



WARMTH

AN AYURVEDIC COOKBOOK

GLUTEN-FREE, DAIRY-FREE
& VEGAN FRIENDLY

FOOD THAT NOURISHES A KIND MIND,
WARM HEART & HAPPY BELLY

THE MUDITA INSTITUTE
BYRON BAY, AUSTRALIA

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AN AYURVEDIC COOKBOOK



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WARM HEART & HAPPY BELLY

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Mudita Institute
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Cover design and cookbook layout by Nadia Marshall
Quotes by Michael Doko Hatchett

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*"Health is about moving towards a
purer & purer happiness.
Kindness & patience are our first steps.
Slow down, be kind to yourself & others...
& you will find the next step."*

Breakfast



" Breakfast should not be rushed or eaten on the way out the door, coffee & car keys in hand. This causes the nervous system to become agitated & disrupts digestion, setting up a pattern of rushed & potentially poor choices for the day ahead..."

Breaking The Fast...

By Kester Marshall

Breakfast is a very special time and yes, in many ways, it is the most important meal of the day. It is our best opportunity to begin on a positive note and in so doing, set the tone for the day ahead.

At this time the body's anabolic processes are at their peak and the tissues are open and ready to receive nourishment. It is, however, as the word itself states, a time when we are 'breaking a fast'. As with any fast the intention is to give the body, particularly the digestive system, a break from processing the things we continually put into it. So, after a night of restful sleep with an empty stomach the end result is hopefully a system that feels light and strong and a hunger that is keen and sharp. This is the feeling that we need in order to enjoy a good breakfast. If for some reason we feel dull or heavy (maybe a large, rich or late meal the evening before), it is wise to continue fasting or eat only very light food until lunch.

Generally speaking whatever we choose to eat should help us to feel more settled in our body; should ideally imbue us with a deep sense of nourishment and abundance, whilst not being so heavy or large that it creates feelings of sluggishness or heaviness.

Breakfast is best eaten between seven and eight (depending on the time of year), and after the morning ablutions - including toilet, teeth cleaning, tongue scraping and a shower. This allows for steady digestion and senses that are ready to receive, with full appreciation, whatever we prepare.

Perhaps the most important thing to remember, however, is that breakfast should not be rushed or eaten on the way out the door, coffee and car keys in hand. This causes the nervous system to become agitated and disrupts digestion, setting up a pattern of rushed and potentially poor choices for the day ahead. Taking all morning to eat breakfast is not really ideal either, but it is essential to take time to enjoy and be mindful of whatever we choose to begin our day with.

NOTE: Do not serve fresh fruit (e.g. bananas) with your porridges or pancakes. Fresh fruit should be eaten on its own, between meals or it will remain in the stomach for too long and ferment, causing undigested food toxins (Ama).

Vanilla Polenta Porridge

Ingredients:

- ~ 2 tsp ghee or coconut oil
- ~ 1/4 cup fine polenta
- ~ 1/2 cup unhomogenised cow milk or almond milk
- ~ 1/2 cup boiling water
- ~ 8 strands of saffron
- ~ 8 drops of vanilla essence
- ~ a pinch of ground cardamom
- ~ 1/4 cup flaked almonds
- ~ 4 tsp unrefined sugar or jaggery

Method:

This porridge reminds us of warm crème caramel. It is comfort food at its best... great for breaky but also makes a delicious dessert!

Soak the saffron strands in 1/4 cup of cold milk.

Add all of the milk, water and ghee to the pot, followed by the polenta. Turn on the heat and stir with a whisk until the mixture comes to the boil. Turn down the heat, add a lid and cook the polenta for at least 20 mins.

Check the pot and stir occasionally, adding a little extra boiling water if required (every polenta will take up water in a different way). While the polenta is cooking, lightly toast the flaked almonds in a small fry pan.

When the polenta is cooked, turn off the heat and add the vanilla essence, cardamom and saffron milk. Stir and let sit for a couple of minutes for the flavours to infuse. Serve warm with the toasted almond flakes on top and a drizzle of maple syrup.

NOTE: If the polenta you've bought doesn't look very fine, you can whizz it in your spice grinder to make it smoother.

