

Timeless Recipes For Healthy Living

dairy & oil-free delicacies from India and the world over



SHARAN

www.sharan-india.org




The Magic Of Eating For Health

SHARAN helps prevent and reverse lifestyle diseases like obesity, diabetes, hypertension, PCOD, hypothyroid, aches and pains, autoimmune diseases, even cancers and weight loss through food alone. We achieve this through seminars, cooking classes, online programs, consultations and individualised programs.

Today many people are overfed yet undernourished, leading to lifestyle diseases. Nutrients are the spare parts, which the body uses to heal. We put a huge emphasis on nutrition, and techniques of cooking to help you feed your family the most nutrient-dense food.

SHARAN advocates a basic five-point plan for optimal health. Specifically, we recommend:

1. **Whole Foods** like whole or unpolished rice (brown rice), whole wheat, whole sweeteners like dates and raisins, and unpeeled vegetables and fruits, wherever possible. We recommend avoiding processed, refined foods – such as white rice, white flour (maida), sugar, oil (including olive oil and coconut oil), fats, juice, jaggery.
2. **Plant-based Foods**, that are full of phytonutrients and help in healing. Eat plenty of fruits, vegetables, grains, beans and seeds. We recommend avoiding all animal products including milk in any form (tea, coffee, milk powder, biscuits, cheese, curds/yoghurt, buttermilk, butter, ghee, etc.) But we do have excellent alternatives for all of these.
3. **Organic Foods**, grown the way nature designed rather than infused with chemicals and poisons.
4. Periodic testing of **Vitamin B12** levels and supplementation if required.
5. Periodic testing of **Vitamin D** levels and supplementation if required.



We always recommend that the food be irresistibly delicious and eaten according to hunger. No counting calories and no starving!

This recipe book will show you the path and I hope that it will help you reach your highest health potential.

To learn more about SHARAN and how we can help you visit www.sharan-india.org


Dr Nandita Shah
Founder, SHARAN

***“Let food be thy medicine and medicine be thy food.”
- Hippocrates***



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Almond Milk - Ref pg 17



Basic Green Smoothie - Ref pg 13



KITCHEN REPLACEMENT CHART

The following table lists common animal-based, refined, and processed foods/ ingredients and suggested replacements.

Food/ingredient	Replacement options
Butter	Almond butter, avocado, cashew butter, peanut butter, coconut butter and sesame butter (as a spread)
Buttermilk	Buttermilk made from plant-based curd/ yoghurt, tender coconut
Canned and frozen food	Fresh alternatives whenever possible
Cheese	Cheese made from plant-based sources such as nuts, seeds, vegetables, legumes and nutritional yeast flakes
Chocolate (milk)	Cocoa powder or dark chocolate (without sugar)
Cream	Cashew or other nut butters mixed with water and ground
Curd/yoghurt	Curd/yoghurt made from plant-based milks such as soy, almond and peanut
Eggs	Many different options, depending on the use
Fried food	Oil-free baked or roasted alternatives
Ghee	Nuts, seeds, and legumes such as cashews, coconut, peanuts, and sesame seeds
Ice cream	Plant-based milk or fruit ice creams with no sugar
Khakra	Oil-free ambil khakra
Mayonnaise	Oil-free cashew mayonnaise , tofu mayonnaise
Meat and seafood	Soy nuggets and flakes, tofu, beans, ready-made meat replacers, yam and raw jackfruit

Milk	Plant-based milks including almond, cashew, coconut, corn, oat, peanut, rice, sesame, and soy
Oil	Nuts, seeds, and legumes such as cashews, coconut, peanuts, flax seeds and sesame seeds
Paneer	Tofu or “soy paneer” and tofu marinated in cashew cream
Ready-made cereals	Muesli made with whole flakes, nuts, and dried fruit and roasted whole-grain dalias such as wheat, barley, maize, millet, amaranth, and rolled oats (not quick-cooking)
Salad dressing	Oil-free salad dressings and chutneys
Salt (iodized)	Himalayan, rock, sea salt or black salt
Soft drinks	Water, lime juice with water, fruit smoothies, etc.
Sugar, honey, and artificial sweeteners	Dried fruits such as dates, raisins, figs, apricots and their pastes
Tea and coffee	Homemade herbal infusions from herbs and spices, ready-made herbal teas, and barley or soy coffee
White flour (maida) and bread	Flours and breads (e.g., chapatis and rotis) made from whole wheat (atta) or other whole grains like millet (e.g. jowar, bajra, and nachni/ragi), brown rice, and spelt (most wheat breads in the market contain emulsifiers and fat)
White rice	Whole (unpolished) rice such as brown or red rice

SMOOTHIES & BEVERAGES

A. BREAKFAST SMOOTHIES

BASIC GREEN SMOOTHIE

Green smoothies are a great energizing way to start the morning on an empty stomach and incorporate the goodness of greens with the sweetness of fruit.

To make a great green smoothie mix about $\frac{1}{2}$ or less **green leaves** and $\frac{1}{2}$ **fruit (except melons or fibrous fruit such as citrus)** and **a bit of water**. Flavorings can be added as needed (ginger, mint, lemon zest). Smoothies should not be strained. **Never add vegetables (like cucumber, broccoli and zucchini), nuts or seeds.**

It's best to alternate between different kinds of greens on different days - spinach, mint, coriander, celery, spring onion greens, pak choy, beetroot greens, basil, betel leaves etc. Bananas, mangoes, papaya, chikoo, grapes, passionfruit and other pulpy fruits make good smoothies.

My first cooking class for SHARAN was with Green Smoothies and was I nervous! So I went on a smoothie trip, trying out combinations and reading about the health benefits, and in the process I fell in love with them! Did you know smoothies are great for your skin, add enzymes to your body that aid digestion, energise you and are full of nature's goodness! My 4-year old nephew calls it his dinosaur juice, as it gives him so much strength!!- Reyna

Here is one **basic recipe**.

Ingredients

- 2 ripe bananas or equivalent frozen bananas
- a large handful of greens
- $\frac{1}{4}$ cup water
- Dates/Raisins/Figs - to give more sweetness if you like

Method

Place the bananas and other fruits with very little water and blend for a few seconds. Then add the greens and rest of the water (or ice-cubes) and blend till it is a smooth green drink. Enjoy!

Variation: Replace one banana with any other fruit like apple, pear, chikoo.

Serves 1

ZESTY GREEN SMOOTHIE

Ingredients

- $\frac{1}{2}$ cup mint leaves
- juice of $\frac{1}{2}$ lime
- 2 -3 frozen large bananas, slightly defrosted
- 1 tsp orange zest
- $\frac{1}{2}$ tsp grated ginger
- 1 tbsp soaked raisins

Method

Place the mint leaves and lime juice in the blender. Add some of the bananas and blend to crush the mint leaves well. Add rest of the ingredients and blend well. Add water



as needed. Pour into glasses and serve immediately.

Serves 3-4

CARAMEL APPLE GREEN SMOOTHIE

Ingredients

- 1 frozen apple
- 2 cups spinach
- 2 soft or soaked dates pitted
- ½ tsp pure vanilla extract
- ⅛ tsp ground cinnamon
- pinch of salt
- 2 ice cubes

Method

Place in your blender in the order of the ingredients listed. Then blend for 30 seconds or until smooth.

Serves 2

B. OTHER SMOOTHIES

CHOCOLATE SMOOTHIE

Ingredients

- 2 ripe bananas
- handful of beet greens or spinach
- cocoa powder
- ½ cup water
- 1- 2 soaked dates (optional)

Method

Make a green smoothie as above, adding cocoa powder as per your taste. Add dates if you require extra sweetness and add ice-cubes if you want it cold. Yummilicious!

Serves 2

PAPAYA SMOOTHIE WITH A ZING

This is an unusual smoothie that is not very sweet and has surprising zing from a green chili.

Ingredients

- 1 cup sliced papaya
- 1 cup juice from kinnow, orange or sweet lime
- ½ green chili
- 1 tbsp lemon juice (optional)

Method

Blend green chili with the juice till smooth. Add the papaya and blend further. Squeeze some lemon juice.

Serves 2

KEY LIME PIE SMOOTHIE

Ingredients

- 2 cups ice
- 1 cup filtered water
- ½ cup raw chopped pitted dates
- ¼ cup lemon flesh (1 whole small lemon) peeled and pips removed
- 1 medium banana (fresh or frozen)
- 5 tbsp freshly squeezed lemon juice
- 1 tsp vanilla extract
- ½ tsp freshly grated lemon zest
- pinch of salt

Method

Blend all the ingredients together in this order – water, dates, lemon flesh,

banana and the rest. Yummy, like a liquid dessert!

Serves 2-3

CHIKOO ALMOND SHAKE

Ingredients

- ½ cup frozen chikoo slices
- ½ glass cold almond milk
- soaked dates if required
- dash of cinnamon powder or vanilla extract (optional)

Method

Blend all ingredients in a blender until smooth. Serve immediately.

