - Pepes Tofu - 2 portions

25 g rice noodle
100 g tofu
150 g bumbu gede paste

10 ml coconut oil
150 g carrot, julienned
Salt and pepper, to taste
15 cm banana leaf to wrap the pepes

Method

Soak rice noodles in cold water until soft. Mash the tofu and set aside in a bowl.

In a pan, sauté the bumbu gede in hot oil until fragrant, add julienned carrot and sauté until soft. Don't add any water to the carrots. Add the mashed tofu and the rice noodles, season with salt and pepper. Brush the banana leaf with oil and place the tofu mixture on it. Wrap it to a roll and steam for 15 minutes. Remove from the steamer and grill until the banana leaf turns brown.

Ingredients - Black bean soup

50 g bumbu gede paste
10 ml coconut oil
50 g black bean, fresh
500 ml water or vegetable stock
100 g chayote, cut into cubes
2 pcs bay leaf
1 stalk lemongrass, crushed
Salt and pepper to taste

Method

Sauté the bumbu gede in hot oil till fragrant, add black beans and keep stirring for a couple of minutes. Add stock/water. When the water starts to boil, add chayote, lemongrass, bay leaf and cook until the black bean and chayote are soft, season with salt and pepper.

Ingredients - Pakis urap

200 g fern, cut into 1 cm pieces
50 g coconut, grated
50 g turmeric-garlic paste
1 kaffir lime leaf, shredded
juice of 1 slice of kaffir lime
Salt to taste

Method

Cook fern in boiling water until soft, then strain into a bowl. Add grated coconut, turmeric-garlic paste, kaffir lime, kaffir lime leaf, and salt. Mix well and set aside.

Ingredients - Lemongrass rice

1 stalk lemongrass, chopped
5 g shallot, chopped
1 spring kaffir lime leaf, shredded
10 g ghee
10 ml coconut milk
200 g cooked white rice
salt to taste

Method

In a pan, sauté the lemongrass, shallot, kaffir lime leaf, and ghee till fragrant. Add coconut milk and salt. Then add cooked white rice and mix well.



Quinoa Salad

Ingredients - 1 portion

3 cups or 700 ml water or as required
 1/4 cup or 35 g kidney beans
 2 tbsp or 25 g quinoa, soaked overnight
 1/3 cup or 30 g red and green bell pepper, diced
 1/4 cup or 60 g broccoli
 100 g or 1/2 medium-sized avocado, mashed (as an alternative, you can make Beetroot Sauce for the dressing)
 1 tbsp olive oil
 1/3 cup or 30 g spinach
 1 tbsp lemon/lime juice
 Salt and pepper to taste
 2 tbsp or 25 g toasted pumpkin seeds

Method

Cook the kidney beans with 1 cup of water, quinoa with 1 cup of water, the bell peppers and broccoli with 1 cup of water—in separate saucepans over medium heat. Once all ingredients are well cooked, switch off the heat and drain the excess water. Keep the vegetables in separate bowls.

Prepare mashed avocado or make Beetroot Sauce using the recipe below.

Mix the mashed avocado or Beetroot Sauce, kidney beans, bell peppers, broccoli, quinoa, olive oil, lemon/lime juice, salt, and pepper in a mixing bowl and set aside. Heat a pan with oil and sauté spinach. Arrange the sautéed spinach on a plate, tumble the quinoa mixture on top, finish with toasted pumpkin seeds.

Ingredients - Beetroot Sauce (optional)

1 tbsp ghee or oil
 1 tsp onion, chopped
 1 tsp garlic, minced
 1/2 cup or 50 g beetroot
 1/2 cup or 100 ml water
 Salt and pepper to taste

Method - Beetroot Sauce

Place a frying pan on low heat, add ghee/oil. Add onion and garlic and stir well until light yellow in color. Add beetroot and water to this mixture, close the lid and simmer for 10 minutes. Turn off the heat and let it cool down. Transfer the mixture into a blender and blend until smooth. If the sauce is too thick, add some water.

Quinoa with Arugula-Carrot and Zucchini In Avocado Dressing

Ingredients - 4 portions

1/2 cup of quinoa, cooked according to package instructions
 1/2 cup of red quinoa, cooked according to package instructions
 1 carrot, julienned
 1 cucumber, peeled, seeded and diced
 1 tomato, seeded and diced
 3 tbsp of extra virgin olive oil
 Juice of 1 lemon
 1/4 bunch of fresh arugula, chopped
 Salt and pepper, to taste
 1 l water
 2 avocado, blended for dressing
 Juice of 2 slices of lime
 3 slices of zucchini, julienned
 100 g fresh edamame, boiled, skin removed

Method

In a bowl, mix together the quinoa, carrot, cucumber, tomato, olive oil, lemon juice, arugula, salt and pepper. Cook for 45 minutes in water, make sure they are well cooked. Strain and set aside.

For the dressing, mash the avocado meat, season with salt, pepper and lime juice. Set aside.

Grill the zucchini in an oiled pan. Arrange them on a plate, tumble the quinoa mixture over it, and top with avocado dressing.

Quinoa with Corn, Bell Pepper, Guacamole and Tahini

Ingredients - 5-6 portions

2 spoons tahini paste
 1/2 cup hot water
 1 tsp lemon juice
 1 tsp honey
 Salt and pepper, to taste
 1/2 cup of raw grain quinoa, cooked according to package instructions
 1/2 cup of raw red quinoa, cooked according to package instructions
 1 fresh corn, seeded, cooked
 1/4 cup kidney beans, cooked until softened
 1 pcs red bell pepper, diced, cooked
 1 pcs yellow bell pepper, diced, cooked
 1 pcs green pepper, diced, cooked

3 tbsp of extra virgin olive oil
Juice of 1 lemon
200 gram bok choy (Chinese cabbage)
100 grams pumpkin seeds, toasted

Method

Put tahini paste in a bowl, add hot water and whisk until smooth. Add lemon juice, honey, and salt for seasoning. In a bowl, mix the quinoa, corn, kidney beans, mixed bell peppers, olive oil, lemon, salt, and pepper together. Set aside.

Heat a pan with oil and sauté bok choy. Arrange the sautéed bok choy on a plate, tumble the quinoa mixture on top, finish with toasted pumpkin seeds and tahini dressing.

Ratatouille-Cabbage Parcel

Ingredients - 2 portions

1 tsp olive oil
50 g onion, diced
50 g celery, diced
100 g eggplant, diced
100 g zucchini, diced
50 g bell pepper, diced
1-2 garlic cloves
300 g tomato, sliced
½ tsp dried rosemary
½ tsp dried oregano
½ tsp dried basil
200 g cabbage
100 g asparagus
150 g broccoli
1 tbsp tahini paste
1 slice lime
1 tsp honey
100 g corn flour (polenta)



50 ml water
½ tsp sesame seeds
Salt and pepper, to taste

Method

Heat olive oil in a sauce pan and sauté onion until light brown, then add celery, eggplant, zucchini, and bell pepper. Stir till soft, season with salt and pepper. In a separate pan sauté chopped garlic stirring for 2-3 minutes, add sliced tomato. Keep stirring and add rosemary, oregano and basil until tomato has thickened and then mix well with the sautéed vegetables.

Put cabbage in boiling water and cook till well cooked and strain. Place the vegetable mixture in the middle of the cabbage leaf and rolled it up, then grill.

Cut asparagus in 5 cm long pieces, broccoli into florets and cook in boiling water till soft.

Mix tahini paste, lime, honey and whisk well, seasoning with salt and pepper.

Cook corn flour in boiling water till well cooked and transfer into the square tray. Cool slightly and cut into triangles and then grill them.

Serve cabbage parcel, asparagus, broccoli and corn cakes in a plate. Top with sesame seeds and some tahini sauce.

Rolled Sesame Tofu

Rolled sesame tofu served with rice cake, carrot and zucchini couscous, and yellow spice sauce

Ingredients - Rice cake

1 cup rice
1 cup water

Method

If you use a rice cooker, place rice and water together in it and cook. If you use a normal pot, bring the water to a boil, add the rice and cook until tender and water is fully absorbed. Mold the rice into desired shape.