Serves 2: GF, Vegan Option

Raggi Porridge

Ingredients:

- ~ 3-4 *tbsp ghee or coconut oil*
- ~ *¼ cup raggi flour*
- ~ *½ cup unhomogenised cow milk or almond milk*
- ~ *½ cup boiling water*
- ~ *4 tsp rapadura sugar*
- ~ *a pinch of ground cardamom & ground cinnamon*

Method:

Melt the ghee in a medium sized pot over low-moderate heat then add the raggi flour. You need enough ghee for the flour to be slightly moist, not dry. It's a dry grain so needs extra ghee to balance its dry qualities. Toast in the ghee for 2-3 mins until the grain turns a deep chocolate colour.

Remove the pot from the flame and add all of the milk then all of the boiling water, being careful of any steam that is created. Return the pot to the flame and gently bring to a simmer stirring continuously and vigorously with a whisk to avoid lumps.

As the milk warms up, the raggi will thicken suddenly. If it gets too thick, add some more boiling water until the porridge is a thick soupy consistency. Keep simmering for several minutes then add the sugar/jaggery and spices and stir through. Remove from the flame and place a lid on the pot to rest for a few minutes. Serve warm.

OPTIONAL: To make this a heartier porridge you can add a small handful of raw cashews or you can toast some cashews on a dry frypan and sprinkle them on top.

NOTE: Raggi is a type of red millet. It is very astringent which is why it likes lots of oil. It is very high in iron, is good for all constitutions (especially Kapha), is gluten free and tastes suspiciously like chocolate! You can purchase it from most Indian grocers. This is a great porridge for the kids!

Serves 2: GF, Vegan Option

Oats Porridge

Ingredients:

- ~ 1 cup rolled oats
- ~ 1 tbsp ghee or coconut oil
- ~ 1 cup boiling water
- ~ ½ cup unhomogenised cow milk or almond milk
- ~ 3-4 tsp raw sugar (unrefined) or jaggery
- ~ 2 tbsp sultanas/raisins
- ~ 1 tsp ground cinnamon

Method:

Choose a heavy based pan and dry roast the oats, stirring over medium heat for 1-2 mins.

Add the ghee to the pan and stir until oats are lightly coated in ghee. Stir slowly over low-medium heat for 1-2 mins then add the boiling water carefully (as it will spit a bit). Stir, then add the milk, sultanas, cinnamon and sugar.

Bring to the boil then turn down the heat to low. Stir occasionally until the oats are well cooked, add more water/milk as required to get the desired consistency. Serve into bowls and eat warm.

OPTION: If you'd like a lighter porridge that cooks faster, you can grind the oats in a spice grinder first then follow the same method. Our teacher, Dr Ajit taught us to do this and it's a delicious approach! You can also do the same with rolled barley.

NOTE: Although oats are technically gluten-free, coeliacs may wish to avoid them as they are usually processed on the same equipment as wheat products. However, you can purchase oats processed on wheat-free equipment.

Serves 2: GF Option, Vegan Option

Rice Flakes Porridge

Ingredients:

- ~ 2 tsp ghee or coconut oil
- ~ 1/2 tsp ground cardamom
- ~ 1/4 tsp ground cinnamon
- ~ 1/2 tsp ground fennel
- ~ 3-4 tsp raw sugar (unrefined) or jaggery
- ~ 1 cup medium rice flakes/poha (beaten rice)
- ~ 1 cup boiled water
- ~ 1 cup unhomogenised cow milk or almond milk
- ~ 2 tbsp sultanas/raisins

Method:

This porridge, like the oats porridge, takes a little longer to cook so is best prepared on leisurely mornings. It has a hearty, satisfying texture but is lighter and easier to digest than oats porridge.

Heat the ghee in a pan over low-medium heat then add the rice flakes. Toast in the ghee for about 1-2 mins.

Add all of the hot water and milk plus the sultanas. It will look like a lot of liquid but don't worry, it will all be absorbed by the rice flakes.

Turn up the heat to bring the porridge to a boil then simmer, uncovered over a low-medium heat for 10-15 mins or until the rice flakes are soft and the porridge has a lovely smooth consistency.

Finally, add the spices and sugar and cook for another minute before serving. A sprinkle of toasted pistachios on top can be nice!

NOTE: Poha or beaten rice is available from Indian grocers. It comes in three sizes; thick, medium and thin. Medium is best for cooking this porridge and the next recipe as well. If you don't have an Indian grocer nearby, try using rice flakes from a health food store instead but you may need to adjust the quantity of flakes used.

