

Ayurvedic Cooking

FOR SELF HEALING

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“We are what we eat”

Ayurveda is the ancient medical system of India. It encompasses the healing of body, mind and spirit through diet, lifestyle and rejuvenation methods. This wholistic healing art teaches that food and diet can make a vital contribution to continuous good health.

Illness provides an ‘Opportunity’ to change our habitual patterns related to thinking, feeling and eating. Serious illness is the result of poor food choices and ignorance of the art of proper cooking for oneself and the family.

“Food is medicine when rightly combined”

Art of Cooking

According to the Vedas, “Food should be prepared in time with proper quality, taste, purity and feeling”.

Ayurveda can provide much insight about which foods will suit and balance each individual. It teaches how much to prepare and cook these foods properly and how to avoid combinations that will create toxins in the body. Ayurvedic cooking emphasizes that we should cook with a feeling of great love and respect to every stage of food preparation and serving.

The following recipes are Tridoshic meaning good for all constitutions. The herbs and spices are used with these benefits in mind:

- enhance taste
- stimulate digestive fire
- increase digestibility and absorption
- help counteract any incompatible food combinations.

CONTENTS

Breakfast	Broken Wheat Porridge 7 <i>also known as Cracked Wheat, Dalia or Bourghoul</i> Ragi Porridge 8 <i>also known as Finger Millet</i> Fresh Fruit 9
Lunch	Steamed Vegetables 11 Budgies and Gravy 12 Dal and Suriki 14 Dal and Potalunga 16 Cabbage and Beetroot 18 Spinach with Dal 19 <i>or drumstick leaves if available</i> Spinach (<i>Kira</i>) Chutney 20 Steamed Vegetable with Coconut . . 21 Potatoe Gravy with Coconut Milk . . 22
Dinner	Tomato Soup 25 Vegetable Soup 26 Chappati 27 Peanuts 28 Yam 28 Chick Pea Gravy 29 Mung Bean 30 Tur Dal (yellow lentils) 31
Other	Lassi 33 Sweet — Dal Payasam 34 Herbal Teas 35
	Tips 38

BREAKFAST

— serves two —

“Eat fresh sweet fruit at breakfast to encourage elimination.

Choose one—two fruits only and
have them before porridge, ie. papaya, rock melon, banana, apple”

Broken Wheat Porridge

also known as Cracked Wheat, Dalia or Bourghul

In a pressure cooker, mix broken wheat, salt and water. Mix well. Allow to cook 5-7 whistles.

In a small pot, add water and jaggery. Heat and allow jaggery to melt.

In a small fry pan add oil, cardamom and cashew nuts. When nuts are lightly browned remove from heat.

Transfer broken wheat into a bowl, stir in jaggery and pour nuts on top.

Ready to serve.

*1 cup **broken wheat**
(bourghul, cracked
wheat, dalia)*

*3 cups **water**—
1 cup used to melt
jaggery*

*5-6 tsp **sliced jaggery***

*small handful of **cashew
nuts** chopped
(any nuts can be used)*

*2 pods **cardamom**
crushed*

*1 tsp **ghee***

*pinch of **salt***

Ragi Porridge

also known as Finger Millet

Fresh Fruit

serves two

<i>1 cup Ragi flour</i>	In a small pot mix Ragi flour, salt and water until all lumps have dissolved.
<i>3 cups water— 1 cup used to melt jaggery</i>	Cook over medium fire, stirring continuously allowing Ragi flour to pulp and bubble. When cooked properly, bubbles are produced. Keep aside.
<i>pinch of salt</i>	
<i>5-6 tbsp of sliced jaggery</i>	In a separate pot add water and jaggery. Stir until dissolved.
<i>small handful of cashew nuts (any nut can be used)</i>	In a small fry pan add ghee, cardamom and cashew nuts. Fry till nuts are lightly browned.
<i>2 pods cardamom crushed, use seeds</i>	Add Ragi in bowl, pour in jaggery and mix well. Add nuts on top.
<i>1 tbsp ghee</i>	Ready to serve.

LUNCH

— serves two —

Steamed Vegetables

eat steamed vegetables every day at lunch

Place all vegetables in a steaming pot.

Add water, salt and tumeric powder and steam for 5 to 7 minutes, depending on the steamer.

Sprinkle with black pepper on serving.