Ingredients - Yellow paste sauce

50 g shallot, chopped
15 g garlic, chopped
10 g red chili, sliced
25 g ginger, sliced
40 g turmeric, sliced
30 g candlenut, sliced
50 g tomato, chopped
20 ml oil
15 g lemongrass, sliced
15 g salt

Method

Sauté all ingredients in oil till soft and blend into a fine paste. Set aside.

Ingredients - Rolled sesame tofu

150 g spinach

500 g tofu
150 g yellow spice paste
15 g sesame seeds

Method

Boil the spinach in water till soft, set aside. Mash or crush the tofu in a bowl and add the yellow spice paste, gently mix until evenly distributed.

Spread the spinach on an aluminum foil, making layers with spinach and tofu. Then gently roll the aluminum foil. Steam the roll for half an hour. Slice the roll using a sharp knife. Sprinkle with sesame seeds.

Ingredients - Carot and zucchini couscous

100 g couscous
200 ml water, boiled
5 g onion, chopped
5 g garlic, chopped
30 g carrot, sliced
30 g zucchini, sliced
30 g bell pepper, sliced
2 g salt
5 ml olive oil

Method

Place couscous in a bowl and add the boiling water, cover with a lid. Let rest until the water is absorbed. Sauté chopped onion and garlic for a few minutes in a pan, add vegetables and cook with adequate water. Once cooked, transfer into the couscous, season with salt, add olive oil.

Sambar

Ingredients - 4 portions

1 cup yellow mung bean lentils (without skin)
1-1.5 cups cleaned and diced vegetables like okra, French beans, potatoes, shallots or onions, eggplants, tomatoes
½ tsp turmeric powder
Pinch of asafoetida
Salt as required
2-3 cups water
1-1.5 tbsp sambar powder

Seasoning

2-3 tbsp oil
1 tsp mustard seeds
1-2 pinches asafoetida
4-5 curry leaves

Method

Boil lentils in water on medium to high flame for 30-45 minutes, until they are soft and mushy. (For faster cooking you can soak the lentils in water for 30-45 minutes before cooking them.)

Now add the vegetables, turmeric powder, asafoetida and salt. Add 2 cups water and stir well. Cook for 15 minutes, keep stirring. Add the sambar powder. If the consistency of sambar is thick, then add some more

water. Keep the pot on the stove and simmer the sambar for 10-12 minutes on a low flame. Keep on stirring at intervals so that the dal does not stick to the bottom. Switch off and keep the sambar covered. For the seasoning, heat oil in a small pan. Pop the mustard seeds first, then add the asafoetida and curry leaves. Mix with the vegetables.

Spiced Lentil Cake

Ingredients - 2-3 portions

Lentil cakes

1 cup mung bean lentils
2 ½ cups water
5 garlic cloves, divided
1 tsp olive oil
1 medium onion, finely chopped
1½ tsp cumin powder
½ tsp paprika powder
½ tsp salt
½ tsp ground pepper
½ cup buckwheat flour
Juice of ½ lemon
3 tbsp coriander

Sauce

2 large roasted red peppers (4 halves), roughly chopped
¾ tsp olive oil
¼ yellow onion, chopped
2 garlic cloves, minced
¼ tsp curry powder
3 tbsp vegetable stock
Salt and pepper, to taste

Method

Lentil cakes

Rinse the red lentils and pick out any debris. Place the lentils and 2 whole, peeled garlic cloves in a medium saucepan and stir in the water. Bring to a boil, then reduce the heat to a simmer. Cook, stirring occasionally, until the lentils are very tender, 20 to 25 minutes. Drain any excess liquid and discard the garlic cloves. Preheat the oven to 375°F.

Transfer 1¾ cups of the lentils to the bowl of a food processor. Use the remaining lentils for another purpose. Heat olive oil in a nonstick skillet on medium heat. Add onion and cook until light golden brown. Chop the remaining 3 garlic cloves and add to the skillet, along with cumin and paprika powder. Cook for 30 seconds. Transfer the onion mixture to the food processor, along with the salt and pepper. Pulse until the mixture is combined, but not puréed.

Transfer the lentil mixture to a bowl, and stir in the buckwheat, lemon juice and coriander. Using about ¼ cup per patty, form the lentil mixture into ½-inch thick round patties. Place a baking sheet

in the preheated oven for 5 minutes. Remove, coat with cooking spray and transfer the lentil patties to the baking sheet. Bake for 15 minutes, or until the lentil cakes are browning on the bottom. Flip and cook for additional 5 minutes.

Sauce

Place the roasted red peppers in the bowl of a food processor. Heat olive oil in a small nonstick skillet set over medium-high heat. Add onion and cook until browned. Add garlic and curry powder, and cook for 30 seconds. Transfer the onion mixture to the food processor, along with the vegetable stock, salt and pepper. Purée until the sauce is smooth.

Serve the lentil cakes with the sauce, and garnish with coriander, if desired.

Spinach Dal Curry

Ingredients - 4 portions

1 3/4 cup or 400 ml water
1/4 cup or 50 g yellow lentils, soaked overnight
1/4 tsp turmeric powder
Salt and pepper to taste
2 tbsp ghee or oil
1/4 tsp cumin seeds
1/4 tsp or 1 inch ginger, minced
1/2 cup or 30 g spinach, chopped

Method

Wash the soaked lentils, put in a pressure cooker or a pot with water, turmeric, salt, and pepper over medium heat. Cook for 3-4 minutes. If using a pot, cook until the dal becomes soft and mushy. Set aside.

In a pan, heat the ghee/oil. Fry the cumin seeds, then add the chopped ginger and fry for a minute. Return the cooked lentils to the heat and add the spice mixture. Add the chopped spinach, cook over medium heat till the spinach becomes soft. Add water if needed, depending on how thick or thin you want the dal to be. Serve with rice/quinoa.

Spinach Sagaloo

Ingredients - 2 portions

1/2 tbsp coriander powder
1 tsp garam masala
1/2 tsp turmeric powder
1/2 tsp cumin
1/4 tsp asafoetida
1 tsp lemon juice
2 tbsp water
4 medium potatoes, baked or boiled until just tender and cooled, diced
5 tbsp ghee/oil
1 tsp mustard seeds
1 tsp cumin seeds

2-3 fresh green chilies, seeded and finely chopped
1 inch piece fresh ginger, minced or grated
1 medium tomato, finely chopped
1 lb (450 g) spinach, trimmed and roughly chopped
1 1/2 tsp sea salt

Method

Whisk together coriander powder, garam masala, turmeric, cumin, asafoetida, lemon juice and water. Heat ghee or oil in a large heavy-bottomed non-stick pan over medium-high heat. When hot, add the potatoes and fry until they are golden brown, gently stirring often, about 10-15 minutes. Remove and set aside. Reduce the heat to medium and add the mustard and cumin seeds to the pan. Fry, stirring often, until the mustard seeds turn grey and begin to pop and pop. Toss in the chilies and ginger and stir for another minute. Now add the ground spice mixture and continue to stir for a few minutes until most of the water has evaporated. Now add the tomato and simmer for another 5 minutes or until the tomato has thickened and the liquid has evaporated.

Stir in the spinach a few handfuls at a time, until each handful is slightly wilted. Cover and simmer for about 10 minutes, stirring occasionally. Remove the lid, stir in the salt and cook for another 5 minutes or until most of the liquid from the spinach has evaporated. Reduce the heat to low, gently stir in the potato, and cook for another 5 minutes. Serve with Turmeric Rice (p.37).

Tofu Fried Rice

To make it tastier, use basmati rice

Ingredients - 1 portion

1/4 cup or 50 g rice or quinoa (soaked overnight)
1 3/4 cup or 400 ml water
1-2 tbsp ghee or oil
3 tbsp or 30 g onion, minced
2 cloves garlic, minced 1/4 cup or 20 g tofu, shredded
1/4 cup or 30 g carrot, sliced
1/4 cup or 30 g broccoli, diced
1/4 cup or 30 g red bell pepper, diced
1/2 cup or 30 g mushrooms, chopped
1/4 tsp turmeric powder
1/3 cup or 20 g spinach
salt and pepper to taste

Method

Wash and rinse the rice/quinoa and put into a rice cooker or a pot, add water. Cook until the rice/quinoa softens. In a saucepan, sauté onion, garlic, tofu, and carrot with ghee/oil and stir until soft.