Serves 2: GF, Vegan Option

Rice Flakes Upma

Ingredients:

- ~ 3 - 4 *tblsp* ghee or sunflower oil
- ~ 2 *tsp* cumin seeds
- ~ 2 *tblsp* raw peanuts (optional)
- ~ 2 *tblsp* fresh ginger, finely grated
- ~ 1 *tsp* turmeric powder
- ~ 8-10 curry leaves
- ~ ½ cup boiling water
- ~ salt to taste
- ~ 2 cups medium rice flakes/poha (beaten rice)
- ~ sweet potato; peeled & cut into very *sml* dice
- ~ finely sliced spinach, silverbeet or chard
- ~ *sml* bunch coriander; stalks finely chopped, leaves roughly chopped
- ~ 2 *tblsp* lemon juice

Method:

This is a delicious savoury breaky that takes very little time to cook.

Rinse the rice flakes twice then drain in a sieve and set aside (the grains will slowly fluff up as they absorb the water).

Heat the ghee in a small pan and gently fry the cumin seeds and peanuts (optional) until they are lightly roasted. Then add the ginger, curry leaves, coriander stalks, turmeric and veggies. Cook the veggies until they are almost soft.

Now add the drained rice flakes. Stir through well and add a little salt to taste. Cook through for 2 mins until the grains are fully hydrated.

Add the boiled water and the lemon juice, sprinkle the coriander leaves over the top and cover with a lid for a few minutes. Serve hot with a little chutney on the side.

Serves 2: GF, Vegan Option

Semolina Porridge

Ingredients:

- ~ 2-3 *tbsp ghee or coconut oil*
- ~ 1-2 *tbsp raw sugar (unrefined) or jaggery*
- ~ ½ *tsp ground cardamom*
- ~ ½ *cup coarse semolina*
- ~ 1 ½ *cups boiling water*
- ~ 2 *tbsp sultanas/raisins*

Method:

A scrumptious, nourishing breakfast that will keep you going until lunch.

Choose a heavy based pan and dry roast the semolina, stirring over medium heat until there is no more moisture and the grains become aromatic (you can toast your whole bag of semolina at once and store it after cooling to save time each morning).

Heat the ghee in a pan and then add the semolina. Continue to stir slowly over low-medium heat until the grains turn a golden colour.

Now add the boiling water carefully as it will spit a bit and stir quickly to avoid lumps forming.

Add the sultanas, stir and then leave, covered, off the heat for 5 mins.

Finally, add the cardamom and sugar and stir over low heat until the mixture is smooth and beginning to come away from the sides of the pan.

Serve into bowls and eat warm.

Serves 2: Contains Gluten, Vegan Option

Semolina Upma

Ingredients:

- ~ 1-2 *tbsp ghee or sunflower oil*
- ~ $\frac{1}{4}$ *tsp black mustard seeds*
- ~ 4-5 *curry leaves*
- ~ 1 *tsp cumin seeds*
- ~ $\frac{1}{4}$ *tsp turmeric powder*
- ~ $\frac{1}{4}$ *tsp fresh ginger, finely grated*
- ~ $\frac{1}{2}$ *cup coarse semolina*
- ~ 1 *cup boiling water*
- ~ 1 *tbsp broken raw cashews*
- ~ *salt to taste*

Method:

Add the semolina to an empty pot over moderate heat, stirring constantly until the grains are light and toasted. It will give off some steam and begin to smell roasted. At this point take the semolina off the heat and put it aside in a separate bowl. (This can be done in advance when you buy your semolina and stored in a jar, dry roasted, to save time).

Warm the ghee in the same pot (that is now empty) over moderate heat. Add the mustard seeds and wait until they begin to pop, add the curry leaves (if they are fresh be careful as they will spit), followed by the cumin seeds, the turmeric and the ginger.

Sauté these for a few seconds and then add the semolina you've put aside. Stir through the spices, ghee and semolina until they are married together and then remove from the heat before adding the boiling water (again be careful as it can spit a bit).

Add the salt, stir until there are no lumps and place on a well fitting lid. Leave for 5 mins.

Remove the lid, add the cashews and the fresh coriander, stir through and replace the lid for a few minutes before serving.