*Any seasonal mixed
vegetables of choice*

*1 tbsp **tumeric powder***

*1 tbsp **salt***

water

black Pepper

Budgies and Gravy

this dish consists of 4 parts

Budgies:

1 packet **budgie powder**
or 2 cups **Gram Dal Powder**

1-2 packets of **Appalams**
broken into quarters

pinch of **salt**

water to make paste

enough **oil** to fry

Gravy:

$\frac{1}{4}$ **onion** chopped

1-2 **garlic** finely chopped

1 inch **ginger** chopped
(grind together garlic
and ginger in a mortar
and pestle)

1 **tomato**
roughly chopped

Mix Budgie powder, water and salt and make thick paste.

Dip Appalams until covered.

In a pot of hot oil dip Appalams and fry until golden brown.

Keep aside.

Mix all ingredients with a little water to make paste.

Paste:

1 **tblsp coriander powder** (multi tool)

1 **star-anise** crushed into powder

$\frac{1}{2}$ **tblsp tumeric powder**

1 small **red chili** chopped

Coconut:

$\frac{1}{2}$ fresh **coconut** chopped into small pieces

2 cups **water**

Place coconut and water into a blender and blend until smooth.

Pour milk through a filter to have one cup of milk. Discard pulp.

Heat oil in medium pot and add onion. Fry until soft, then add garlic and ginger and cook for a few minutes.

Add 'Paste'-ingredients and cook well until colour changes and smell is fragrant.

Add tomato, cook until soft.

Add cooked budgies and water to make gravy and cook a little longer.

Mix in coconut milk and stir well.

Decorate with coreander leaves. Ready to serve.

Dal and Suriki

*long light green vegetable found in Asian shops,
like a zucchini*

Blend:

$\frac{1}{2}$ **coconut** chopped
roughly

2 **garlic** chopped

$\frac{1}{2}$ tsp **cumin powder**
(geera)

water

Seasoning:

$\frac{1}{2}$ tbsp **mustard seed**

1 spray **curry leaves**

1 tbsp **vegetable oil**

Place ingredients in blender and grind
till smooth.

Keep aside.

In a small fry pan heat oil and fry
mustard seeds till popped.

Add curry leaves.

Keep aside

Heat oil in medium pan and add
chopped onion, garlic, ginger and
green chilli. Cook until onion is soft.

Add salt and tumeric. Add Suriki and
cook till soft.

Add moong dal and enough water.
Cook for 5 or 10 minutes until dal is
soft.

Pour in the blended coconut, stir in for
a minute.

Now add mustard seed seasoning.

Ready to serve.

1 sml **Suriki** chopped
into small squares

2 cups **moong dal**

$\frac{1}{2}$ tsp **tumeric powder**

salt to taste

$\frac{1}{2}$ **onion** chopped in
small pieces

2 **garlic** finely chopped

1 inch **ginger** finely
chopped

1 **green chilli** finely
chopped

1 tbsp **vegetable oil**

Dal and Potalunga

“snake guard” found in Asia shops, like a zucchini

Blend:

½ **coconut** chopped
roughly

2 **garlic** chopped

½ tsp **cumin powder**
(geera)

water

Seasoning:

½ **tblsp mustard seed**

1 **spray curry leaves**

1 **tblsp vegetable oil**

Place ingredients in blender and grind till smooth.

Keep aside.

In a small fry pan heat oil and fry mustard seeds till popped.

Add curry leaves.

Keep aside

In a pressure cooker, add dal and some water and cook for 1 or 2 whistles (for one cup of dal one cup of water is enough).

Heat oil in medium pan and add chopped onion, garlic, ginger and green chilli. Cook until onion is soft.

Add salt and tumeric.
Add Potalunga and cook till soft.

Add cooked yellow split peas and mix together.

Pour in the blended coconut, stir in for a minute.

Add salt to taste.
Now add mustard seed seasoning.

Ready to serve.

1 **sml Potalunga** chopped into small squares

2 **cups yellow split peas** soaked overnight

tur dal

½ **tsp tumeric powder**

salt to taste

1 **onion** chopped in small pieces

3 **garlic** finely chopped

1 **inch ginger** finely chopped

1 **green chilli** finely chopped

1 **tblsp vegetable oil**

Cabbage and Beetroot

*½ cabbage
chopped in small pieces*

*1 sml beetroot
chopped into small cubes*

¼ onion chopped finely

1 garlic finely chopped

½ green chilli chopped

salt to taste

½ tsp tumeric powder

1 tbsp vegetable oil

½ tsp mustard seeds

In a small bowl mix together beetroot, onion, garlic, chilli, salt and tumeric.

Heat oil in medium fry pan and add mustard seeds till popped.

Add mixed ingredients and cook on medium fire till beetroot is soft or half cooked.