Serves 1

ALMOND MILK THANDAI

Ingredients

- ½ cup whole almonds, soaked in water overnight
- 2 cups fresh water
- 2-3 seedless dates
- Thandai masala - ¼ tsp each of elachi, cinnamon, fennel, black pepper

Method

After the almonds have soaked overnight, drain and discard soaking water. In a blender, blend the soaked almonds along with the spices to form a smooth paste adding a little water if needed. Add the dates and blend again and finally add the rest of the fresh water.

Strain the mixture to remove any almond particles that may be left (optional). Add more water if needed to get the desired consistency.

Once prepared, the milk should be refrigerated. It can be kept for up to 24 hours.

Serves 4 glasses

C. BEVERAGES

HERBAL INFUSIONS

Herbal Infusions or homemade green teas are a great alternative to the regular milk based tea/coffee or commercially packaged green tea sachets. They can be made with one or more herbs and spices like lemongrass/ tulsi/ mint/ cinnamon/ pepper /ginger /cloves/ cardamom/ licorice etc. Here is a sample recipe.

Ingredients

- mint leaves
- grated ginger
- crushed whole pepper
- lemon grass

Method

Boil water. Take it off the stove and add the ingredients to be infused. Take enough of each ingredient so that it lends its flavor. The quantity of the ingredients can vary according to taste. Cover and wait for 5 minutes. Strain and serve. This concoction can be made in a large quantity and preserved in the fridge for 3 or 4 days to have it handy when needed.

MASALA 'CHAI'

Ingredients

- 1 ½ cups water
- ¾ cup soy milk
- 6-8 tbsp date paste
- 1 inch piece ginger
- a handful of mint leaves
- 1-2 blades lemongrass

FOR THE MASALA

- 4 cardamoms
- 1 ½ inch stick cinnamon
- 6-8 peppercorns
- 4-5 cloves
- ½ star anise

Method for the masala

Grind all ingredients into a coarse powder.

Method for Tea

Mix the water, soymilk, chai masala and boil for 3 – 4 minutes. Add the date paste and fresh crushed ginger and boil for a minute. Now add the mint and lemon grass leaves and cover for 5 minutes. Strain and serve.

Serves 2-3

CHOCOLATE CHAI NUT MILK (RAW)

This recipe was demonstrated by Lisa Pitman during her Eating without Heating demos in India. For more on Lisa and her recipes see www.veganculinarycrusade.com

Ingredients

- 2 cups almond milk

- ½ tsp vanilla extract
- 3 large dates
- ¼ tsp ground cardamom
- ½ tsp ground cinnamon
- ¼ tsp ginger
- 3 tbsp cacao powder

Method

Blend until smooth.

Serves 2

JAL JEERA

Ingredients

- 1 tbsp seedless tamarind – for a more pronounced sourness, you can add ½ tbsp more of tamarind.
- ¾ cup mint leaves/pudina leaves
- 1/2 cup packed chopped cilantro (hara dhania)
- 1 or 1.5 tsp cumin seeds/jeera
- 1 tsp fennel seeds/saunf
- 1/2 tsp black pepper
- 1/2 or 1 tsp amchur/dry mango powder
- a pinch of asafoetida/hing
- black salt or rock salt as required

Method

Rinse the mint, cilantro leaves and the tamarind ball. First blend all the ingredients in ½ or ¾ cup water till smooth. Then strain through a strainer.

Add 3-4 cups of chilled water to the strained mixture or as required. Keep in the fridge or serve chilled jaljeera.

Serves 4

DAIRY ALTERNATIVES

PLANT-BASED MILK

You can make plant based milks from a variety of ingredients such as soya beans, mature coconut, tender coconut, almonds, cashews, macadamia nuts, hazelnuts, peanuts, whole rice, oats, pumpkin seeds, melon seeds, sunflower seeds, cucumber seeds and sesame seeds.

NUT MILK OR SEED MILK

Ingredients

- 1 cup unroasted nuts or seeds (almonds, cashews, any seeds)
- 4 cups water

Method

Wash and soak the nuts/seeds for 8 hours in water. Pour out the water and rinse. Put nuts in a blender and blend till you get a smooth paste adding a little water only if necessary. The less water you add, the smoother the paste will be. Once you have a smooth paste, add the remaining water and blend. 1-2 dates may be added to sweeten the nut milk.

Yield - 5 cups of milk.

COCONUT MILK

Ingredients

- 1 cup grated fresh mature coconut (not drinking coconut)
- 1 cup warm water

Method

Grate a coconut and place in the grinder till the grinder is ½ full. Add a ½ cup of warm water and grind. Strain the mixture through a sieve with slightly large mesh. Squeeze the coconut well with a spoon or with the hands to take out all the milk. Save the fibre. Once all the milk is extracted, repeat the procedure with the fibre and a little water to extract the remaining milk. Discard the fibre or utilise in cooking.

Yields 3 cups

PEANUT RICE MILK CURD

Peanuts lend creaminess to the milk but have a strong flavor, which can be reduced by mixing in rice. Rice also helps to thicken the milk and curds.

Ingredients

- 1 cup raw peanuts soaked for 8 to 12 hours
- ½ cup brown rice flour
- 4 cups water (800 ml. water)
- 5 – 6 chili tops / non-dairy curd starter

Method

Put peanuts in a blender and blend till you get a smooth paste adding a little water at a time. Make rice milk by



mixing rice flour with water. Stir the peanut milk and boil slowly on low heat. Once it starts to thicken, start adding the rice milk slowly while stirring to prevent clumping. Let the milk fully boil and thicken. Cool to body temperature. Set the curd using the chili top as a starter the first time you make it by dipping them in the peanuts mixture, and keep some as a starter for the next batch.

The starter can also be stored in the freezer.

Note- If you want a thick set curd then use 5 cups of water for making the milk or if you prefer a bit runny curd use 6 cups of water.

Note: Chili tops provides the essential bacteria for setting the curd.

PEANUT CURD BUTTERMILK

Ingredients

- ¼ cup peanuts or peanut-rice curd
- 1 glass water
- 3–4 curry leaves
- ½ green chili
- ¼ tsp cumin powder
- sea salt or black salt to taste

Method

To the blender add yoghurt, water, curry leaves, green chili, cumin powder and salt. Blend it well and sieve.

Variations

Buttermilk can be made with other

plant-based yogurts.

The flavorings can vary according to your preference, for example roasted cumin powder, ginger chili paste, mint and coriander, roasted whole cumin and asafoetida.

Serves 2

TENDER COCONUT CHAAS (BUTTERMILK)

Ingredients

- cream from 1 tender coconut
- 6 – 8 drops of lemon juice
- 2 ½ cups water
- 1 tsp chaas masala

Method

Remove the flesh of the coconut. Blend into a thick cream with as little water as possible. Add lemon juice, water and flavorings according to your taste. Stir well. Serve chilled.

Serves 3

PEANUT AND OTHER NUT BUTTERS

Ingredients

- 100 gm peanuts

Method

Roast peanuts (if raw) on a slow flame till the skins crack. Do not let the seeds burn.

Place them in the grinder up to a height of 1". Grind until it turns to butter. If it is not evenly crushed, stir and grind again.

Peanut Rice Milk Curd - Ref pg 17



Raw Cashew Cheese - Ref pg 21



Variations

You can use different nuts and seeds to make your own butters using the same method.

Tip- Cashew butter is good un-roasted. You can also mix different seed butters.

COCONUT BUTTER (GHEE REPLACER)

This is an excellent ghee replacer and can be used in small quantities to give the aroma of ghee in food.

With two small kids in the house the family always insists on adding ghee to their food. This recipe comes to the rescue at such times, not only is it very similar to ghee in taste, but the aroma and flavor too are very close. Add it to sweets or savoury and food tastes yum- **Madhura**

Ingredients

- 200 gm desiccated coconut

Method

Place the desiccated coconut in the grinder till the grinder jar is completely full. Grind until it turns to butter, scraping the sides at regular intervals to make sure all of it gets blended.

Tip- Use good quality desiccated coconut to make butter. Always fill the jar completely otherwise it won't form butter.

RAW CASHEW CHEESE

This cheese is easy to make and makes a

wonderful spread.

Ingredients

- 1 cup raw cashews (soaked for 6 to 8 hours)
- ½ tsp unprocessed salt
- ¼ cup water

Method

Pour out the water from the cashews and place them in a blender. Make this into a smooth paste adding a little water at the time. Now leave this to ferment in a glass container with the lid lightly placed on top for 8–24 hours depending on the room temperature until it begins to smell sour. Add salt. Mix well and serve. Refrigerate to store.

This can be kept for 10 days or more. Ideal for making cheesy sauces, dips and spreads, or even just directly on bread. It can even be used on baked dishes and will brown slightly when baked.

Note - The fermentation time differs based on the room temperature and the climate of the place where you are. Please keep an eye on the cheese after 8hrs. It should be placed in the refrigerator after it begins to smell sour.

Variation: Make flavored cashew cheese by adding chopped fresh herbs or crushed red pepper or coarsely crushed black pepper or caraway seeds etc.

Serves 8-10

SOUR CREAM

Ingredients

- 1 cup cashews or broken cashews
- juice of 1 lime
- ½ tsp salt

Method

Soak the cashews for 6 to 8 hours. Drain the water and put the cashews in a blender. Blend, adding a bit of water till a thick creamy consistency is reached. Add lime juice and salt and blend again. Add more water if needed to get a thick but flowing consistency. It is ready to serve.