Add broccoli, bell pepper, mushroom, turmeric powder, and spinach and stir for 5 minutes. Add the rice and mix well. Season with salt and pepper.



Trio Japanese

Japanese inspired vegetable maki roll to serve with tamarind sauce, jicama dumpling served with pickled ginger and Pistachio cake serve with watercress sauce.

Ingredients - Vegetable maki rolls - 4 portions

½ cup Japanese rice (short grain rice)
1 cup water
5 tbs rice vinegar
½ tsp salt
Vegetables (carrot, cucumber, avocado), sliced
Nori

Method

Cook rice with an adequate amount of water and set aside to cool slightly. Gently mix rice with vinegar until evenly distributed. Cover the rice with a damp kitchen towel. Wrap a maki roll mat with butter paper, use the rough side of nori for the rice. Scoop the rice onto the nori, spread thin, covering the whole nori. Place the cucumber, carrot, and avocado in the middle and gently roll. Once the roll is ready, slice with a sharp knife.

Ingredients - Tamarind Sauce - 4 portions

20 g tamarind
100 ml water
5 ml coconut oil
⅛ tsp mustard seeds
6 curry leaves
15 g ginger, chopped
¼ tsp fenugreek seeds
50 g palm sugar

Method

Soak tamarind in water for an hour, shred so that the whole pulp is well mixed with the water, set aside. Heat a pan over low heat, add coconut oil, pop the mustard seeds, add curry leaves, ginger, and fenugreek. Then add the tamarind water and boil for a

while. Add palm sugar and stir continuously until you reach the required consistency. Add more palm sugar if needed to give a sweet taste and season with a little bit of salt.

Ingredients - Jicama Dumplings- 4 portions

Filling

100 g jicama, finely chopped
50 g carrot, finely chopped
50 g button mushroom, chopped
20 g onion, finely chopped
5 g ginger, finely chopped
10 g garlic, finely chopped
1 tsp oil
Salt to taste

Dumpling skin

250 g rice flour
2 g salt
100 ml warm water
10 ml ghee

Method

Filling

Sauté the chopped onion in a pan using oil till soft, add garlic and ginger, keep stirring for one minute. Add vegetables (jicama, carrot, mushroom) and mix. Cook vegetables till soft, season with salt.

Dumpling skin

Put the flour, salt, and ghee in a deep bowl and knead into a soft dough roll with warm water, add the water little by little. Once the dough is ready, cover for about 5 minutes to make it smooth and elastic.

Divide the dough into small lime-sized portions, dust them with the flour and roll out into circles. Place in the center of the rolled circle with the 1 or 2 tbs of the vegetable filling. Bring the edges of the dough together and seal by pressing them together forming a half-circle. To cook the dumplings, boil water in a steamer pan, then grease with some oil or ghee to prevent the dumplings from sticking to each other. Place the dumplings in the greased steamer pan, steam over high flame for 5-7 minutes, or until you see a glaze over the dumpling. Turn the heat off and remove the dumplings from the steamer.

Ingredients - Pickled ginger

50 g ginger, sliced thin
250 ml water
5g salt or to taste
5ml apple cider vinegar

Method

Boil water in a saucepan, then add ginger. Simmer for 5 minutes. Add apple cider vinegar and salt and mix well for another 5 minutes. Serve in a small bowl.

Ingredients - Pistachio Cake - 4 portions

50 g seaweed, soaked for 1/2 hour

30 g onion, chopped
20 g garlic, chopped
50 g cashew nuts, soaked for 20 minutes
50g pistachio nuts, crushed
Salt to taste

Method

Boil the seaweed until soft, drain. Drain the cashew nuts and blend together with the seaweed until a bit chunky. Place onto a square baking tray, add crushed pistachio on top. Preheat the oven to 300°F and bake the cake for 15 minutes. Cut into equal-sized squares.

Ingredients - Watercress or Kale sauce

20 g onion, sliced
15 g garlic, sliced
1 tbsp ghee
Water
3 g mustard seeds
100 g watercress or kale
Salt to taste

Method

Sauté the chopped onion and garlic in ghee till soft, then add water. Once water is boiling, add mustard seeds and stir, add the watercress a few handfuls at a time until each handful is slightly wilted. Let cool down for a while and then blend into purée. Transfer to a pan and reheat, season with salt.

Vegetable Biryani

Ingredients - 2 portions

2 tbsp ghee
1 star anise
2 inch cinamon stick
1 bay leaf
1/2 tsp cumin seeds
3 pcs green cardamom
3 pcs cloves
3-5 black peppercorns
1 cup onion, sliced
1 tbsp ginger, chopped
1 tsp green chilli, chopped
1 tbsp garlic, chopped
1/2 cup tomato, sliced
1/2 tsp turmeric powder
1 tsp coriander powder
1 tsp garam masala
1 tsp biryani masala powder (if available)
1/2 cup carrot, cubed
1/2 cup green bean, cubed
1/2 cup green peas
1 tbsp lime juice
4 cup water
1 cup of basmati rice (soak for 30 minutes)
Salt and peper, to taste

Method

Heat ghee in a pressure cooker, then add star anise, cinnamon stick, bay leaf, cumin seeds, cardamom, cloves, and black peppercorns. Fry till fragrant. Add onion and fry until softened. Add ginger, chili, and garlic. Continue to stir for a couple of minutes and add tomatoes. Keep stirring until tomatoes are mushy.

Add turmeric, coriander, garam masala, biryani masala powder, carrot, green bean, peas, coriander leaf, mint leaf, lime juice, and water. Once the water begins to boil, add rice and stir. Season with salt and pepper. Close the lid and let the cooker whistle for two whistles over low flame. Remove from the heat and fluff up the mix.

Vegetable Cap Cay

Ingredients - 2 portions

100 g carrot, sliced
50 g shitake mushroom, sliced
50 g oyster mushroom, sliced
50 g caysin or bok choy, cut into big chops
50 g cabbage, sliced
75 g tomato, sliced
75 g cauliflower, cut into small florets
10 g onion, minced
10 g garlic, minced
10 ml oil
Salt & pepper, to taste
10 g corn starch
300 ml vegetable stock
50 g snow peas/green beans
100 g edamame

Method

Heat oil in a large saucepan, sauté chopped onion and garlic till soft, add sliced carrot, and mushrooms. Stir for a couple of minutes, add the vegetable stock and bring to a boil. Once the carrot is half cooked, add the remaining ingredients except corn starch. Keep stirring until the vegetables are soft. Season with salt and pepper. Just before serving, add the cornstarch for a thick consistency.

Vegetable Curry

Ingredients - 5-6 portions

3 tbsp olive oil
1 large onion, peeled and minced
½ tsp turmeric powder
½ tsp chili powder
¼ cup tomato, cubed
10 oz cauliflower florets
1 green bell pepper, cubed
1 potato, cubed
1 carrot, cubed
1 radish, cubed
1 eggplant, cubed
1 zucchini, cubed

1¼ cups unflavored coconut milk
1 cup water
1-2 tbsp coriander, minced for garnish
Pinch of sea salt

Method

Heat the oil in a large saucepan. Add onion and cook for 10 minutes, stirring frequently until the onions have softened and browned. Add turmeric and chili powder, stir for 2 minutes, then add the tomato and continue stirring. Add cauliflower, bell pepper, water, zucchini, eggplant, radish, carrot, potato and stir and cook till tender. Add seasoning, finishing with coconut milk.

Vegetables in Green Curry Sauce

Ingredients - 2 portions

1/2 cup onion, chopped
2 tbsp ghee
1 tbsp garlic, chopped
3 pcs cardamom seed
1 green chili, slit
½ tsp fresh turmeric, chopped
1 stick lemongrass, chopped
1 tsp galangal, chopped
1/4 tsp black pepper
1 tsp basil, chopped
1 l water
1/2 cup carrot, cubed
1/4 cup daikon, cubed
1/2 cup green bean, cubed
1/2 cup zucchini, cubed
1/2 cup eggplant
1 pcs kaffir lime leave, chopped
25 ml coconut milk
1 tbsp coriander leaves, chopped
Salt to taste

Method

In a saucepan, sauté onions in ghee till soft. Add garlic, cardamon, green chili, turmeric, lemongrass, and galangal. Keep stirring for a couple of minutes. Add blackpepper and enough water just to cover all the ingredients. When the water is already reduced, add basil and stir to mix well. Remove from heat and let it cool down. Blend the mixture and set it aside.