Serves 2: Contains Gluten, Vegan Option

Beetroot Porridge

Ingredients:

- ~ 2 tsp ghee or coconut oil
- ~ 1 medium beetroot, peeled & grated
- ~ ½ cup of water
- ~ 1 cup of unhomogenised organic/biodynamic milk
- ~ ½ tsp ground cardamom
- ~ 2 tbsp raisins/sultanas
- ~ raw sugar (unrefined) or jaggery to taste

Method:

This porridge may seem a little strange, but it is actually delicious! It is excellent for building the blood and strengthening the liver.

Melt the ghee in a medium sized pot. Cook the grated beetroot in the ghee over medium heat for about 5-10 mins, until the beetroot is quite tender.

Add the milk and water. Turn up the heat and bring to the boil. Once boiling, continue to cook over a low-medium heat until the beetroot is very soft and this mixture is a porridge-like consistency.

Finally, add the cardamom, raisins and sugar and cook for another minute before serving.

OPTIONAL: instead of beetroot, you can make this same porridge with two grated carrots.

Serves 2: GF, Vegan Option

Lunch



*"If we take the time to stop around midday
& eat a decent meal we are rewarded with
energy levels that are stable throughout
the afternoon & are less liable to suffer
from sugar cravings resulting from
afternoon swings in blood sugar."*

The Midday Feast...

By Kester Marshall

Ideally lunch should be the main meal of the day. It is the time when the midday sun is at its peak and therefore its companion, our digestive fire, is at its strongest. The body's metabolism is therefore at its most vibrant and if we allow just a little time and are careful not to over eat then our body can process food quickly and turn it into nourishment for the tissues and fuel for the mind.

As we are usually busy in the middle of the day and at our most intense level of activity, the temptation might be to push through and simply gloss over lunch. It's all too easy to eat something at our desk or on the run, ignoring the chance to rest briefly in a quiet, peaceful place and refuel our bodies for the afternoon shift.

If we take the time to stop around midday and eat a decent meal, we are rewarded with energy levels that are stable throughout the afternoon and are less liable to suffer from sugar cravings resulting from afternoon swings in blood sugar.

We also tend to react better to stress, feel less rushed and our state of mind remains unhurried, more relaxed and more conducive to calm, productive thought.

Of course, you may also choose to prepare any of the following lunch recipes for the evening meal. If this is the case, you may just choose to eat a little less of each.

NOTE: Please note that if you would like to avoid eating onion or garlic you can substitute these with asafoetida powder (also known as hing) in all of the recipes.

Maharaj Kicharee

Ingredients:

- ~ 1 tsp ghee or oil
- ~ 1/2 tsp turmeric
- ~ 6 curry leaves
- ~ 1/4 tsp asafoetida/hing
- ~ 1/2 tsp mustard seeds
- ~ 1 tsp cumin seeds
- ~ 1 tsp agni spice mix (pg 117)
- ~ 1/2 - 1 tsp salt
- ~ 1 brown onion, finely chopped
- ~ 1 small tomato, diced
- ~ 1/2 cup basmati rice
- ~ 1/2 cup split mung daal
- ~ a handful of fresh coriander, finely chopped
- ~ 1 tsp jaggery/rapadura
- ~ 4-5 cups boiling water
- ~ lemon juice

Method:

This version of kicharee is a little bit fancy and totally delicious! Rinse the rice and daal in the saucepan 3-4 times until the water runs clear. Add 4-5 cups of water from a recently boiled kettle. Bring to the boil and simmer until the daal has broken down and the rice is completely cooked (adding more water if required).

In a second smaller pot, heat the ghee over low heat then add the mustard seeds. When the seeds are popping, add the onion and sauté until soft and golden. Now add the tomato, curry leaves, hing, cumin, agni spice mix and the turmeric. Cook on a low heat for 5 mins then add the mixture (called a “chonk”) to the pot of mung daal and rice. Add a little boiling water to the onion/spice pot and swish it around to mop up the remaining spices and turmeric and add this to the kicharee pot.

Now add the salt and sugar and cook the kicharee for a further 5 mins so the flavour of the spices are infused into the daal and rice. When cooked, add the coriander and serve warm with a pinch of salt, a teaspoon or two of ghee, a squeeze of lemon and some chilli-free chutney. It is also great with some lightly steamed greens on the side.