Serves 4-6

BOURSIN

Ingredients

- 200 gm tofu
- 200 gm or 1 cup raw cashews (soaked for 6 to 8 hours)
- 1 cup finely chopped fresh herbs (basil, tarragon, parsley, dill, mint, spring onion greens or chives)
- 1 tbsp fresh lime juice
- 1 tsp garlic ground or minced fine
- ½ tsp salt
- freshly ground pepper
- water as needed

Method

Pour out the water from the cashews. Place the cashews in a grinder. Blend

till you get a reasonably smooth paste adding up to ¼ cup water if needed.

Add the tofu, garlic and salt in the blender to make a thick but creamy spread. Remove from the blender into a bowl. Add finely minced fresh herbs and fresh pepper, lime juice and stir together. (Never put herbs in the food processor or you will have green cheese!)

Yeast flakes if available can be added for a cheesier taste but are not necessary.

Serves 10

NUT FREE CHEESE

Ingredients

- 2 cups steamed diced unpeeled potato
- 1 cup steamed diced unpeeled carrot
- ½ cup water
- 2 tsp salt
- 1 tbsp lemon juice
- ½ cup nutritional yeast
- ¼ cup onion powder
- ¼ cup garlic powder
- ¼ tsp mustard powder

Method

Blend all into a smooth creamy paste. Store in fridge for up to one week.

SHREDDABLE CHEESE

Ingredients

- ½ cup raw cashew cheese
- ½ cup soaked cashews
- 3 tbsp isabgol (psyllium husk)

- 4-5 garlic cloves
- 2-3 tbsp lemon juice
- ¼ cup water
- 1 ½ tsp rock salt
- a pinch of turmeric

Method

Place all the ingredients into the grinder and blend into a thick smooth paste. Transfer to a glass bowl and keep in fridge. After 6-8 hours cut into long shreds of cheese.

FETA CHEESE

Ingredients

- 1 cup whole almonds
- 2 tbsp fresh lemon juice
- 1 clove garlic
- 1¼ tsp rock salt/ sea salt
- ½ cup cold water
- 1 tbsp fresh thyme leaves (optional)
- 1 tbsp fresh rosemary leaves (optional)

Method

Place the almonds in a bowl of room temperature water. Allow to soak for 8 hours. Discard the soaking water. Add some water and boil for 5-7 minutes. When cool remove skin.

In a powerful blender puree almonds, lemon juice, salt, and water until very creamy. Place 3 layers of cheesecloth over a strainer and spoon the mixture into it. Bring up ends and tie with an elastic rubber band. Allow to drain in

the refrigerator overnight or at least 8 hours by keeping on a sieve.

Preheat oven to 200°F. Line a cookie sheet with parchment paper. Turn the cheese with the crumbly side down onto the paper and shape it like a disc about ¾ inch thick. Bake for 40-50 minutes until top is firm and dry. Cool and chill.

When ready to serve place cheese on a plate and sprinkle dry or fresh herbs on it.

TOFU RICOTTA

Ingredients

- 1 package (250 gm) tofu
- 1 tsp minced garlic
- 1/8 cup nutritional yeast
- 1/4 tsp salt
- 1/4 tsp pepper
- ½ tbsp parsley flakes
- ½ tsp basil
- ½ tsp oregano
- 1/8 cup lemon juice
- 1/8 cup soymilk

Method

Combine all of the above ingredients in a food processor and process until fairly smooth. Refrigerate and serve or use in a recipe.

Serves 2-4

BREAKFAST

VEGETABLE POHA

A Maharashtrian household can never be complete without a delicious plate of poha. This recipe even without a drop of oil is so tasty and the vegetables add the healthy twist- Madhura

Ingredients

- 1 cup red rice poha
- 1 cup grated vegetables or diced steamed vegetables
- 1 tsp mustard seeds
- green chilies to taste
- ginger paste to taste (optional)
- ¼ tsp turmeric
- salt to taste
- 2 tbsp roasted peanuts
- 2 tbsp grated coconut
- 2 tbsp fresh coriander chopped

Method

Put the poha in a big strainer and wash it. Let it sit for about 5 minutes till the grains become thicker. Meanwhile, put a pan on a low flame and add the mustard seeds. Once they start popping, add the green chilies, ginger and vegetables. Add salt and turmeric. Sprinkle some water if it's too dry. After about three or four minutes, add the soaked poha and toss it around till it is fully coated with the turmeric. Add in the peanuts and take it off the stove. Garnish with grated coconut and coriander.

Serves 4

COLOURFUL MILLET UPMA

Ingredients

- 1 cup barnyard millet
- ½ cup grated unpeeled carrot
- ¼ cup grated unpeeled beetroot
- ½ cup finely grated coconut
- 1 tsp black mustard seeds
- 5-6 curry leaves
- ¼ cup roasted peanuts
- salt, red chili powder to taste
- lemon juice to taste

Method

Wash the millets and soak them for 6 to 8 hours. Rinse with fresh water and cook in 1.5 to 2 times the quantity of water.

Dry roast the mustard seeds and curry leaves in a wok.

Once the millet has cooled down, mix it with the carrots, beetroot and coconut, salt, chili powder and lemon juice. Season with the dry roasted mustard and curry leaves. Mix the peanuts in last to retain the crunch. Serve with any green chutney on the side.

OPTIONS

Replace millet with vari, samak, brown rice poha, or gluten free oats or millet



sevai. Other vegetables like french beans, peas or corn can be used.

Serves 4-6

RED RICE IDLI / DOSA BATTER

These pretty pink idlis and dosas are surprisingly tasty, filling and healthy being made of all whole ingredients. Once you get hooked on these the white ones don't appeal any more.

Ingredients

- 2 cups unpolished red rice
- 1 cup whole (black) urad dal
- ½ cup cooked unpolished rice
- salt to taste

Method

Separately soak the red rice and the urad dal for 10 to 12 hours. Grind the soaked rice and cooked rice without the water in the blender (or idli grinder) till you get a slightly coarse (but almost smooth) paste. Pour into a large bowl. Grind the soaked urad dal without the water in the blender till very smooth and mix with the rice paste. Allow this mixture to ferment for 8-12 hours depending on the room temperature. In summer days 8 hours is sufficient, but on cooler days it takes longer. You can smell it to tell whether it is ready or not. It should have a slightly sour, fermented smell. Add salt to taste. Pour into an idli steamer to make idlis. Add water so that it is of the consistency of dosa batter (somewhat similar to pancake batter) to make dosas or uttapams.

Tip

Dosas or uttapams can be made on a thick iron dosa tawa without any oil by rubbing it with a chopped potato or onion before pouring the batter.

Variation for Dosas

An equal volume or less of finely grated bottle gourd (dudhi) or pumpkin can be mixed with the batter along with ginger chili paste to taste. This makes tasty, slightly thicker dosas which are a big hit with children and a good way to feed them the vegetables they don't care for. Serve with sambhar and coconut chutney.

Serves 8-10

RAGI PORRIDGE

Ingredients

- 4 tbsp ragi flour / nachni
- 1 cup cold water
- 2 tbsp date paste
- 1 tsp ground ginger
- ¼ cup fresh coconut cream

Method

Mix the ragi and water till there are no lumps and cook for about 5 minutes on a medium flame till the ragi is cooked. Stir briskly all the while because ragi flour tends to form lumps. Add date paste and ginger and turn off the flame. Top with coconut cream and serve.

Variations

Replace ragi with cracked wheat.

Replace ginger with cinnamon and cardamom.

Replace coconut milk with soy, nut or rice milk.

A mix of different millet flours can be roasted and made into a porridge too.

Serves 1

INSTANT MILLET DOSA

Ingredients

- ½ cup ragi flour
- ¼ cup onion finely chopped
- 1 green chili finely chopped
- salt to taste

Method

Mix ragi flour with enough hot water until there are no lumps. Then add onions, green chilies, coriander leaves, curry leaves and salt needed. The batter should be thin.

Heat dosa tawa, pour the batter from the outer corners of the tawa and fill the inside of the tawa. You cannot spread this batter like a normal dosa.

It will take time to cook dosa, so have patience. Keep the flame medium to high.

Once cooked flip it over to the other side and let the other side get cooked.

Remove from tawa and serve hot with chutney or sambhar. This dosa will taste good only if taken hot from the tawa. Those who have difficulty in preparing this style of ragi dosa can prepare like regular dosas. Add less water and make small regular dosas.

Variation

Any other millet flour can be used instead of ragi/ finger millet.

Serves 4

CREAMY OATMEAL PORRIDGE WITH SUNFLOWER SEEDS

This vegan porridge is creamy, tasty and very satisfying. Rolled oats or steel cut oats are best because they are whole. White oats or quick cooking oats are not whole, so best avoided.

Ingredients

- 1 cup water
- 5 tbsp rolled oats or steel cut oats
- 1 ½ tbsp date paste
- 1 tsp sesame butter
- 1 tbsp sunflower seeds

Method

Mix the water and oatmeal in a pot and cook over a medium flame stirring constantly till the porridge is ready. Once the oats are cooked stir in the date paste and sesame butter. Roast sunflower seeds separately and sprinkle them on top. Serve.