In a saucepot, boil water and cook the vegetables until soft. Add the spice mixture and mix well. Add kaffir lime leaves and coconut milk. Season with salt. Top with coriander leaves to serve.

Vegetable Kuruma

Ingredients - 4 portions

1 carrot, cubed
4 French beans, cut into cubes

10 cauliflower florets
10 broccoli florets
1 potato, cut into cubes
Salt and pepper, to taste
2 tsp coconut oil
½ onion, finely chopped
1 tomato, finely chopped
1/4 tsp turmeric powder
1 cup water
Few coriander leaves to garnish

Method

Cook all the vegetables except tomato with adequate amount of water and salt. Strain and set aside.

Add coconut oil into a pan, sauté the onion until soft, add tomato, turmeric, water and season with salt and pepper. Boil for 3 minutes on low flame. Add the cooked vegetables and mix well. Garnish with coriander leaves.

Vegetable Paratha

Ingredients - 4 portions

50 g carrot
50 g beetroot
50 g spinach
4 ml oil
20 g onion, chopped
10 g garlic, chopped
10 g ginger, chopped
2 slices of green chili
Salt to taste
300 g wheat flour
10 ml ghee or oil

Method

Boil the carrot, beetroot, spinach in water until soft. Mash them and set aside. Heat oil in a pan, sauté onion, garlic, ginger, and green chili till soft, then add the mashed vegetables, season with salt, and set aside.

Take wheat flour, add an adequate amount of water, knead it and make it into a dough. Divide the dough into lemon-sized balls, make a hole in the center of one inch. Fill the hole with 1 tablespoon of the vegetable mix. Dust the balls with flour and roll out into a circle, make them a bit thick so that they will not break and cause the filling to come out.

Turn on the stove and heat the pan, then place the dough balls on it. Fry well on both sides over low heat, when they are slightly brown or brown spots appear, use a brush or spoon to apply ghee on both sides.

Ingredients - Onion curry

500g onion, sliced
10 g ginger, chopped
10 g garlic, chopped
100 g tomato, chopped
1 green chilli, sliced

2 tbsp oil
10 g coriander powder
5 g turmeric powder
Salt to taste

Method

Heat oil in a pan and sauté onion till soft and light brown. Add garlic, ginger, and chili, stir for a couple of minutes. Add tomato, coriander, turmeric, and salt. Cook until tomato is soft, around 20 minutes. Enjoy vegetable parathas with onion curry on the side.

Vegetable Stir-fry

Ingredients - 1 portion

1 tsp olive oil or ghee
2 tbsp or 20 g onion, diced
1 tbsp or 3 cloves of garlic, minced
1/3 cup or 60 g carrot, sliced thin
1/3 cup or 40 g daikon, sliced thin
1/4 cup or 30 g red bell pepper, sliced thin
1/2 cup or 30 g mushroom, chopped
1 cup or 50 g spinach, chopped
1/2 cup or 60 g broccoli, chopped
Salt and pepper to taste

Method

Heat oil/ghee in a pan, sauté onion and garlic for 3 minutes. Add the vegetables and stir until well cooked. Season with salt and pepper. Serve with olive oil as topping (optional).



Vegetable Stir-fry with Tofu

Ingredients - 1 portion

1 tbsp olive oil/ghee
2 tbsp or 20 g onion, sliced
1 tbsp or 3 cloves garlic, minced
1/3 cup or 60 g carrot, thinly sliced
1/3 cup or 40 g daikon, thinly sliced
1/4 cup or 30 g red and green bell pepper, sliced
1/3 cup or 20 g tofu, shredded
1 cup or 60 g broccoli, chopped
1 cup or 50 g spinach, chopped
Salt and pepper to taste

Method

Heat olive oil/ghee in a pan, sauté onion and garlic. Stir for 3 minutes. Add carrot, daikon, bell pepper, tofu, spinach, and broccoli, stirring until well cooked. Season with salt and pepper. Serve with olive oil as topping

SIDES

Aviyal Vegetables

Ingredients - 2-3 portions

1 cup coconut, grated
3 green chilies, sliced
1/2 tsp cumin seeds
1 cup cucumber, peeled and sliced
1 raw plantain, peeled and sliced
3/4 cup ash gourd, peeled and sliced
1 carrot, sliced
6-7 French beans, sliced
1 potato, peeled and sliced
5-6 medium-sized pumpkin chops
Salt to taste
1/2 tsp turmeric powder
1 tbsp lemon juice
2-3 tsp coconut oil
2-3 curry leaves

Method

Coarsely grind grated coconut, green chilies and cumin seeds into a paste. Set aside.

Cook cucumber, plantain and ash gourd in a pan, adding salt as needed. When they are half cooked, pressure cook the rest of the vegetables, adding salt and turmeric powder, for 2 whistles. You can also cook in an open saucepan. The vegetables should be soft but not mushy, use water as needed. Add the coconut paste and cook for a few minutes.

Remove from flame. Add lemon juice and mix well. Check salt, season with coconut oil and curry leaves.

Bitter Gourd or Bitter Melon Fry

Ingredients - 2-3 portions

250 g tender bitter gourd or bitter melon
2 tbsp oil
1/4 tsp turmeric powder
1/2 tsp red chili powder
1/2 tsp cumin powder
1 tsp coriander powder
Salt as required

Method

Rinse the bitter gourd in water. Slice it into thin round slices. Heat oil in a frying pan and sauté the gourd slices over medium heat for 8-10 minutes, till lightly browned, stir in between. Add all the spice powders and salt. Stir and sauté for 5-6 minutes on a low flame.

Cabbage-Bean Thoran

Ingredients - 4 portions

2 tbsp oil
½ tsp mustard seeds
A sprig of curry leaf
½ cup sliced shallot
4-5 cloves garlic, chopped
10 French beans, sliced
¼ white cabbage, cut in cubes
2 slit green chilies
Salt, to taste
1 tsp turmeric powder
½ cup grated coconut

Method

Heat oil in a deep pan, pop mustard seeds, then add curry leaf. Add shallot, garlic and beans, cook stirring until soft. Now add the cabbage, turmeric powder, green chilies, salt. Mix well and cover for a few minutes, then remove the lid and stir fry till well cooked. Mix in the coconut.

Carrot and Bean Thoran

Ingredients - 2-3 portions

2-3 cups water
2 carrots, grated
7-8 French beans, cut into 1 cm slices
2 tbsp oil
½ tsp mustard seeds
A sprig of curry leaf
1 tsp turmeric powder
½ cup coconut, grated
½ cup shallot, sliced
4-5 cloves garlic, minced
2 slit green chilies
Salt

Method

Boil carrots and French beans in water until softened. Heat oil in a deep pan, pop mustard seeds, then add curry leaf. Now add turmeric powder, grated coconut, shallot, garlic, green chilies, and salt. Sauté for a few seconds, then add carrots and French beans. Mix well and cover for few minutes, then remove the lid and stir fry till well cooked.

Carrot Thoran

Ingredients - 4 portions

2 tbsp oil
½ tsp mustard seeds
A sprig of curry leaf
¼ white cabbage, cut in cubes
1 tsp turmeric powder
2 slit green chilies
Salt

Method

Heat oil in a deep pan, pop mustard seeds, then add curry leaf. Now add the cabbage, turmeric powder, green chilies, salt. Mix well and cover for a few minutes, then remove the lid and stir fry till well cooked.

Coconut Chutney

Ingredients - 5 portions

Paste

1 cup grated coconut or ¾ cup grated coconut + ¼ cup roasted chana dal
1-2 green chilies, or more as per taste, chopped
½ inch ginger/adrak, chopped
4-5 tbsp water for grinding the chutney
Salt to taste

Seasoning

1 tbsp oil
½ tsp mustard seeds
½ tsp cumin seeds
1 red dry chili, torn a bit without breaking it
a pinch of asafoetida
4-5 curry leaves

Method

Grind all Paste ingredients using a blender till smooth. Heat oil in a small frying pan on a low flame. Add the mustard seeds and allow them to pop. Add the cumin seeds and let them brown, then add red dry chili, asafoetida and curry leaves.