Serves 2-3: GF, Vegan Option

Chickpea Curry

Ingredients:

- ~ 4 tbsps ghee or oil
- ~ 2 brown onions, finely chopped
- ~ 2 inches fresh ginger, very finely chopped
- ~ 3 garlic cloves, crushed
- ~ 2 tsp ground cumin
- ~ 3 tsp ground coriander
- ~ ½ tsp tamarind paste
- ~ ½ cup fresh coriander, washed & chopped
- ~ 1 ½ cup chickpeas (soaked overnight in cold water)
- ~ 2 medium tomatoes, washed & chopped
- ~ salt to taste

Method:

This curry is also inspired by a recipe from our teacher, Dr Ajit. Drain the soaked chickpeas and boil in different water with salt, in a pressure cooker for 30-40 mins. The chickpeas are done when they can be easily squished between your fingers.

Make a paste of the garlic and ginger in a mortar and pestle or spice grinder. Heat the ghee or oil and add the onion, sautéing until brown. Add the garlic/ginger paste, cook for 1-2 mins, then add the tomatoes and cook until soft. Add the spices and cook until the oil begins to separate.

Drain the chickpeas, keeping the water. Add the chickpeas, stirring and then add the reserved cooking water a bit at a time until you have a nice gravy consistency (you separate it because you may not want to add it all). Finally, add the coriander before serving. Eat hot with rice or flat breads.

Serves 4: GF, Vegan Option

Adzuki Bean & Pumpkin Curry

Ingredients:

- ~ 1 pinch asafoetida/hing
- ~ 1/2 tsp ajwain seeds
- ~ 1 tsp salt
- ~ 2 tbsp ghee or oil
- ~ 2 bay or 8 curry leaves
- ~ 1 garlic clove, finely chopped
- ~ 2 tsp fresh ginger, finely chopped
- ~ 1/2 tsp turmeric
- ~ 1 tsp ground coriander
- ~ 1 tsp ground cumin
- ~ 1 brown onion, finely diced
- ~ 1 cup adzuki beans (soaked overnight in cold water)
- ~ 1 medium tomato, diced
- ~ 1/2 a butternut pumpkin cut into 2-3 cm cubes
- ~ 8 large leaves spinach/ chard, finely chopped
- ~ salt & pepper to taste

Method:

Drain the beans and add them to a pressure cooker with 1 tsp salt, ajwain seeds, hing and twice their volume in cold water. Once they've come to pressure, cook for 20 mins.

In another pan, heat the ghee, add the bay leaves then sauté the onions until soft and slightly golden. Turn down the heat a little and add the garlic and ginger. Cook for a minute before adding the turmeric, coriander and cumin. Now add the tomato and cook until soft. Next, add the pumpkin and the boiling water and stir until the pumpkin is covered in the spice mix. Put on the lid and let simmer over low heat until the pumpkin is just soft. When the beans are cooked and the pumpkin soft, add the adzuki beans to the pumpkin pot... along with all of the water, which will be like a thinnish gravy. (If you want the curry to be a little thicker, you can choose to not add all of the water or you can reduce the curry down to the desired consistency). Now add the spinach and simmer altogether for about 5 mins. Finally, add salt and pepper to taste and serve with a squeeze of lemon juice and flat breads or rice.

Serves 4-6: GF, Vegan Option

Moroccan Puy Lentils

Ingredients:

- ~ 4 tbsp olive oil
- ~ 1 brown onion, finely chopped
- ~ 1 cinnamon stick
- ~ 1 tsp ground cumin
- ~ 1 tsp ground coriander
- ~ ½ tsp sweet paprika
- ~ 1-2 tsp fresh ginger, finely chopped
- ~ 5 sprigs of thyme
- ~ 2 garlic cloves, finely chopped
- ~ 1 cup puy lentils
- ~ 4 shallots, finely sliced
- ~ 1 bunch of spinach leaves, stalks removed & roughly chopped
- ~ 1 tomato, diced
- ~ 50g fetta cheese, cut into small cubes or crumbled (optional)
- ~ lemon wedges
- ~ salt & pepper to taste

Method:

Place the lentils in a large saucepan with 3 times their volume of cold water. Add the cinnamon stick and thyme and bring to the boil, then lower the heat and simmer uncovered for 30-40 mins, or until the lentils are tender. Strain off the water and reserve the lentils (remove the thyme sprigs and cinnamon stick).