Variations

Replace sunflower seeds with almonds or nut mix or dried fruit mix.

Replace sesame butter with soya milk or other nut butters.

Replace oats with cracked wheat or ragi flour and add some fresh, grated ginger.

Serves 1

CHILLA OR PUDLA OR PESARATTU

Ingredients

- 1 cup whole moong (or other lentil or bean), soaked overnight
- ½ - ¾ tsp ginger chili paste
- salt to taste

Method

Grind soaked moong or other lentil to a fine paste. Add ginger chili paste and salt to taste. Make as dosa as there is no need for fermentation.

Variations

Mix grated vegetables in the batter
Make dhoklas with the same batter.
Stuff the chillas with cooked or grated vegetables like peas, french beans, carrots, beetroot, broccoli, potatoes or corn.

Serves 2-3

THALIPEETH (SAVOURY PANCAKE)

Protein always seems to be a big concern when you are plant based. My husband is heavily into gymming and loves this dish as it provides the high quality protein that he is looking for-

Madhura

Ingredients

- 150 gm jowar flour
- 50 gm chickpea flour
- 50 gm moong flour
- 50 gm brown chana flour
- ½ cup finely chopped onion

- ¼ cup finely chopped coriander leaves
- green chillies, finely chopped as per taste
- ¼ cup peanut rice milk curd
- ½ tsp turmeric
- 2 cloves garlic finely minced
- salt as taste

Method

Mix all the flours and roast them in a heated pan till they are fragrant. Add the rest of the ingredients and knead a stiff dough using little water at a time. Divide the dough into 15, 2-inch diameter balls. Using the palm of your hands flatten each ball, dust the surface of the ball with whole jowar flour and flatten into a 4 to 6 inch diameter circle. You can make them thick or thin, it is purely your preference.

Pre-heat an iron skillet on high heat; place the rolled dough on the skillet; after about a few seconds you will notice that small bubbles start rising on the dough. Turn the heat to medium; flip the rolled dough over and roast the thalipeeth till it is completely cooked. Serve hot with mint chutney or peanut curd.

Variation

You can add grated pumpkin, cucumber, cabbage or any vegetable of preference. Instead of jowar flour you can use whole wheat flour, ragi flour etc

Serves 5

TOFU AKURI / SCRAMBLE

Ingredients

- 300 gm firm tofu
- 1 medium onion finely chopped
- 2 tomatoes finely chopped
- ¼ tsp turmeric
- ½ tsp salt
- chopped green chilies to taste
- chopped fresh coriander for garnishing

Method

Drain the tofu and crumble it. Sauté the onions and add tomatoes in a sauté pan on medium heat, for about 2 minutes. Add the remaining ingredients except the garnish and cook. Garnish with coriander and serve warm.

Variations

Add mushrooms, chopped zucchini, bell peppers or vegetables of your choice. Replace coriander garnish with parsley for a more western flavor.

Serves 2

OMELETTE

Ingredients

- 1 cup besan (chickpea flour)
- ¾ cup water
- ½ cup finely chopped tomatoes
- ⅓ cup finely chopped onions
- ¾ cup finely chopped coriander
- ½ to ¾ tsp black salt

- ¼ tsp red chili powder
- ½ tsp finely chopped green chilies

Method

Sieve the flour. Mix the water into it slowly and well so that there are no lumps. Mix the rest of the ingredients.

Heat an iron tawa on medium flame and spread a thick layer on it. As soon as the bubbles appear, cover it up and cook till it looks dry. Now turn it and cook for a few minutes on the other side. Serve hot with ketchup or mint chutney.

Serves 4

MUESLI

Ingredients

- 1 ½ cups wheat flakes
- ¾ cup oats
- ½ cup barley flakes
- ⅓ cup sunflower seeds
- ⅓ cup pumpkin seeds
- ⅓ cup watermelon seeds
- ⅓ cup chopped dates
- ⅓ cup black raisins or figs
- ⅓ cup chopped pistachios
- ⅓ cup chopped almonds
- 2-3 tbsp date paste
- 1 ½ tsp lemon juice or 100 ml orange juice
- ½ tsp cinnamon powder

Method

Mix all dry ingredients. Mix the juice





and dates paste separately. Add to dry mixture and mix well. Bake at 125 degrees for 25 – 30 minutes. Store in an airtight container.

Serve dry as a snack or with soy milk or nut milk or coconut milk.

Servings as per requirements.

TROPICAL BREAKFAST PARFAIT (RAW)

This recipe was demonstrated by Lisa Pitman during her “Eating without heating” demos in India. For more on Lisa and her recipes see www.veganculinarycrusade.com

Ingredients

- 4 large dates, pitted
- 1 tbsp of zest and juice from 1 orange
- ¼ cup raw almonds
- ¼ cup rolled oats
- 2 tbsp dried apricot
- 1 cup fresh papaya
- 2 bananas, peeled and frozen
- 2 pinches of sea salt

Method

Add to the food processor, two dates and the orange zest. Pulse to finely chop the dates. Add the almonds, oats, apricots and a pinch of salt. Pulse to create a granola-like texture. Remove and set aside.

Rinse the food processor and in the clean food processor combine the papaya, orange juice, the remaining two dates and a pinch of salt. Blend until completely

smooth. Remove and set aside.

Rinse the food processor and in the clean food processor blend the two frozen bananas until a soft-serve ice cream texture is achieved. Divide half of each component between two large or four small glasses, adding one layer at a time. Repeat the layers to use up the remaining components. Place the banana layer first and then the papaya layer as bananas on the top will darken.

Makes 2 large or 4 small servings.

AVOCADO BREAKFAST SUPERBOWL

Ingredients

- ½ avocado
- ½ red banana or any banana
- 4-5 ripe red strawberries (replace with any other berry, mango or seasonal fruit of your choice)
- 2 dates (if you like it sweeter) or 1 banana, raw cacao and 2 dates
- a few spoonful of frozen strawberries, figs, raisins, and any other berries.
- few broken nuts and seeds.

Method

Blend the first four ingredients without any water to form yogurt like consistency. Transfer into a cereal bowl. Top with spoonful of frozen berries, nuts and seeds. Enjoy.

Serves 1 -2

SALADS

A. DRESSINGS

CASHEW MAYONNAISE

Ingredients

- ½ cup cashews (soaked for 6-8 hours)
- 2 tbsp chopped onion
- juice of ½ lime
- ¼ tsp mustard powder
- 1 small clove garlic
- salt to taste
- pepper to taste
- water (about ¼ cup)

Method

Blend the dressing ingredients except the water. Add water a little at a time to make a smooth paste like a mayonnaise.

Makes 1 cup

NACHO CHEESE

Ingredients

- 1 cup unpeeled diced potatoes
- ½ cup unpeeled diced carrots
- ⅓ cup almond milk
- 1 small onion chopped
- 6-7 cloves garlic
- 1 tsp chili flakes
- 2 tbsp lemon juice
- salt to taste

Method

Steam potatoes and carrots. Put all the ingredients in the grinder and grind into a smooth paste. This cheese can be served as a dip with vegetable sticks or corn crackers or you could put

dollops of it on a bed of finely shredded vegetables.

Makes 2 cups

GREEN GODDESS DRESSING

Ingredients

- 2 to 3 average-size garlic cloves
- ½ cup fresh chives
- ½ cup fresh parsley
- 2 tbsp tahini
- 2 tbsp nutritional yeast
- 1 tbsp miso
- ⅓ cup water
- 2 tbsp freshly squeezed lemon juice
- ½ tsp salt

Method

Pulse 2 cloves of garlic, the chives, and the parsley in a food processor, just to chop everything up. Add the remaining ingredients and blend until very smooth. Chill until ready to serve.

Makes ¾ cup

CHIPOTLE RANCH DRESSING

Ingredients

- 225 gm silken tofu
- ½ tsp nutritional yeast
- 2 tbsp drained capers/chopped olives



- 1 tbsp fresh lemon juice
- 2 dates
- 1 tbsp apple cider vinegar
- 1 dried chipotle pepper or any hot chili pepper
- 2 tbsp chopped onion
- 1 shallot, peeled and minced
- ½ tsp sea salt
- ½ tsp chili powder
- ¼ tsp paprika
- 1 garlic clove minced

Method

Place all the ingredients in a blender and blend till smooth.

Taste and adjust the seasoning. Serve chilled. Stays in the fridge for a week.

Makes 2 cups

TAHINI DRESSING

Ingredients

- ⅓ cup well stirred sesame butter
- ⅓ cup water
- ⅓ cup lemon juice
- ¾ tsp salt
- 1 clove garlic to taste

Method

Blend together all the ingredients till smooth.

Variation

Omit the salt and add soy sauce. This is a great dressing over salad greens.

Makes 2 cups

ORIENTAL STYLE DRESSING

Ingredients

- 1 tbsp fresh ginger, grated
- 1 tbsp fresh garlic, grated
- green chilies, finely chopped (optional)
- ¼ cup soy sauce
- 3 tbsp lemon juice

Method

Mix all the ingredients and drizzle over a salad to make a delicious dressing.