Coriander-Mint Chutney

Ingredients - 5-6 portions

1 cup mint leaves, chopped
1 cup coriander leaves, chopped
1 green chili, or more as per taste, sliced, seeded
½ inch ginger
1 tsp cumin powder
1-2 tbsp lemon juice - optional
Salt or black salt or rock salt as required

Method

In a mixer or blender, mix all the above ingredients to a smooth paste using a little water. Add the salt.

Eggplant Thoran

Ingredients - 4-5 portions

¼ eggplant, cut in cubes
2 tbsp oil
½ tsp mustard seeds
1 sprig of curry leaf
2 slit green chilies
1 tsp turmeric powder
Salt

Method

Heat oil in a deep pan, pop mustard seeds, then add curry leaf. Add the eggplant, turmeric powder, green

chilies and salt. Mix well and cover for a few minutes, then remove the lid and stir fry till well cooked.

Idli

Ingredients - 4 portions

1 cups green mung beans
2 cups rice
½ tsp salt
2 tbsp ghee

Method

Soak the mung beans and rice together in water overnight for about 8 to 10 hours. Drain half of the water, then blend the beans and the rice with the remaining water. The batter should be a little coarse, not too watery. Season with salt.

Heat an idli cooker or a steamer with some water. Grease an idli pan or a muffin pan with the ghee, pour in the batter and place it in the idli cooker or steamer. Cover and steam for 10 minutes. Serve hot.

Lemon Rice

Ingredients - 1 portion

1/3 cup or 60 g rice or quinoa (soaked overnight)
2 1/4 cups or 500 ml water
2 tbsp ghee or oil
1/2 tsp mustard seeds
4 curry leaves or bay leaves
1/2 tsp or 3 g ginger, minced
1/2 tsp coriander powder
1/4 tsp turmeric powder
Pepper to taste
1/2 tsp cumin seeds
4 tbsp limes or lemons juice
a pinch of salt

Method

Cook rice/quinoa in water in a saucepan over medium heat. Stir occasionally. Check the rice/quinoa after 20 minutes. If well-cooked, turn the heat off. Strain excess water and set aside.

Heat the ghee/oil in a pan and add the mustard seeds, curry/bay leaves and fry the mixture until the spluttering stops. Add ginger slices, coriander powder, turmeric powder, pepper, and cumin seeds. Fry the mixture for another minute. Add lime/lemon juice with 100 ml water and salt, let boil for 2 minutes. Stir the mixture continuously and add the rice/quinoa, mix well in the pan and heat up for 3 minutes.

Long Bean Thoran

Ingredients - 4-5 portions

250 g long beans
1-2 shallots, sliced
2 tbsp oil

½ tsp mustard seeds
A sprig of curry leaf
½ cup grated coconut
2 slit green chilies
1 tsp turmeric powder

Method

Bring water to a boil for the beans, cook until softened. Set aside. Heat oil in a deep pan, pop mustard seeds, then add curry leaves. Add turmeric powder, green chilies, salt. Add the beans and grated coconut. Mix well and cover for few minutes, then remove the lid and stir fry till well cooked.



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Mung Bean Sprouts Stir-Fry

Ingredients - 2-3 portions

1 tsp olive oil
100 g mung bean sprouts
A sprinkle of salt
1 tbsp onions, chopped
½ tsp garlic powder

Method

Preheat a frying pan on medium to medium high heat (about 3 minutes), your pan is ready when it feels hot and a drop of water sizzles quickly. Add olive oil and swirl to coat. Add onion and garlic, sauté until tender crisp. Add mung bean sprouts to the pan with a sprinkle of salt and stir-fry until the sprouts look slightly wilted (takes 1-2 minutes).

Mushroom Thoran

Ingredients - 2-3 portions

100 g button mushroom, cut in cubes
2 tbsp oil
½ tsp mustard seeds
A sprig curry leaf
2 slit green chilies
1 tsp turmeric powder
Salt

Method

Heat oil in a deep pan, pop mustard seeds, then add curry leaf. Now add the mushrooms, turmeric powder, green chilies, salt. Mix well and cover for a few minutes, then remove the lid and stir fry till well cooked.

Rasam

Ingredients - 1 portion

3 cloves garlic
1 tsp cumin powder
1 tsp black pepper
2 tsp coriander leaves
1 tbsp coconut oil
1/4 tsp mustard seeds
6 curry leaves or bay leaves
1/2 tsp salt or to taste
1/2 cup tomato, chopped
1/4 tsp turmeric powder
1 3/4 cup or 400 ml water

Method

Blend garlic, cumin, black pepper, coriander leaves together and put the mix into a small bowl.

Heat coconut oil in a pan, add mustard seeds and curry leaves, fry for 1 minute. Temper over low heat so spices don't burn. Add the blended mixture to the pan and heat for 2 minutes, season with salt. Add tomato, turmeric powder, and water. Cover the pan with a lid for few minutes and cook for 8-10 minutes over

medium heat. Turn off the heat, let the soup rest for a while and then enjoy it with your meal.

Raw Green Papaya Thoran

Ingredients - 4 portions

½ tsp mustard seeds
2 sprigs of curry leaves
Half of a medium sized papaya, grated
¼ tsp turmeric powder
2-3 green chilies, sliced diagonally
Salt to taste
Oil as required

Method

Heat oil in a deep pan. Pop the mustard seeds, then add curry leaves. Add the grated papaya, turmeric powder, green chilies, salt. Mix well and cover for a few minutes, then open the lid and stir fry till well cooked

Rice

Ingredients - 1 portion

1/4 cup or 40 g rice or quinoa (soaked overnight)
3/4 cup or 180 ml water
(If using red rice, use 1 1/2 cup or 350 ml water)

Method

Boil the water in a saucepan over medium heat. Add the rice/quinoa once the water starts boiling and cover the saucepan with a lid. Check after 20 minutes if the rice is well-cooked (40 minutes if using red rice, 30 minutes if using quinoa). Turn off the heat and keep the saucepan covered until time to serve.

You can use your own conventional method to cook rice in a rice cooker or pressure cooker. Cooking time may vary for rice and quinoa.

Rice/Quinoa Porridge

Ingredients - 1 portion

2 3/4 cups or 600 ml water
1/3 cup or 60 g rice or quinoa (soaked overnight)

Method

Boil the water in a saucepan over medium heat. Add the rice/quinoa once the water starts boiling. Stir occasionally. Check after 20 minutes, if done (30 minutes if using quinoa).

Quinoa

Ingredients - 1 portion

1/4 cup or 40 g quinoa (soaked overnight)
3/4 cup or 180 ml water

Method

Boil the water in a saucepan over medium heat. Add the quinoa once the water starts boiling and cover

the saucepan with a lid. Check after 20 minutes if the quinoa is well cooked. Turn off the heat and keep the saucepan covered until time to serve.
to serve.

Smoky Eggplant

Ingredients - 4 portions

200 g eggplant
40 g shallot, sliced
20 g garlic, sliced
5 g salt
1 tbsp oil

Method

Smoke the eggplant till soft, then peel. Sauté shallot and garlic in hot oil till soft. Put the eggplant, shallot, and garlic into the food processor and blend into a fine paste. Transfer into a pan and reheat, season with salt.

Spinach Leaf Thoran

Ingredients - 4 portions

2 tbsp oil
½ tsp mustard seeds
½ cup shallots, sliced
4-5 cloves garlic, chopped
A sprig of curry leaves
5 cups spinach, chopped
2 slit green chilies
Salt, to taste
1 tsp turmeric powder
½ cup coconut, grated

Method

Heat the oil in a non stick pan and pop mustard seeds. Add shallots, garlic, curry leaves and sauté for a few minutes. Add the chopped spinach, green chilies, salt, turmeric powder.

Cover and cook for 5 minutes stirring occasionally. Spread out the spinach so that the water evaporates easily. When the water has almost evaporated, add the coconut. Add more salt if needed.

Cover the pan and cook on low flame for 5 minutes. Stir occasionally or until the spinach is cooked. Remove the lid and stir fry carefully for another 2-3 minutes so that all water evaporates and the spinach is not soggy.