In another pan, heat the olive oil. Add the onions and cook until soft. Turn down the heat to medium and add the cumin, coriander, ginger, paprika, shallots/spring onions and garlic. Cook for a few minutes then add the tomato. Cook until the tomato has softened then add the spinach and cook until it starts to wilt. Now tip the cooked lentils into the mix and stir well. Turn up the heat a little and cook the mixture for 5 mins, then remove and stir in the crumbled/cubed fetta (if looking for a lighter meal, don't add the fetta). Taste and adjust the seasoning if necessary. Serve with rice, lemon wedges, and a rocket and fennel salad (page 104).

Serves 2: GF, Vegan Option

Dinner

Yellow Mung Daal

Ingredients:

- ~ 1 tbsp ghee or oil
- ~ 1/2 tsp mustard seeds
- ~ 1 tsp cumin seeds
- ~ 1 tsp agni spice mix (pg 117)
- ~ 1-2 tbsp fresh ginger, finely grated
- ~ 1/8 tsp asafoetida/hing
- ~ 6-8 curry leaves
- ~ 1/2 tsp turmeric powder
- ~ 1 cup yellow split mung beans
- ~ 4 cups boiling water
- ~ a bunch of coriander; stalks finely chopped, leaves rough chopped
- ~ juice of 1/2 a lemon
- ~ salt to taste

Method:

Soak the mung daal for at least 30 mins, wash it 3-4 times then drain.

In a large pot, heat up the ghee or sunflower oil/rice bran oil. Add the mustard seeds and fry until they start to pop. Add the cumin seeds and curry leaves, then the ginger and coriander stalks. Cook for a minute or two then add agni spice mix and then the drained mung daal. Stir for a few minutes then add the boiling water, turmeric and hing. Cook over a low-moderate heat for 20-30 mins (or 8 mins in a pressure cooker, once it comes to pressure) or until the daal has lost its form. If not using a pressure cooker, add more boiling water as required. When cooked, turn off the heat and let rest for a few mins. The daal should be a soupy consistency, not too thick.

Before serving, add the coriander leaves, lemon juice and salt to taste. Serve with rice or flatbreads and a side salad or stir-fried veggies. If you'd like it a little greener, add some finely chopped chard/spinach leaves 5-10 mins before you're ready to serve up.

Serves 2: GF, Vegan Option

Mulligatawny Soup

Ingredients:

- ~ 1 *tbsp* ghee or oil
- ~ 1 *brown* onion, finely diced
- ~ 1 *tbsp* ground coriander
- ~ 1 *tsp* turmeric
- ~ 1 *tsp* salt
- ~ 1 *pinch* cayenne pepper (optional)
- ~ a handful of fresh coriander, finely chopped
- ~ salt & pepper to taste
- ~ 1 *carrot*, diced
- ~ 1/2 *green capsicum*, diced
- ~ 1 *large potato*, diced
- ~ 1 *medium tomato*, diced
- ~ 4-5 *cups* boiled water
- ~ 1 *cup* chickpeas, soaked overnight & cooked
- ~ 1/2 *cup* finely desiccated coconut
- ~ 1 *cup* coconut milk
- ~ the juice of a lemon

Method:

Heat the ghee or oil (e.g. macadamia) in a large saucepan and sauté the onions until soft and golden. Add the turmeric and coriander and briefly fry off before adding the tomato. Cook the tomato until it softens. Add the potato, carrot, capsicum, cayenne pepper and salt and cook with the lid on, on a low-medium heat for 10 mins, stirring occasionally. When the veggies are starting to stick, add all of the boiling water. Bring to the boil and put the lid half on and simmer on low heat for 5 mins until the veggies are completely cooked. Next add the coconut, coconut milk and chickpeas and cook for a further 5 mins. Blend the mixture well with a stick blender until smooth, with all lumps removed. Let cool slightly before adding the lemon juice and fresh coriander. Add salt and pepper to taste.

OPTIONAL: To make the soup a more hearty meal, add 1/2 cup of diced tofu after blending and/or 1/2 cup green beans (cut into 2cm pieces). Cook the soup for a further 5 mins until the tofu/beans are cooked, then add the lemon juice, coriander, salt and pepper to taste.