Makes ½ cup

CUMIN YOGURT DRESSING

Ingredients

- ½ cup peanut yogurt
- ½ tsp ground coriander
- 1 tsp ground cumin
- 1 tbsp water
- 2 tbsp lemon juice

Method

Mix all the ingredients together in a bowl.

Makes about 1 cup

B. DIPS

CHEESY DIP

Ingredients

- 2 cups raw cashew cheese
- ¾ cups water
- ½ cup bell peppers (red and yellow) finely chopped
- 2 tbsp green onions, finely

- chopped
- 2 tbsp fresh basil / parsley / coriander
 - 1 tbsp finely grated garlic
 - ½ to 1 tbsp rock salt
 - 1 tbsp lemon juice (you may need more if the cashews are sweet.)
 - a pinch of crushed red pepper (optional)

Method

Mix all the ingredients.

This cheese can be used as a dip served with veggies and as a salad dressing.

Serves 8- 10

GUACAMOLE

Ingredients

- 2 ripe avocados, halved and pitted
- 2 tbsp fresh lemon juice
- ½ cup chopped red onion
- ¼ cup chopped red bell pepper
- 1½ tbsp chopped jalapeno pepper
- ½ tsp sea salt
- ½ cup chopped cilantro / coriander

Method

Scoop the avocados into a large bowl, add lemon juice and mash coarsely with a fork. Gently mix the onion, red pepper, jalapeno. Add salt and cilantro. Serve within an hour of making it.

Makes 1½ cups

MEXICAN SALSAS

Salsa Verde

Ingredients

- 6 tomatillos, (or substitute with green tomatoes)
- juice of 1 lime
- ½ red onion, finely chopped
- 2 jalapenos, seeded and diced
- ½ bunch cilantro, chopped
- 1 tsp sea salt

Method

Preheat the oven to 350°F. Place the tomatillos in a baking dish and bake for 30 minutes. Remove and cool. Transfer the tomatillos to a blender and add onion, peppers, cilantro, salt and lime juice. Blend only until chunky. Can stay in the refrigerator for up to 5 days.

Makes 2 cups.

Pico de Gallo

Ingredients

- 6 large tomatoes, finely diced
- 1 small onion, finely diced
- 1 cup finely chopped cilantro
- 2 jalapenos, seeded and coarsely chopped
- 1 tsp sea salt

Method

Mix all the ingredients well in a bowl. Serve at room temperature or chill for 30 minutes to 2 hours before serving.

Makes 4 cups

Tomato Salsa

Ingredients

- 1 ripe tomato chopped,
- ½ cup finely chopped red onion,
- pepper,
- red chili
- lime juice
- salt

Method

Roast the tomatoes on an open flame. When the tomatoes have a burnt skin remove and cool.

Peel the burnt skin and roughly chop them and place into a bowl. Add the rest of the ingredients as per the taste and mix.

Makes 2 cups

BABAGANOUSH

Ingredients

- 1 eggplant (big size)
- 2 medium cloves of garlic
- ½ tsp roasted cumin powder
- rock salt to taste
- lemon to taste
- 2 tbsp tahini

Method

Roast eggplant on the stove or roast in the oven (will take 45 minutes or so). Once it has cooled down, remove the burnt peel, and cut into pieces. Mix all ingredients except lemon, and blend into a smooth paste. Add lemon once

blended. Can be garnished with parsley.

Can be used as a dip with crackers, or veggies cut in lengths.

Makes 1 cup

HUMMUS

Do we love it or do we love it? My family can polish off large quantities of hummus with just anything from cucumber sticks to crackers to rice! Yes my son actually likes to mix hummus with brown rice and its one of my favorite recipes to sneak in protein and calcium into his diet- Anubha

Ingredients

- ½ cup chickpeas soaked overnight, and washed
- juice of 1 lemon
- ½ tsp salt
- 1 tbsp sesame butter
- 1 – 2 cloves garlic.
- a pinch of chili powder or paprika
- parsley

Method

Cook the chickpeas in a pressure cooker till soft with just enough water in the cooker. Rinse in clean water several times. Mix chickpeas, lemon juice, salt, sesame butter, and garlic in the blender. Grind adding water as needed to make a thick almost smooth paste. Place in a bowl. Garnish with a sprinkling of red chili powder or paprika and parsley.

Variations

Add sun dried tomatoes / olives / coriander to the mixture while grinding to make a flavored hummus.

Serves 4

NO-BEAN HUMMUS

Ingredients

- 2 cups chopped zucchini
- ½ cup sesame seeds
- lemon juice to taste
- 1 clove garlic (optional)
- 6-8 green olives
- 1 tsp paprika

Method

Blend all the ingredients until smooth and serve with carrot and cucumber sticks, radish, broccoli florets, or salad leaves.

Serves 2-4

C. SIDE SALADS

BEETROOT WITH ZING

Ingredients

- 4 medium-sized beetroots
- 2 tbsp onions, finely chopped
- 1 tbsp celery, finely chopped
- 1 tbsp wholegrain mustard
- 1 cup vegan yogurt lightly whipped
- 1 small raw mango finely chopped (optional)
- salt to taste
- ½ tsp red chili powder
- raw onion rings (optional)

Method

Steam the beets with the skins until tender. Cool completely and cut into 1" cubes. Mix the remaining ingredients into a bowl. Add the beetroot and mix well. Serve at room temperature, as in the fridge the yogurt will cake through. Can be served with raw onion rings.

Serves 4

CUCUMBER SUMMER ROLLS WITH GINGER ALMOND SAUCE

Ingredients for rolls

- 8 leaves of lettuce (any variety with soft leaves, e.g. butterhead)
- 1 medium cucumber, unpeeled, seeded and julienned
- ½ cup carrot, unpeeled and shredded
- ½ cup beetroot, unpeeled and shredded
- ¼ cup fresh basil, chopped
- ¼ cup fresh cilantro, chopped
- ¼ cup fresh mint leaves

Ingredients for sauce

- ½ cup water
- 1 kaffir lime leaf
- ½ cup almond butter
- 1 date, pitted
- 2 tbsp lime juice
- 1 tsp sea salt
- pinch of cayenne pepper
- ¼ tsp garlic, minced
- 1 tsp ginger, minced

Method

Arrange lettuce leaves on a flat surface. Evenly distribute cucumber, carrot, beet and herbs among the 8 leaves. Roll up the lettuce leaves. Let them rest seam side down. Serve with dipping sauce on the side.

For the dipping sauce - Blend everything together into a smooth sauce. Serve with the cucumber rolls.

Serves 4

BELL PEPPER, CORN AND AVOCADO SALAD WITH MUSTARD DRESSING

Ingredients

- 1 red bell pepper
- 1 ripe but firm avocado
- 1 steamed corn with kernels removed

Dressing

- 2 tbsp balsamic vinegar
- 1 tbsp soy sauce
- 1 tbsp date paste
- 1 tsp mustard sauce

Method

Chop the avocado and red pepper into bite sized pieces. Whisk together all the ingredients for the dressing. Toss all the ingredients together.

Serves 4

CABBAGE ROLLS

Ingredients

- 1 large cabbage
- ½ kg carrots

- ½ kg beetroot
- 1 large onion grated
- 1 coconut freshly grated
- salt to taste
- ginger chili paste to taste

Method

Peel off the cabbage leaves one by one, keeping them whole. Boil water in a large pot. Turn off the heat and dip the leaves in the water and leave them for a few minutes. Wash and grate the carrots and beets. Mix all these ingredients and add salt and ginger chili paste to taste.

Flatten the cabbage leaves and cut off any hard stems. Spread the carrot beetroot mixture over the cabbage leaves and roll tightly. Cut into 2 inch pieces and serve.

Serves 10-15

CARROT, PEANUT AND RAISIN SALAD

Ingredients

- 500 gm carrots, unpeeled and grated
- ½ cup raisins
- ½ cup roasted and coarsely chopped peanuts
- 2 tbsp chopped coriander
- 2 tbsp roasted sesame seeds

Dressing

- ½ cup lime juice
- 2 cloves garlic, crushed
- 1 tsp date paste
- 1 tsp whole cumin seeds, roasted and coarsely crushed
- salt and pepper to taste

Method

Soak the raisins in water till plump. If in a hurry, soak for a few mins in warm water. Mix all the ingredients. Good to have this salad chilled.

Variation

Julienne the carrots (cut into matchsticks like in chinese cooking) steam lightly and chill them before mixing with the rest of the ingredients.

Serves 6

MIXED VEGETABLE SALAD WITH COCONUT AND MUSTARD DRESSING

Ingredients

- 2 cucumbers
- 1 small piece yellow pumpkin 2" X 4"
- 15 – 20 tender tindori/ tendli
- 1 green bell pepper
- 1 yellow bell pepper
- 1 red bell pepper
- 1 large carrot or 2 small ones
- 1 medium white radish (optional)
- 2 zucchini
- finely chopped coriander leaves for garnishing

Dressing

- 1 ½ cup grated coconut
- 1 ¼ tbsp ground mustard
- ¼ tsp pepper
- lemon Juice
- salt

Method

Chop all the vegetables into small cubes.