Tamarind Rice

Ingredients - 1 portion

6 g pitted tamarind
2 tbsp or 30 ml water
1/3 cup or 60 g rice or quinoa (soaked overnight)
2 1/4 cups or 500 ml water
2 tbsp ghee or oil
1/8 tsp mustard seeds
4 curry leaves or bay leaves

1/2 tsp or 3 g ginger, minced
1/2 tsp coriander powder
1/4 tsp turmeric powder
1/2 tsp cumin seeds
Salt and pepper to taste

Method

Soak tamarind in 2 tbsp water for 30 minutes. Shred it well and filter the water without the tamarind pieces. Cook rice/quinoa in water in a saucepan over medium heat. Stir occasionally. Check the rice/quinoa after 20 minutes. If well-cooked, turn the heat off and set aside. Then heat the ghee/oil in a pan and add the mustard seeds, curry or bay leaves, and fry the mixture until the spluttering stops. Add ginger, coriander powder, turmeric powder, pepper, and cumin seeds. Fry the mixture for another minute. Add tamarind water and salt, let boil for 2 minutes. Stir the mixture continuously and add the rice/quinoa, mix well in the pan and heat up for 3 minutes.



Turmeric Rice

Ingredients - 3 portions

1 cup rice
1 tsp turmeric powder
1 cup water

Method

If you use a rice cooker, place all ingredients in it and cook. If a normal pot, bring the water to a boil, add the rice and turmeric powder and cook until tender.

Vegetable Samosa

Ingredients - 8 pieces

50 g beetroot
50 g carrot
50 g spinach
1 1/2 l water
20 ml oil
25 g onion, chopped
10 g garlic, chopped
10 g ginger, grated
3 green chili, sliced
5 g garam masala
2 g turmeric powder
5 g salt
Salt to taste

Samosa skin

3 cup whole wheat flour
1/4 tsp salt
1-1.5 cups warm water, or more if needed
1 tbsp ghee

Method

Boil the carrot, spinach, and beetroot in water till soft. Mash the boiled vegetables well.

Heat oil in a pan, sauté onion, garlic, ginger, and chili till fragrant. Season with salt, turmeric, and garam masala.

Stir in the mashed vegetables, mix well. Set aside.

Sift whole wheat flour and salt into a bowl. Add a bit of water and ghee and start mixing. Add some water to the dough and begin to knead the dough.

Continue kneading and adding water as required until the dough becomes pliable and soft. The final dough consistency should not be very soft or hard.

Divide the dough into lemon-sized balls. Dust in flour and roll into a circle and make into a thin roll. Cut the circles into half. Bring the edges of the dough together by pinching and folding on one side. Place 1 tablespoon of filling into the folded dough. Bring the open edges together by pinching and folding to the other pinched side.

Heat oil in a pan and fry the samosas until they turn golden yellow or light brown.

■ ROTIS

Carrot-Coriander Roti

Ingredients - 2 portions

1/2 cup carrot, grated
1/4 cup coriander, finely chopped
1 cup rice flour
Pinch of turmeric powder
Salt to taste
1 tsp oil

Method

Combine all the ingredients in a deep bowl and knead into a soft dough using enough warm water. Divide the dough into 6 equal portions and roll out each portion into a 5 inch circle, using a little rice flour for rolling. Heat a nonstick pan and grill each roti, using a little oil till it turns golden brown on both sides. Serve immediately.

Chappatti

Ingredients - 6 portions

3 cups whole wheat flour
1-1.25 cups water or more if needed
1/2-3/4 teaspoon salt (optional)
1-2 tsp oil or ghee

Method

Put whole wheat flour in a bowl and sift with salt. Add a bit of water and ghee and start mixing. Adding some water to the dough in parts, begin to knead the dough. Continue kneading and adding water as required till the dough becomes pliable and soft. The final dough consistency should not be very soft or hard. Now make small to medium balls of the dough. Roll the balls in the palms of your hands. Flatten the ball. Sprinkle some whole wheat flour on the dough ball. Alternatively, you can also dust the rolling board with flour.

Turn on the stove and put on the pan to make it hot. While pan is getting hot, start rolling the dough ball into a flat round circle. Once the pan is sufficiently hot, put the roti on it. First cook one side, it should be less than half cooked or about one-fourth cooked. Flip and cook the other side, this should be a little bit more cooked than the first side, brown spots should be visible.

Rice Roti

Ingredients - 2 portions

1 cup water
1/2 tbs oil
Salt to taste
1 cup rice flour
Coconut oil

Method

Boil the water with salt and 1 teaspoon oil. When it boils, add the rice flour, constantly stirring. Do not keep it idle because the flour gets burnt and sticks to the bottom. Keep simmering for 10-15 seconds (the water starts boiling and rises above the flour) then turn off the heat.

Apply some coconut oil to your palms and knead the dough thoroughly with your hands. Do it in one piece. Roti will be softer if you knead it while the dough is still hot. Knead it until it becomes uniformly smooth and less sticky. Roll out small portion into lime sized ball and flatten it between the palms to give it shape. Using

a roller flatten each ball into a thin roti. Sprinkle a little rice flour lightly on both sides of roti using your hands and set aside on a plate.

Heat a nonstick pan and when it becomes hot, lower to medium flame and place the roti in it. Flip over after 10-15 seconds and press on the centre with the back of a flat spoon and wait till it puffs up. Wait for another 30 seconds. You should flip the roti when the steam is coming from it. Do not allow the roti to burn, it should be white.

■ DESSERTS

Apple and Pear Pumpkin Torte

Ingredients - 8 portions

4 green apples, thinly sliced
4 yellow pears, thinly sliced
¾ yellow pumpkin, thinly sliced
1 tbsp coconut oil
1 tsp cinnamon powder
1 tsp brown sugar
1 tsp salt
Mint leaf for garnish

Method

Toss apple, pear, and pumpkin slices with coconut oil, cinnamon powder, brown sugar, and salt. Place in a greased baking pan, cover with aluminium foil and bake in the oven for 15 to 20 minutes. Cut into quarters, place on a dessert plate and garnish with mint leaf.

Apple Crumble

Ingredients - 4-6 portions

Filling

3 cups apples, thinly sliced
½ tsp cinnamon powder
2 tbsp palm sugar
1 tbsp lime juice
½ tsp lime zest

Crumble

½ cup dates, pitted and chopped
1 cup rolled oats
1 tbsp raisins
1 tbsp palm sugar
½ cup almonds, crushed
½ tsp cinnamon powder
¼ tsp nutmeg powder
¼ tsp salt
¼ cup of water
1 tbsp ghee

Method

For the filling, mix all ingredients in a bowl. Set aside. Place all the crumble ingredients except dates in a food processor and process to large chunks. Add dates

one by one until the mixture is well blended but still crumbly (do not over-process into a paste). To assemble, place filling in a baking dish lightly greased with ghee and place the crumble on top. Cover with aluminium foil and bake in the oven at 80°C for two hours.



Carrot Cake

Ingredients - 6-8 portions

Cake

2 cups ground cashews
1 cup rice flour
1 tbsp cinnamon powder
3 crushed cloves
1 tsp ghee
1 cup carrot, chopped
1 tbsp ground flax seed
¼ cup dates, diced
5 tbsp brown sugar
2 cups of coconut water

Orange sauce

1 cup orange juice
1 tbsp brown or palm sugar
1 tsp corn-starch

Cashew sauce

1 cup cashews (soaked in water for 2 hours)
2 tbsp honey
2 tbsp coconut milk

Fruit toppings

3 strawberries, chopped
5 dried apricots, chopped
2 tbsp raisins

Method

Combine all the cake ingredients in a bowl and mix well. Place batter in a baking pan to a thickness of about 3 cm. Bake in a 160°C oven for about 45 minutes. When cool, cut the cake into squares. Heat the sauce ingredients in a pan until the sauce becomes thick.

Blend the cashews with their soaking water until fine. Add honey and coconut milk and mix well.

Place each square of cake on dessert plates with orange sauce in the bottom. Top with cashew sauce and garnish with the fruit toppings.



Carrot Payasam

Ingredients - 8 portions

3 carrots, chopped
2 tsp ghee or oil
½ cups palm sugar
¼ cup cashews
1 carrot, grated
1 tbsp coconut milk
Mint leaf

Method

Steam carrots in pressure cooker or in a pot until soft. Grind the steamed carrots into a fine paste. Heat ghee/oil in a heavy-bottomed pan. Add the carrot mash and fry for 3-4 minutes on medium heat. Keep stirring till the mash gets reduced to half the quantity. Add palm sugar and cook further till sugar is completely dissolved.