Serves 4: GF, Vegan Option

Zucchini & Spinach Soup

Ingredients:

- ~ 1 *tbsp ghee/olive oil*
- ~ 1 *brown onion, finely chopped*
- ~ 1-2 *garlic cloves, finely chopped*
- ~ 1 *tsp ground cumin*
- ~ 1 *tsp ground coriander*
- ~ *salt & pepper to taste*
- ~ 2-3 *medium zucchinis diced into cubes*
- ~ 5 *large leaves of spinach or chard, finely chopped*
- ~ 2 *handfuls red lentils*
- ~ 4 *cups boiling water*
- ~ *grated fresh parmesan cheese and roasted pine nuts (optional)*

Method:

Heat the oil in a large pan and add the onions. Fry over low heat until soft and slightly golden and then add the garlic. Fry for a couple of minutes then add the ground cumin and coriander. Stir until the onions are coated in spices then add the zucchini and lentils. Stir until the mixture is covered in the spices and cook for a few minutes with the lid on, stirring occasionally.

Now, add the boiling water and a few pinches of salt and bring to the boil. Turn down the heat and simmer half covered for 10 mins or until the zucchinis and lentils are well cooked.

Add the spinach and cook for another 5 mins. Turn off the heat and with a stick blender, blend to your desired consistency. Season further with salt and pepper, to your taste. You can garnish the soup with fresh basil leaves and roasted pine nuts and/or grated parmesan and serve with flat breads or mountain breads.

Serves 3-4: GF, Vegan Option

Fennel, Millet & Buckwheat Soup

Ingredients:

- ~ 2 tbsp ghee or oil
- ~ 1 tsp fennel seeds
- ~ 1 tbsp fresh ginger, finely grated
- ~ ½ tsp turmeric powder
- ~ 1 sml bunch coriander; stalks finely chopped, leaves roughly chopped
- ~ salt & pepper to taste
- ~ 2 tbsp hulled millet
- ~ 2 tbsp buckwheat
- ~ 1 sml fennel cut into fine dice 2mm cubes
- ~ 1 med carrot & 1 celery stalk cut the same as the fennel
- ~ handful of roughly chopped flat parsley

Method:

This lovely recipe comes from our friend, Stephen Galpin. Soak the millet and buckwheat for 2-3 hours, or longer if convenient. Drain off the water and wash the grains several times until the water runs clear. Add 5 cups of water and bring the grains to the boil uncovered. Remove any scum that forms on the surface and discard. Add the ginger, turmeric and salt to taste.

Heat the ghee or oil (e.g. macadamia) in a large pan over moderate heat. Add the fennel seeds and fry gently, add the diced veggie and stir through well. Add the lid and cook on a low-moderate heat for 10-15 mins, stirring occasionally. When the veggie are starting to caramelize and stick to the pan and have a sweet aroma, add the wholegrain broth and stir well. Bring to the boil and simmer, half covered, for 5-10 mins until the veggies and grains are soft. When done, add the coriander, parsley, pepper and additional salt if needed to taste. Adjust the consistency with a little boiled water if required.

The soup should be a soupy broth, nice and light. Use less water for a more hearty soup or add some fine diced potato part way through. Best served with mung flour pancakes (page 38).

Serves 4: GF, Vegan Option

Hot Green Smoothie Soup

Ingredients:

- ~ 2 tbsps olive oil
- ~ 1 red onion, finely diced
- ~ 1 clove garlic, finely chopped
- ~ 1 tsp salt
- ~ Juice of 1/2 a lemon
- ~ 4 cups boiling water
- ~ Salt & pepper to taste
- ~ 2 sticks celery, finely diced
- ~ 1 zucchini, finely diced
- ~ 1 bunch English spinach, roughly chopped
- ~ 1 small bunch parsley, stalks removed & chopped

Method:

A delicious light soup for when you feel like you need a good hit of greens!

Heat the olive oil up in a medium sized pan. Add the onion and cook on a low heat until caramelised.

Add the garlic and sauté for a minute then add the celery. Cook the celery for about 3 minutes then add the zucchini, cooking for another 3-5 minutes.

Next, add the boiling water and salt, bring back to the boil and cook until the celery is soft. Add the spinach and parsley and cook until just soft but still nice a green.

Turn off the heat and whizz up with a stick blender, add the lemon juice and then add additional salt and pepper to taste.

Serve immediately..... fresh, vibrant green and hot!

Serves 2: GF, Vegan