Cut tindori into diagonal discs. Grind all the dressing ingredients into a smooth paste. Mix the dressing with the salad veggies. Garnish with finely chopped coriander leaves.

Serves 8- 12

COLESLAW

Ingredients

- 3 cups finely sliced green cabbage
- 2 carrots, unpeeled grated
- 1 red onion, grated
- 1 cup finely sliced red cabbage (optional)
- herbs of choice (parsley, dill)
- ½ cup vegan mayonnaise
- salt and pepper to taste

Method

Mix all the ingredients together. Chill for about ½ hour in a glass bowl. Serve.

Serves 5-6

Note- If the salad is too dry add more vegan mayonnaise.

LEMONY CARROT SALAD WITH DILL

Ingredients

- 4 grated carrots
- 2 tbsp chopped spring onion
- 3 tbsp dill leaves
- juice of 1/2 lemon
- 2 cloves chopped garlic
- salt to taste
- ¼ tsp pepper powder



Tzatziki - Ref pg 41



Method

Combine the lemon juice, garlic, salt and pepper in a medium bowl. Add carrots, dill and spring onions toss well and serve.

Serves 2-3

MEDITERRANEAN EGGPLANT SALAD WITH YOGURT DRESSING

Ingredients

- 4 cucumbers
- 2-3 long thin eggplant
- salt, red chili powder, dry mango powder as per taste
- lebanese seasoning (optional)
- handful of pumpkin seeds
- handful of broken cashews
- black sesame seeds for sprinkling

Yogurt Dressing

- ½ cup peanut rice milk curd
- 2 tsp crushed garlic
- rock salt to taste
- lemon juice to taste
- a few sprigs of fresh chopped mint leaves (optional)

Method

Slice eggplant, add salt, red chili powder, raw mango powder, lebanese powder, roast evenly on an iron skillet on both the sides till lightly roasted. Mix curd, garlic, salt, mint leaves and lemon juice in a bowl. Cut cucumbers using spiralizer or julienne peeler. In a serving bowl, place cucumber juliennes, prepared eggplant slices, pour yogurt dressing, sprinkle

pumpkin seeds and black sesame seeds.

Variation: You can grate cucumber instead of making juliennes.

Serves 4

THAI LETTUCE SPRING ROLLS WITH PEANUT SATAY

Ingredients

- lettuce leaves (for the cups)
- ¼ cup chopped spinach
- ½ cup chopped tomatoes
- ½ cup chopped cucumbers
- ½ cup chopped cabbage

Tangy Peanut Sauce

- ¾ cup roasted peanuts
- ½ cup dried dates (powdered)
- 2 roasted red chili whole
- ¼ cup tamarind
- ½ tsp rock salt

Method

Grind all the dressing ingredients in a grinder, along with a bit of water till you have a smooth creamy pink coloured dressing. Massage this into the chopped vegetables, till nicely mixed. Put spoonfuls on the lettuce leaves and roll to serve. Enjoy.

Serves 3-4

TZATZIKI

This is a garlicky Greek salad that is cool and refreshing.

Ingredients

- 4 medium cucumbers grated

- 1 – 1.5 cups vegan yogurt
- 1 tsp minced garlic
- ½ tsp salt or to taste
- pepper to taste
- dill leaves for garnish

Method

Mix all the ingredients together. Garnish with dill leaves and serve chilled.

Serves 4–6

CUCUMBER SESAME SALAD

This easy-to-make salad is great when served alone or with chilled soba noodles.

Ingredients

- 4 cucumbers
- 2 tbsp sesame seeds, toasted
- 3 tbsp soy sauce
- 2 tsp rice vinegar
- 1 tsp date paste

Method

Cut the cucumbers lengthwise into thick strips. Place them into a bowl and set aside. Place the soy sauce, rice vinegar and date paste into a small container with a secure lid. Put the lid on and shake to create the vinaigrette dressing. Pour the vinaigrette over the cucumber, toss to coat, cover and marinate for 1 hour, stirring once or twice. Just before serving, sprinkle the toasted sesame seeds on top.

Serves 6-8

D. FERMENTED FOODS

CARROT AND BEETROOT KANJI

Ingredients

- 1 cup carrots, unpeeled cut into 1 inch sticks
- 1 cup beetroot, unpeeled cut into 1 inch sticks
- 2 tbsp ground mustard powder
- ½ tsp kashmiri chili powder, non spicy
- 4 – 5 cups of water

Method

Put all the ingredients into a big glass jar. Screw on the lid and leave in a warm corner to ferment for at least 3 days. This can also be left in the sun till it ferments. Fermentation might take longer in winter, so you might need to leave it longer. It has a sour pungent taste.

Serves 4-5

FERMENTED RICE PORRIDGE

Ingredients

- 1 cup cooked whole rice
- 2 cups water
- flavorings of your choice - onions, green chilies, ginger chili paste, mustard and curry leaf temper, vegan curds etc
- pinch of salt

Method

Soak the cooked rice overnight in the water. Next day mix in a blender or with

a fork, the water and rice flavorings to make a surprisingly filling porridge or a drink. Enjoy.

Serves 1 - 2

KIMCHI

Ingredients

- 2 bowls chopped radish or 1 head of cabbage with leaves separated
- 2 tbsp salt
- 10 cloves of garlic
- 1 onion roughly chopped
- 1 tsp date paste
- 1 tsp kashmiri chili powder

Method

Salt the radish or cabbage and keep aside for 2 hours. Throw out the water and wash thoroughly.

Make a paste of the remaining ingredients. Spread this paste on to the cabbage leaves or radish and store in a jar, covered loosely for 2 days till bubbles form. Transfer to the fridge and enjoy as a pickled salad.

SAUERKRAUT

Ingredients

- 2 kg shredded cabbage
- about 3 tbsp salt

Method

Shred cabbage finely, put it in a large pan. Mix cabbage and salt with your hands. Pack gently with hands or

potato masher in a large sterilized glass container (sterilize by rinsing with boiling water). Cover with a plate and put a weight on it (a heavy stone will do) to press down the plate and compress the mixture. Depending on the temperature, fermentation will be complete in 3 – 6 days.

Taste it on the 3rd day. If it is sour enough, it is done. Otherwise leave it for a day or two more. When ready, refrigerate.

Serves 20

E. INDIAN SALADS

CABBAGE SALAD WITH TOMATOES

Ingredients

- ½ cabbage finely shredded
- 2 tomatoes chopped into small cubes
- ¼ tsp mustard seeds
- pinch asafoetida
- ½ tsp salt (or to taste)
- juice of ½ lime
- green chilies finely chopped as per taste
- ¼ cup fresh coriander chopped
- ¼ cup grated coconut

Method

Heat a pan and put in the mustard seeds. When they pop, turn off the stove, add asafoetida and stir. Then add in the shredded cabbage without turning on the stove again. The heat of the pan will soften the

cabbage slightly. Now mix in all other ingredients and serve.

Serves 4

CUCUMBER SALAD WITH PEANUTS AND COCONUT

This refreshing salad is on our lunch menu throughout the summer. Cooling cucumber and coconut with that dash of lime comes together to make a very 'raita' like dish. The crunchy peanuts of course add to the taste and texture of this dish. Those who miss yogurt after eliminating dairy can try this convenient recipe and be delighted! - Anubha

Ingredients

- 4 unpeeled cucumbers chopped into tiny cubes
- ¼ cup grated coconut
- ¼ cup roasted crushed peanuts
- juice of 1 lime
- salt to taste
- green chilies, finely chopped
- 1 tbs powdered dried dates
- chopped fresh coriander for garnishing

Method

Mix all the ingredients together. Adjust the salt, and lime juice to taste. Garnish with coriander and serve.

Serves 8-10

KOSUMBRI

Ingredients

- 1 cup grated unpeeled carrot

- 1 cup grated cabbage
- 1 cup soaked unpolished yellow moong dal
- ¼ tsp salt
- ½ lime juice
- ¼ cup grated coconut
- ½ tsp mustard seeds
- a few curry leaves
- pinch of asafoetida
- finely chopped green chilies or whole dry red chilies as per taste (optional)
- coriander for garnish (optional)

Method

Dry roast the mustard seeds, curry leaves and red chilies if you are using them. Turn off the stove and add asafoetida. Mix the rest of the ingredients and the tempering. Serve.

Variation

Add steamed corn kernels.

Serves 4 - 6

INDIAN CARROT SALAD

Ingredients

- 5 carrots washed and grated
- ½ tsp mustard seeds
- dash of asafoetida
- 8 – 10 curry leaves
- ½ green chili, slit longitudinally and seeds removed
- ½ tsp salt,
- juice of ½ a lime
- finely chopped coriander for garnishing
- grated coconut (optional)

- dash of date paste (optional)

Method

Heat the pan on a medium flame. When it is hot, put in the mustard seeds. When they start to sputter, lower the flame to the minimum and add the asafoetida, curry leaves and chili. Turn off the flame within seconds. Add the carrots, salt, lime juice and coriander. A dash of date paste may be added. Mix and serve.

Variation

You can replace the carrots with grated cabbage and tomatoes.