In another pan, fry cashew nuts until golden brown. In a dessert dish, put the grated carrot on the bottom and spoon ground carrot mash on top of it. Add the cashew nuts on top, sprinkle with coconut milk, and garnish with mint.

Chia Seed & Chocolate Pudding

Ingredients - 2 portions

½ cup chia seeds
1½ cup almond milk

¼ cup cacao or unsweetened cocoa powder
2-5 tbsp honey
¼ tsp sea salt
½ tsp cinnamon powder (optional)
½ tsp vanilla extract (optional)
Your choice of toppings (fruit, granola, etc.)

Method

Put the chia seeds in a blender and blend until they become powdery. Add the rest of the ingredients and mix well. Cover and cool for 30 minutes or until it has achieved a pudding-like consistency. Serve cool with desired toppings, such as fruit, granola or coconut whipped cream.

Chocolate-Avocado Pudding

Ingredients - 4 portions

3 ripe avocados, peeled, pitted and cubed
½ cup unsweetened cocoa powder
½ cup maple syrup
1 tsp lemon juice
2 tsp vanilla extract
Pinch of salt
1 tbsp water or as needed

Method

Place all ingredients except water in a food processor, and blend until smooth and creamy. Add water, one tablespoon at a time, as needed to give the pudding the desired consistency.

Chocolate-Banana Pudding

Ingredients - 2 portions

2 bananas, cut into chunks
¼ cup honey
5 tbsp unsweetened cocoa powder
5 tbsp soy milk
1 pinch ground cinnamon
1 tsp coconut milk
Mix nuts, ground

Method

Place banana, honey, cocoa powder, soy milk and cinnamon into a blender and blend until smooth. Pour the mix into individual serving dishes and top up with ground mixed nuts and coconut milk.

Coconut-Lime Mango Cobbler

Ingredients - 2-3 portions

2 medium sized mangos, peeled and diced
3tbsp palm sugar
¼ tsp cinnamon powder
1 tbsp lime juice
Pinch of pink salt
1 tsp grated coconut

Method

Preheat oven to 350°F. In a small bowl, combine mango, palm sugar, cinnamon powder, lime juice and salt. Fill a small baking tin up to $\frac{3}{4}$ full with the mango mixture. Spread grated coconut on top and bake till coconut turns golden brown.

Coconut Pudding

Ingredients - 4 portions

250 ml coconut water
1 cup coconut meat
1 (14 ounce) can coconut milk
Pinch of salt
 $\frac{1}{2}$ cup semolina
Mint leaf, for garnish

Method

Put the coconut water and meat in the bowl of a stand mixer. Whisk to combine until light and fluffy, about 5 minutes on medium-high speed, while stopping the mixer every couple of minutes to scrape the bowl.

Put the coconut milk in a pot or a pan, add the coconut mixture. Heat on low just until the liquid starts to scald and you see steam. Remove pan from heat. Add semolina and whisk until well combined. Serve pudding warm or cold. Garnish with mint leaf.

Ghee Roasted Bananas

Ingredients - 1 portion

1 banana, halved
1 tsp ghee
1 tbsp honey
Cinnamon

Method

Peel the bananas and slice them in slants. Heat a pan over medium flame, add the ghee and as it melts, put in the banana slices. Allow to cook till golden brown to lightly dark brown, about 2-3 minutes. Flip the bananas and repeat the same. Place bananas on a plate and sprinkle with cinnamon. Serve hot.

Lemon Coconut Macaroons

Ingredients - 6-8 macaroons

1.5 cups shredded coconut
 $\frac{1}{2}$ cup almond flour
 $\frac{1}{2}$ cup honey
2 tbsp coconut oil
1 tsp vanilla extract
 $\frac{1}{4}$ tsp salt
1 lemon, zested and juiced
2 tbsp honey, for serving
Mint leaves for garnish



Method

Mix all ingredients in a bowl until well combined. Using a 1.5 tbsp cookie scoop, scoop the mixture onto a baking sheet lined with parchment paper. Bake at 325 °F for approximately 20 minutes, turning the baking sheet halfway through. The bottom of each macaroon will start to brown when finished. Cool macaroons on the baking sheet for at least 15 minutes before transferring to a plate, otherwise they will break. Put honey in a small dish and serve the macaroons with mint leaves on top.

Pineapple-Strawberry Cupcake

Ingredients - 6 portions

500 g rice flour
200 g almond flour
2 pcs crushed pineapple, $\frac{1}{4}$ cup juice reserved
 $\frac{1}{2}$ tsp cinnamon powder
 $\frac{1}{2}$ tsp baking soda
 $\frac{1}{2}$ tsp salt
1 tsp ghee/butter
1 fresh pineapple, cut into pieces
10 g fresh strawberries, for garnish
Mint leaves, for garnish

Method

Preheat oven to 375°F and line a muffin tin with baking cups. In a large bowl, mix rice flour, almond flour, pineapple pieces and reserved juice, cinnamon powder, baking soda, salt and ghee/butter with an electric mixer on low speed for about 30 seconds to combine, then on medium speed for 2 minutes, scraping the bowl as needed.

Divide batter evenly among muffin cups until each cup is $\frac{3}{4}$ full. Bake for 20-25 minutes or until a toothpick comes out clean. Let cool for 10 minutes in the tin, then remove to a cooling rack; cool completely, about 30 minutes. Top each cupcake with slice of strawberry and mint leaf.

Poached Pear with Cinnamon and Raisin

Ingredients - 4 portions

375ml coconut water
½ tsp cinnamon powder
4 firm medium yellow pears, peeled, cored
1 tbsp raisins
½ stick of cinnamon
Mint leaves for garnishing



Method

Put coconut water, raisins and cinnamon powder and cinnamon stick in a large saucepan. Increase heat to medium and add the pears. Simmer, uncovered, turning occasionally, for 60 minutes or until pears are tender. Place a pear in a bowl, filling it with raisins and pour over the juice from the stock. Garnish with mint leaf.

Pumpkin Truffle with Mint Salsa

Ingredients - 2 portions

½ cup pumpkin purée
½ cup coconut, grated
½ tsp ground cinnamon
¼ cup white almond powder
2 tbsp honey
3-4 mint leaves, chopped
Juice of 1 lime slice

Method

Put pumpkin purée, grated coconut, cinnamon, and almond powder into a large mixing bowl. Using hand mixer beat until smooth and well combined. Cover the bowl and cool for 2 hours. Once dough is cool, roll into small balls. Mix the mint, lime juice and honey and serve on the side in a small dish.

Yoga Ball with Mint Salsa

Ingredients - 2 portions

½ cup cashew nuts
¼ cup dried apricot
3-4 dates
1 lime, use the zest only

1 tsp coconut oil
½ cup fresh coconut, grated
8 mint leaves, chopped
1 tbsp honey

Method

First soak the cashews for 30 minutes-1 hour. When cashews are softened, drain and strain.

In a food processor, blend the cashews, dried apricot, dates and lime zest. Do not blend too fine, leave them a little chunky. Place in a mixing bowl, add a little coconut oil and whisk by hand. Roll cashew mixture into balls, after that sprinkle with or roll the balls in grated coconut.

For mint salsa, mix chopped mint leaves with honey and put in a separate small bowl to serve.

■ GHEE & VEGETABLE STOCK

Ghee

Ingredients

500 g butter

Method

Heat a medium-sized frying pan over high heat for 2 minutes. Put the butter into the pan. When it starts melting and frothing (in about 5 minutes), reduce to low heat. Stir continuously for another 5 minutes.

Once the froth is settled or when you can see the clear golden layer of ghee in the pan, if any solid residue in the base bottom layer please discard that and take the clear ghee. Let cool for a while and then transfer into an airtight container without any moisture inside.

This recipe will produce around 400 g or 1 ¾ cup ghee.

Vegetable Stock

Ingredients - 2 cups or 500 ml of stock

¾ cup or 75 g onion, diced
¼ cup or 45 g carrots, diced
¾ cup or 25 g leek, sliced
¼ cup or 15 g celery, sliced
3 ¼ cups or 750 ml water

Method

Heat the water in a pot. When it begins to boil, add the vegetables and let simmer for 45 minutes. Drain and discard the vegetables.