Add cabbage and cook for 3 to 4 minutes in a covered pan.

Drumstick Leaves with Dal *or spinach*

Place moong dal, water and tumeric in pressure. Allow to cook for 1-2 whistles.

Mix drumstick leaves, onion, green chilli, garlic, tumeric and salt together by hand. Water will be released from crushing.

Heat oil in a medium pan and pop mustard seeds.

Add mixed drumstick leaves. Cover and steam until leaves are soft.

After 5 minutes add cooked moong dal stir. Cook for further 5 minutes.

Transfer to bowl. Add grated coconut for more taste. Add salt.

Ready to serve.

Seasoning:

¼ tsp mustard seeds

*¼ tsp vegetable or
sunflower oil*

Dal:

1 cup moong dal

1 cup water

¼ tumeric powder

*1 large bunch spinach
leaves—best to use
drumstick leaves if
available*

¼ onion sliced

½ green chilli chopped

2 garlic chopped finely

¼ tsp tumeric powder

½ tsp salt

*grated coconut
(optional)*

Spinach Chutney

also known as Kira

Seasoning:

¼ tsp mustard seed
½ tsp vegetable oil

2-3 cups spinach leaves

2 garlic chopped finely

2-3 tomatoes chopped

½ fresh green chilli
chopped finely

1 cup water

Heat oil in pan. Add mustard seeds.
When popped, turn off stove and keep
aside.

Mix all spinach ingredients together
and cook over medium heat until
spinach is wilted.

When slightly cooled, place spinach in
blender, blend until smooth.

Transfer to bowl and add seasoning
mix in.

Ready to serve.

Steamed Vegetables with Coconut

Mix ingredients and sauté in small pot
until carrot is soft.

Keep aside.

Heat oil in pan. Pop mustard seeds.

Add curry leaves and urid dal. Fry for
a few moments.

Transfer vegetable ingredients. Add
grated coconut and cook in a closed
pan for further 5 minutes for coconut
flavor mix with the carrots.

Ready to serve.

vegetables

*(beetroot, beans, cabbage,
cauliflower etc. to
vary at lunch time)*

2 small carrots diced
½ onion chopped
*¼ green chilli chopped
finely*
¼ tsp tumeric powder
½ tsp vegetable oil

*2 tbsp grated fresh
coconut (optional)*

Seasoning:

¼ tsp mustard seeds
*1 sml spray of
curry leaves*
¼ tsp urid dal
1 tsp vegetable oil

Potato Gravy with Coconut Milk

Coconut Milk:

*½ coconut
chopped in small pieces
1 cup water*

Seasoning:

*1 tbsp mustard seeds
1 spray of curry leaves
1 tbsp vegetable oil*

Garnish:

*1 sml bunch of chopped
fresh coriander leaves*

*2 medium potatoes
cut into small squares*

1 onion finely chopped

3 garlic finely chopped

1 inch ginger chopped

*1 green chilli chopped
or 1 tsp chilli powder*

*1 tbsp ani-seed
ground into powder*

1 tbsp vegetable oil

Blend coconut and water in blender until smooth. Strain to make 1 cup of thick milk.

Heat oil in pan and fry mustard seeds. When popped, add curry leaves and fry for a few moments.

Keep aside.

In a medium deep pan heat oil. Add onion, garlic, ginger, chilli. Cook until onion is soft.

Add potato, tumeric powder and fry for a moment.

Add coriander. Fry for a moment, then add water.

Cook for about 10 minutes or until potato is soft.

Add coconut milk, curry powder and pinch of jaggery to soften ingredients. Just stir for 30 seconds.

Stir in seasoning and garnish with fresh coriander.

Ready to serve.

salt to taste

*1 tsp mild curry powder
or massala powder*

*pinch of jaggery
to make soft (optional)*

½ tsp tumeric powder

*1 tbsp
coriander powder*

2 cups water

Tomato Soup

DINNER

— serves two —

Wash whole tomatoes and place in pot with 4 cups of water.

Cover and cook until tender and skins can be pulled away easily.

Allow to cook and remove skins.

Pour into blender and blend until smooth. Remove and replace into a bowl.

Add coconut, ginger, garlic, chilli and coriander leaves with ½ cup of water and blend to liquid form.

Heat oil in medium pot. Add ghee, cumin seeds, mustard seeds and curry leaves. Cover and fry till mustard seeds pop.

Add the coconut mixture. Stir and cook for a moment.

Add blended tomatoes, cinnamon, salt, jaggery and remaining ½ cup of water. Bring ingredients to boil, turn off heat.