Serves 2-3

INDIAN TOSSED SALAD

Ingredients

- 2 cucumbers, unpeeled, chopped
- 1 onion, chopped
- 3-4 tomatoes, chopped
- 1 steamed potato, unpeeled, chopped
- 1 tbsp grated coconut
- 2 tbsp unpeeled, roasted and roughly crushed peanuts
- 1-2 tbsp lime juice
- 1 tbsp coriander (optional)
- rock salt to taste

Method

Mix and toss to combine all the ingredients thoroughly.

Serves 4

RAITA

Ingredients

- 1 cup vegan yogurt
- ½ cup grated unpeeled beetroot
- ½ tsp roasted cumin powder
- chopped coriander leaves
- 1 split green chili
- black salt to taste
- optional – 1 tsp of lime juice

Method

Whip the vegan yogurt to make it a smooth and pourable consistency adjusting with water. Mix in all the remaining ingredients to make a pretty pink raita, keeping some coriander aside for the garnish. Garnish with coriander on top. Add lime juice to taste.

Variation

You can replace the beetroot with grated cucumber, grated unpeeled pumpkin, steamed unpeeled potato or finely chopped tomatoes and onion.

Mint leaves can also be incorporated for added flavor.

Serves 6

F. MEAL REPLACER SALADS

MILLET TABBOULEH SALAD

Tabbouleh is a Mediterranean dish that is traditionally prepared with bulgur (broken wheat). Indian indigenous millets are a local alternative that tastes very similar and has a higher nutritive value than wheat.

Ingredients

- 1 cucumber, unpeeled
- 1 small onion
- 1 carrot, unpeeled
- 3 red tomatoes
- ½ cup fresh parsley, coriander leaves and mint
- 1-2 garlic cloves
- salt, pepper to taste, pinch of garam masala
- juice of 1 lime, freshly squeezed
- 2 tbsp black sesame
- 150 gm foxtail millet, whole grains (kangni / korra / navane / thinnai)
- 1 ½ cups water

Method

Soak the millets for 8-10 hours. Cook the millet grains in 1.5-2 times fresh water, till firm to the bite. Do not overcook to avoid the grains becoming mushy. Chop up the vegetables finely, and mix everything together. Goes well with hummus.

Serves 1

PUMPKIN MUSHROOM WITH CUBED CHEESE AND ROCKET

Ingredients

- 1 kg pumpkin cut into cubes (with the peel)
- 4 cloves of garlic
- 300 gm mushrooms
- 250 gm rocket, watercress or blanched spinach

- 150 gm shreddable cheese, cubed
- salt
- pepper
- sage leaves
- balsamic vinegar
- sesame seeds
- mixed herbs

Method

Steam the pumpkin to be half cooked. Add salt, pepper and sage leaves. Place in a baking dish and keep it in the oven for 30 mins until it looks roasted with a bit of colour.

Cut the mushrooms in large slices and pan fry with salt, pepper and mixed herbs for 2 minutes.

Arrange the pumpkin, mushrooms with the cheese and rocket, watercress or spinach on a platter. Add the balsamic vinegar. Serve.

Serves 2

RAINBOW PAD THAI

Ingredients

- 1 zucchini, unpeeled
- ½ red bell pepper
- 1 carrot, unpeeled
- ¼ cup purple cabbage
- ¼ cup chinese bean sprouts
- 1 tbsp toasted pistachios broken

Dressing

- 1 tbsp tahini (sesame butter)
- ¼ cup tamarind paste

- 1 tbsp date paste
- ½ tsp grated unpeeled ginger
- ½ tsp grated garlic
- salt to taste

Method

Thinly slice the bell pepper and purple cabbage. Julienne the carrot, spiralize the zucchini to make noodles. Mix all salad ingredients together except pistachios.

Mix all the dressing ingredients together till smooth. Toss the salad into the dressing till it is well mixed. Sprinkle pistachios on top. Serve immediately.

Serves 1

ROCKET AND SWEET POTATO SALAD

Ingredients

- 100 gm arugula (rocket) leaves
- 250 – 300 gm steamed or roasted unpeeled sweet potatoes chopped in 1 inch pieces
- 1 large onion finely sliced
- 2 tomatoes thinly sliced
- salt and pepper to taste
- juice of 1/2 lime

Method

Mix all the ingredients in a bowl and serve!

Serves 1

SALAD NICOISE

Modified from the original by Isa Chanda Moskowitz / Appetite for Reudction

Salad Nicoise is steamed potatoes, crisp green beans and salty Nicoise olives

dunked in a lush dressing. Traditionally it is served with tuna which is replaced here with mashed chickpeas. Green Goddess Garlic Dressing is a perfect accompaniment, but you can also serve it with a more traditional balsamic vinaigrette, if you prefer. Tiny red potatoes work best here, but if you can't find any, then chop up regular ones into 1-inch pieces.

Ingredients

- 1 ½ cups cooked chickpeas
- 2 tbsp capers
- ¼ kg small, whole red potatoes, unpeeled
- ¼ kg green beans, stems removed
- ½ small red onion, cut into thin strips
- 1/3 cup nicoise olives (kalamata olives work, too)
- 8 cups chopped red leaf lettuce
- 1 cup cherry tomatoes (orange ones if you can get them)
- fresh parsley and chopped chives, for garnish
- about ¾ cup green goddess garlic dressing

Method

Steam the potatoes for 10 to 15 minutes; they should be pierced easily with a fork. Meanwhile, prepare an ice bath by filling a mixing bowl halfway with ice water. Add the green beans to the steamer and steam for 2 minutes, until the beans are bright green.

Transfer the potatoes and green beans to the ice bath immediately. Let them cool while you prepare everything else. Place the chickpeas in a mixing bowl and use a small potato masher or fork to mash them. There should be no whole chickpeas left, but they shouldn't be completely smooth like hummus, either; you want some texture. Add the capers and 2 tbsp of the dressing. Mix well and set aside. To assemble, place the lettuce in wide bowls.

In a Salad Nicoise, usually all the components are kept together, instead of tossed. Place a handful each of potatoes and green beans in piles on the lettuce, along with a wedge of sliced onion and a handful of tomatoes. Place a scoop of the chickpea mixture in the center and top with the olives. Garnish with fresh herbs and serve with the dressing on the side.

Serves 4

SPICY PEARL MILLET SALAD

The inspiration of this dish came from my house help. In their family, millet is used throughout the day in the different meals and she showed me how to sprout it. Not many people know how to do this so I feel that this dish has a real history-

Rose

Ingredients

- ½ cup sprouted pearl millet
- ½ cup chopped cucumber
- ½ cup chopped tomatoes

- 1 chopped chili
- 1 or 2 stems curry leaves
- ¼ cup grated coconut
- 1 teaspoon black sesame seeds
- salt to the taste
- 1 tsp mustard seeds to temper

Method

For sprouting the millet, soak the pearl millet in water for 8-10 hours, drain the water and tie them in a muslin cloth and keep in dark warm place for 12 hours till sprouts are formed.

In a bowl mix the sprouted millet, cucumber, tomatoes and green chili.

In a heated pan add the mustard seeds and let them pop, add the curry leaves, dry roast for 30 seconds and add this to the rest of the salad. Enjoy.

Serves 2

STEAMED PUMPKIN AND SPINACH WITH TAHINI DRESSING

Ingredients

- 250 gm red pumpkin chopped into bite size pieces
- 150 gm spinach leaves
- tahini dressing

Method

Steam the pumpkin. Blanch the spinach. Place the steamed pumpkin and spinach on a platter and pour the tahini dressing over. Serve warm.

Serves 1 - 2

SWEET POTATO AND BROCCOLI WITH CUMIN AND YOGURT DRESSING

Ingredients

- 3 medium sweet potatoes, sliced thickly
- 2 cups broccoli florets
- 2 large brown onions, sliced thinly
- 2 cloves garlic, crushed
- 2 tsp red chili paste (mix 1 tbsp lemon juice with chili to taste)
- 1 recipe cumin yogurt dressing

Method

Steam sweet potatoes and broccoli separately, until almost tender, drain.

Stir-fry the onions, garlic and red chili paste with a little water until the onion is browned lightly. Add the sweet potato and broccoli, and stir fry, tossing until vegetables are heated through. Just before serving, drizzle with cumin yogurt dressing.

Serves 2

VIETNAMESE SPRING ROLLS WITH SPICY PEANUT SAUCE

Ingredients

- 5 rice paper sheets
- 1 cup carrot, unpeeled thinly sliced
- 1 cup bell peppers thinly sliced
- cucumbers, zucchini, or any other vegetable of your choice unpeeled, thinly sliced and 3 inches in length.

- 1 cup cabbage thinly sliced
- 1 cup rice vermicelli (optional)
- a small bunch of coriander

Method

Soak the vermicelli in water for approximately 10 minutes till it softens. Drain and keep aside.

Take one rice sheet at a time. Submerge it in water for 15 seconds. Remove and place on a towel/dry cloth. Place coriander leaves, and small amounts of carrots, cabbage, other vegetables and vermicelli down the centre of the sheet. Top it with dollops of the dressing. Close the sheet from the side, and then roll the opposite side to make rolls. Repeat for all rolls.