Let it cool down and store in an airtight container in the fridge. Take out the required amount 30 minutes before use.



■ JUICES

Juice: Avocado with Dates or Prunes

Ingredients - 1 portion

1 cup or 150 g avocado
5 raisins
2 dates or prunes
1 cup or 200 ml water

Method

Put avocado, raisins, dates/prunes, and water into a blender and blend.

Juice: Cucumber, Ginger, Lime

Ingredients - 1 portion

1 cup or 150 g cucumber, peeled and sliced
1 tbsp ginger
1 tbsp lime or lemon juice
1/2 cup or 100 ml water

Method

Put cucumber slices, ginger, lemon/lime juice, and water into a blender and blend. Strain into a glass.

Juice: Kale, Celery, Carrot

Ingredients - 1 portion

1/2 cup or 20 g kale
1/3 cup or 30 g celery
1/2 cup or 50 g carrot
1 tbsp ginger
2 tbsp lemon/lime juice
3/4 cup or 200 ml water

Method

Put kale, celery, carrot, ginger, lemon/lime juice into a blender. Add water and blend. Strain into a glass.

Juice: Kiwi or Strawberry or Grapefruit

Ingredients - 1 portion

1 cup or 200 g kiwi or
1 cup or 150 g strawberry or
1 cup or 150 g grapefruit
5 raisins
2 dates or prunes
1/2 cup or 100 ml water

Method

Put the chosen fruit, raisins, and dates/prunes into a blender. Add water and blend.

Juice: Papaya or Green Apple

Ingredients - 1 portion

1 cup or 100 g papaya or green apple, peeled
5 raisins
2 dates or prunes
3/4 cup or 200 ml water

Method

Put the fruit, raisins, dates/prunes, and water into a blender and blend.

Juice: Pomegranate

Ingredients - 1 portion

3/4 cup or 150 g pomegranate
3/4 cup or 200 ml water
5 raisins
2 dates or prunes

Method

Put the pomegranate seeds, raisins, dates/prunes, and water into a blender and blend. Strain into a glass.

■ HERBAL DRINKS

Digestive Tea with Basil, Cumin, and Cinnamon

Ingredients - 2 portions

6 leaves thai basil or basil
1/2 tsp cumin powder
1/2 tsp cinnamon powder
3 1/2 cups or 800 ml water

Method

Pour the water into a medium-sized vessel, put the vessel on the stove over medium flame. Add the ingredients one by one and let boil until it reduced to half (around 400 ml). Strain the herbal tea and keep warm in a thermos.

Digestive Tea with Coriander, Chamomile, and Ginger

Ingredients - 2 portions

1/2 tsp coriander powder
1/2 tsp chamomile powder
4 slices crushed fresh ginger
3 1/2 cup or 800 ml water

Method

Pour the water into a medium-sized vessel and place it on the stove over medium heat. Add the ingredients one by one and let boil until reduced to half (around 400 ml). Strain the tea and keep warm in a thermos.

Digestive Tea with Cumin, Fennel, and Ginger

Ingredients - 2 portions

1/2 tsp cumin powder
1/2 tsp fennel powder
4 slices fresh ginger, crushed
3 1/2 cup or 800 ml water

Method

Pour the water into a medium-sized vessel and place it on the stove over medium heat. Add the ingredients one by one and let boil until reduced to half (around 400 ml). Strain the tea and keep warm in a thermos.

Ginger Water

Ingredients

2 tbsp or 20 g ginger, peeled and crushed
8 cups or 2 liter water

Method

Boil water and ginger in a medium-sized vessel for 10 minutes. Strain and keep warm in a thermos.



Golden Milk

Ingredients - 1 portion

7 tbsp or 50 g turmeric powder
1 tbsp or 10 g black pepper
4 tbsp or 40 g ghee/oil
1/2 cup or 100 ml soy/almond milk, boiled

Method

Heat a small frying pan on low flame for 1 minute. Add the turmeric powder and black pepper and heat it for 2-3 minutes or until the colour starts changing to a very light brown. Add the ghee/oil into the pan and stir well. Heat it for 3 minutes on the same low flame. Let it cool down and store in an airtight container. This can be kept for 30 days.

Add 1 teaspoon of this mixture to 100 ml of warm boiled milk to drink.

This Golden Milk can be taken daily for a month.

Immune Tea

Ingredients - 1 portion

1 3/4 cup or 400 ml water
1/4 tsp cinnamon powder
1/4 tsp turmeric powder
1/4 tsp coriander powder
4-5 basil leaves or 1/2 tsp oregano/thyme

Method

Pour the water into a medium-sized vessel, heat on medium flame. Add the ingredients one by one and let boil until reduced to half (around 200 ml). Strain into a glass and serve.

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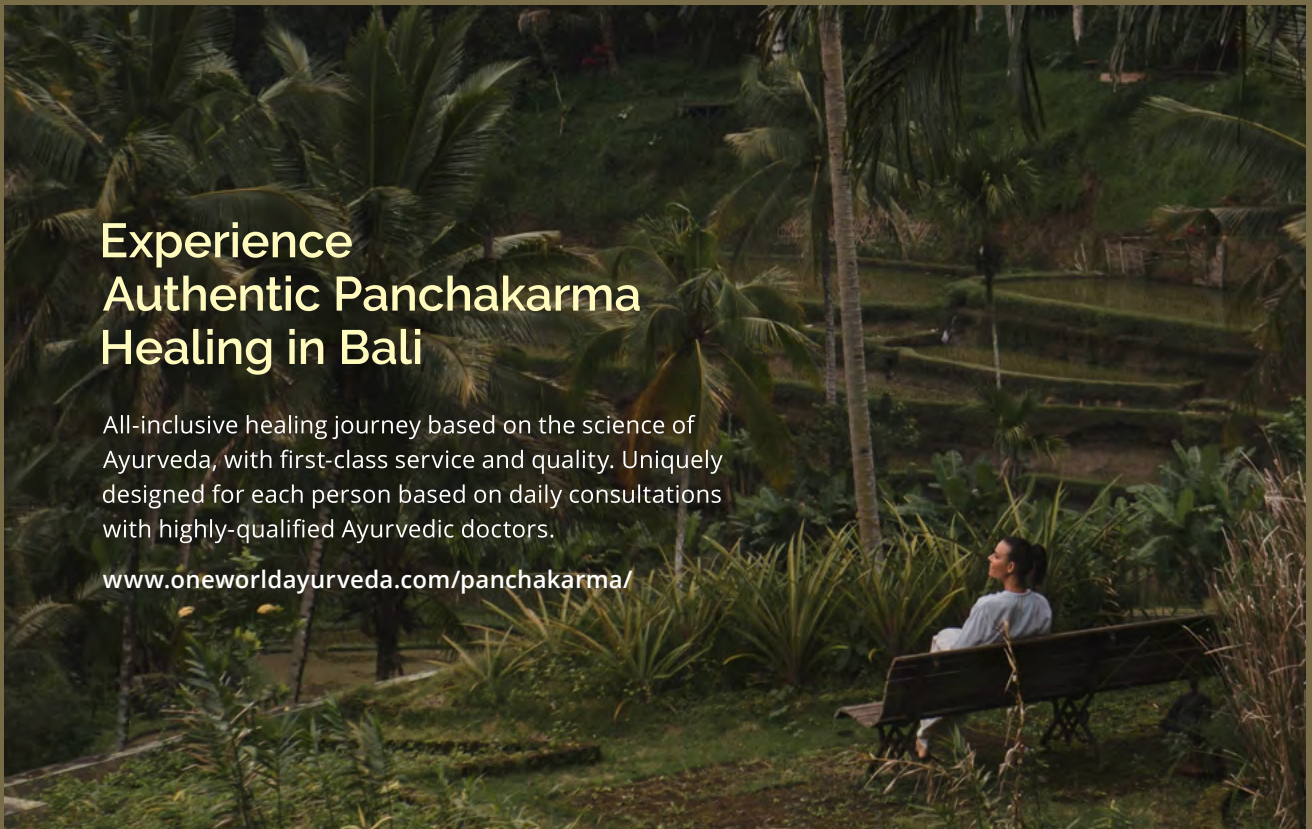
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