Ready to serve.

Coconut:

1 tbsp coconut grated
1 inch ginger chopped finely
2 garlic chopped finely
¼ green chilli chopped
handful fresh coriander leaves
½ cup water

Seasoning:

2 tbsp ghee
1 tsp mustard seeds
1 tsp cumin seeds
2 sprays curry leaves chopped

1½ tomatoes whole

4½ cups water

¼ tsp cinnamon powder

½ tsp salt

1 tsp jaggery

Vegetable Soup

Any **vegetables** can be used alone or mixed (ie: carrot, beetroot, pumpkin, chow chow, potatoes)

2 medium **carrots**,
peeled and diced

1 small **onion** sliced

1 **garlic** chopped finely

1 inch **ginger** chopped
finely

¼ **red chilli** chopped

¼ tsp **salt**

1 tsp **ghee**

small handful of
coriander leaves
(optional)

¼ tsp **turmeric powder**

3 cups **water**

In a medium pot heat ghee and add carrots, onion, garlic, ginger and sauté for a few minutes or till carrots become tender.

Add 2 cups of water and tumeric powder. Bring to boil, simmer and cook.

When cooked, allow to cool. Then place ingredients into blender and blend till liquid form.

Pour back into pot with remaining 1 cup of water and bring to boil. Turn off stove.

Decorate with coriander leaves.
Ready to serve.

Chappati

In a bowl, mix flour and salt. Make a well in the middle of the flour and add water, slowly mixing and adding same time.

Knead flour till it becomes a dough ball and dough does not stick to the hands.

Cover dough in the bowl and keep aside for ½ hour.

Take small handfuls of dough and roll into the size of an egg. Roll in flour and flatten with palms.
Use rolling pin to make small flat pan-cakes.

On a hot fry pan place flattened dough and cook on both sides until lightly brown.

Take away fry pan and carefully place chappati over open flame. Repeat on other side.

Remove and lightly wipe ghee on both sides and place in clean bowl. Repeat procedure.

Ready to serve.

2 cups

whole wheat flour

1 cup **water**

1 tsp **salt**

small bowl **ghee**
(provisional)

additional flour required

Peanuts

*1 cup raw **peanuts**
soaked in clean water*

*1 tsp **salt***

*1½ cup **water***

In a steamer, bring water to boil.

Add peanuts and salt. Steam for 7 minutes or until nuts become tender.

Ready to serve.

Yam

*½ **yam**
cut into small squares*

*1 tbsp **salt***

*1 cup of **water***

*1 tbsp **pepper powder***

*½ tsp **ghee***

In a small pot, bring water to boil. Add yam and salt. Cook until yam becomes soft.

Filter yam. Mix with ghee and pepper powder.

Ready to serve.

Chick Pea Gravy

Place all ingredients into the pressure cooker and cook up to 4-5 whistles.

Allow to cool slightly. Remove ¼ of chick peas. Blend until smooth.

Remove chick peas from pressure cooker into a serving dish. Pour in blended chick peas and mix.

In a frying pan, heat oil. Add mustard seeds, let them pop.

Add curry leaves. Pour it on the top of the cooked food.

Ready to serve.

*2 cups **raw chick peas**
(soaked for 5 hours)*

*2 cups **raw green peas**
(soaked for 3 hours)*

*1 medium **onion**
chopped*

*3 **garlic** finely chopped*

*1 inch **ginger** finely
chopped*

*1 medium **tomato** diced*

*2 tsp **coriander powder***

*¼ tsp **red chili powder***

*½ tsp **turmeric powder***

*½ tbsp **salt***

*2 cups **water***

Seasoning:

*1 tsp **mustard seeds***

*1 spray of **curry leaves***

*1 tbsp **vegetable oil***

Mung Bean

can be used for lunch, too

<p>1 cup mung beans (soak for 3 hours in 2 cups of water) ½ medium tomato chopped in small pieces ½ medium onion chopped 2 garlic finely chopped 1 tbsp coriander powder ¼ tsp chilli powder ½ tsp tumeric powder ½ sambar powder 2 tsp salt 1 cup water</p> <p>Seasoning: 1 tbsp vegetable oil ½ tsp mustard seeds 1 spray curry leaves chopped</p> <p>Masala: 1 clove 2 cardamom 1 inch cinnamon</p>	<p>Place all ingredients in pressure and cook for 1 whistle. Cool down and keep aside.</p> <p>In a small fry pan heat oil, add mustard seeds and curry leaves. Fry till mustard seeds pop.</p> <p>Add any left over water from pressure cooker. Cook until gravy became thick.</p> <p>Stir in masala ingredients. Fry for a few moments.</p> <p>Add to pressure cooker and mix in.</p> <p>Place mung beans into a bowl. Decorate with chopped coriander leaves.</p> <p>Ready to serve.</p>
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Tur Dal

<p>Place tur dal, onion, garlic, chilli, tomato, tumeric, asafetida, salt and water in pressure cooker. Cook for 2-3 whistles.</p> <p>Remove and place in bowl.</p> <p>In a small fry pan, heat oil or ghee. Add mustard seeds till popped.</p> <p>Add fenugreek seeds and curry leaves and allow to cook for a few moments.</p> <p>Add seasoning to tur dal and mix.</p> <p>Ready to serve.</p>	<p>1 cup tur dal (flat yellow lentils—soak for ½ hour)</p> <p>½ medium onion chopped</p> <p>2 garlic finely chopped</p> <p>½ green chilli chopped</p> <p>½ medium tomato chopped in small pieces</p> <p>½ tsp tumeric powder</p> <p>1/8 tsp asafetida (hing)</p> <p>1 tsp salt</p> <p>2 cups water</p> <p>Seasoning: ½ tsp mustard seeds ½ tsp fenugreek seeds 1 spray curry leaves 1 tbsp vegetable oil or ghee</p>
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OTHER

Lassi

Place all ingredients in blender and
blend for a few minutes.

Ready to serve.

1 tbsp yogurt

1 tsp salt

2 tsp sugar

2 cups water

Sweet Dal Payasam

makes 10

½ tsp cumin powder
4 cardamom
¼ tsp dried ginger powder

Grind cumin, cardamom and ginger into powder.

1 cup mung dal (fry in pan without oil or water)

In pressure cooker add fried mung dal, 1 cup of coconut milk, 1 cup of water and salt. Cook for 4 whistles.

4 cups coconut milk

¼ kilo jaggery (melt in 2 cups water)

Melt jaggery in 2 cups of water. Bring to boil, stir into cooked mung dal. Mixture will become thick.

2 cups water

When mixture starts to become dry and starts to stick to pot, add ghee.

1 tsp salt

Add crushed cumin, cardamom, cashew nuts and dried ginger.

4 tbsp ghee

Stir in well.

handful cashew nuts

Add 3 cups coconut milk and stir in well.

Ready to serve.

HERBAL TEAS

Freshly squeezed lemon added in cold water ist best in summer.

Freshly squeezed lemon added in warm water ist best in winter.

Dry Ginger Tea

for heavy head and runny nose

2 cups of **water**

2¼ *tblsp*

dry ginger powder

¾ *tsp*

crushed black pepper

2 *tblsp* **palm jaggery**
(also known as special
jaggery, palm sugar)

1 *handful* of
fresh tulisi leaves

1-2 *storks* of
fresh lemon grass
cut in small pieces

In a small saucepan boil water with ginger, pepper and palm jaggery.

Turn off stove. Add tulisi leaves and lemon grass. Cover.

Allow flavour to seep in for 10 minutes.

Filter and serve hot.

Tulisi, Lemongrass and Mint

relaxing, refreshing and soothing

In a pot of hot water add tulisi, lemon grass and mint.

Allow to sit for 10 minutes before drinking.

If feeling lethargic, add honey.

1 *handful* of
fresh tulisi leaves

1-2 *storks* of
fresh lemon grass
cut in small pieces

1 *handful* of
fresh mint leaves

2 *cups* of **water**

1 *tsp* of **honey** (optional)

TIPS

Best to have a bath before exercise to loosen the muscles, a bath before dinner helps digestion.

Do not eat when angry, depressed, bored or emotionally unstable or after physical exertion—intense exercise. Food will not be well digested.

Cook with a feeling of love.

Avoid exercise within an hour of eating and avoid sleeping or studying with two hours.

Try not to eat Kapha food at night, ie. melons, yogurt, sesame products, cheese, ice-cream at night. Generally ice cold food weakens digestion.

The biggest meal should be at noon when the digestive fire is strongest. Eat meals every 4-6 hours depending on constitution.

After two hours, fresh fruit or vegetable juice is okay.

Benefits of jaggery is considered by some to be a particularly wholesome sugar and, unlike refined sugar, it retains more mineral salts. Moreover, the process does not involve chemical agents. Indian Ayurvedic medicine considers jaggery to be beneficial in treating throat and lung infections.

WISHING YOU GOOD HEALTH AND HAPPY LIFE