Serve with Spicy Peanut Sauce

Serves 1

BETTER THAN TUNA SALAD

Ingredients

- 1 cup boiled garbanzo beans (chickpeas) or 1 cup canned chickpeas
- ¼ medium sized onion chopped
- 2 tbsp finely chopped capsicum – red or green
- 2 tbsp finely chopped celery
- 5–6 tbsp vegan mayonnaise
- lemon juice to taste
- salt and pepper to taste
- parsley for garnish

Method

Press the garbanzo beans with fingers or potato masher and add the other ingredients. Mix well. Garnish with parsley and serve.

Serves 6-8

BROCCOLI SALAD

This recipe was demonstrated by Lisa Pitman during her Eating without Heating demos in India.

Ingredients

- 5 cups broccoli florets
- ½ cup sunflower seeds
- ¼ chopped red or sweet onion
- ½ cup raisins

Dressing

- ½ cup cashews, soaked for 6 hours and drained
- 2 dates
- 1 tbsp apple cider vinegar
- ⅛ tsp sea salt
- 6 tbsp water

Method

In a large mixing bowl, toss together the broccoli, sunflower seeds, red onion and raisins. In a blender, combine the dressing ingredients and blend until smooth. Pour the dressing over the salad ingredients and toss to coat.

Serves 4-6

CARIBBEAN SWEET POTATO SALAD

Ingredients

- ½ tsp ground cinnamon

- ½ tsp ground ginger
- ¼ tsp chili powder
- dash or two of nutmeg
- 1 tsp mixed herbs
- 2 small sweet potatoes, diced
- 1-2 tsp date paste with a little water
- lime juice
- salt and pepper to taste

Method

Preheat oven to 400 F. Line a tray with parchment paper and set aside. Mix the spices and herbs together. Mix the potatoes with the spices so they are well coated. Use more if required. Put on baking tray and bake for 10-20 mins till fork tender and crisp.

Before serving, squeeze lime juice on top and season lightly with salt and black pepper, if required

Serves 4

EGGLESS EGG SALAD

Ingredients

- 1 cup crumbled firm tofu
- ¼ medium sized onion chopped
- 2 tbsp finely chopped capsicum – red or green
- 2 tbsp finely chopped celery
- 6 tbsp vegan mayonnaise
- lemon juice to taste
- salt and pepper to taste
- parsley for garnish (optional)

Method

Mix all the ingredients well. Garnish with parsley and serve.

Serves 2-3

SALAD WITH KAFFIR LIME DRESSING

Ingredients

- 2 carrots
- ¼ broccoli, chopped
- ½ zucchini, unpeeled, chopped
- 2-3 cucumbers, unpeeled
- 8-10 beans
- kaffir lime (only to add flavor, thin long slices)
- 1 cup of boiled chickpeas
- yellow and red bell peppers - ½ cup each

Dressing

- 5–10 cashews soaked for 6 hours and drained
- ⅓ cup boiled chickpeas
- 1 tsp mustard sauce
- juice of ½ lime
- black pepper as per taste
- 1 green chili
- 1 date

Method

Dice all the vegetables in chunky cubes. Lightly steam the broccoli, carrots and beans. Blend all the dressing ingredients together. Mix well the salad and dressing in a bowl to serve.

Serves 2

WARM LENTIL SALAD

Ingredients

- 1 ½ cups red lentils
- 2 green onions finely chopped
- 1 clove garlic, crushed
- 1 medium carrot, unpeeled, finely chopped
- 1 medium red capsicum, finely chopped
- 2 medium green zucchini, unpeeled, finely chopped
- 1 trimmed celery stick, finely chopped
- 2 large tomatoes, finely chopped
- 2 tbsp lemon juice
- 1 tsp dry date powder
- 1 tbsp finely chopped fresh mint
- 1 tbsp finely chopped flat leaf parsley

Method

Cook lentils in a large saucepan of boiling water, for about 8 minutes or until just tender, then drain.

Heat a wok, and fry onion, garlic, carrot, capsicum, zucchini and celery without oil, tossing until the vegetables are just tender. Remove wok from heat, add lentils and remaining ingredients, toss until combined. Serve warm.

Serves 4

ZUCCHINI PASTA & CHOICE OF 3 SAUCES

For the Pasta

- 3-4 zucchini unpeeled, spiralsised into spaghetti

SPICY PEANUT SAUCE

Ingredients

- 1 cup smooth peanut butter
- ½ cup boiling water (more if you need)
- ¾ cup sesame seeds roasted and made into sesame butter (can also be used raw)
- 8 oman dates soaked and made into paste
- 2-3 tbsp lemon juice
- 3 cloves of garlic
- 1 tbsp minced fresh ginger
- 1/8-1/4 tsp red chili flakes
- salt to taste

Method

Combine peanut butter and water in a bowl and stir until smooth. Add the sesame butter, date paste, garlic and pepper flakes. Stir until well blended and smooth. To thin or re-warm the sauce, slowly stir in some boiling water a little at a time, until you get the desired consistency. Do not reheat the sauce in a saucepan.

RED MARINARA SAUCE

Ingredients

- 1 cup red bell pepper chopped
- ¼ - ½ cup sun dried tomato
- ¼ cup soaked raisins
- ½ tsp garlic minced
- 1 tbsp fresh basil
- 3 tbsp cashew cheese
- rock salt to taste

Method

Blend all ingredients except cashew cheese into a paste. Add a dollop of cashew cheese and run the blender to form a creamy sauce.

GREEN PESTO

Ingredients

- ¼ cup pine nuts (optional)
- ¼ cup cashews/ walnuts
- 2-3 cloves garlic
- ½ cup basil leaves
- salt to taste

Method

Blend all ingredients into a smooth paste.

Serves 2

SOUPS

VEGETABLE STOCK

Ingredients

- 1 cup chopped vegetables and fresh herbs (any vegetable of your choice can be used, plus leftover roots of herbs, vegetable peels etc.)
- 4-5 cups of water

Method

Boil the vegetables in water, with lid closed for approximately 20 minutes. The water will turn dark yellowish and have a vegetable fragrance. Remove from flame and strain. Let the water cool and store in a glass container in refrigerator for up to a week.

Note- This can be used in soups and curries instead of water, to add more flavor.

You can choose vegetables according to cuisine too. Eg For South Asian use bokchoy, cabbage, carrot etc. For Mediterranean use tomato, onion, thyme etc.

The vegetables used to make the stock can be blended and used as manure in the soil or potted plants.

Makes 5 cups

MINISTRONE SOUP

Ingredients

- 4 quartered tomatoes
- 1 stalk chopped celery
- quarter cabbage

- 1 chopped onion
- 6 cloves garlic
- 1 diced unpeeled carrot
- ½ diced unpeeled zucchini
- enough water/vegetable stock to cover vegetables
- pinch of oregano, salt, tabasco

Method

Steam all vegetables together until tender for about 5 minutes. Add the vegetable stock, oregano, salt and tabasco. Garnish with parsley sprigs.

Serves 4

TOM YUM SOUP

Ingredients

- 1 tsp roughly chopped galangal
- 3 leaves of kaffir lime
- 1 stick of lemongrass
- 8 button mushrooms quartered
- 1 tomato cut lengthways into 8 slices
- ½ cup lime juice
- ½ tsp dried red chili flakes (optional)
- 1 red chili sliced into thin rounds
- 1 spring onion cut into 1 inch



length

- 1 tbsp chopped coriander
- dash of soya sauce
- green chili and coriander for garnish

Method

Roughly crush the lemongrass and kaffir lime leaves to allow the juices to release. Boil the galangal, kaffir lime leaves, lemongrass and mushrooms in water. Add the tomatoes and spring onions. Cook for 1 minute and switch off the heat. Add the lime juice, chili flakes, red chili, salt, soya sauce.

Garnish with a green chili or chopped coriander before serving.

Serves 4

CARROT AND GINGER SOUP

Ingredients

- 1 onion chopped
- 750 gm carrots, unpeeled and diced
- 1 tsp fresh ginger, unpeeled grated
- 2 tsp coriander seeds crushed
- 4 cups vegetable stock
- salt and pepper to taste
- fresh coriander or parsley

Method

Steam the carrots till tender, for about 4 minutes. Sauté the onions in a hot pan for about 5 minutes until transparent. If they stick to the pan, add a little water. Add the carrots,

ginger, and crushed coriander seeds and stir on medium heat for 5 minutes. Add the stock or water and bring to a boil. Purée the soup in a blender. Reheat the soup and season with salt and pepper. Ladle into bowls, and place a spoonful of coconut cream on each bowl and garnish with coriander or parsley. Serve with bread.

Serves 6-8

DAAL SOUP

Ingredients

- 1 cup lentils of your choice – unpolished yellow dal (split moong) or unpolished orange daal (masoor dal) or unpolished toor dal
- 1 tsp curry powder
- 2 tsp lemon juice
- ¼ - ½ tsp turmeric powder

For tempering choose any 3-5 of the following

- 1 tsp cumin seeds
 - 1 tsp mustard seeds
 - ½ tsp asafoetida
 - 1–3 cloves
 - 1 small stick cinnamon
 - curry leaves
 - red chili powder/whole red chili
 - green chilies, chopped
 - grated ginger
 - tomatoes
 - 5 coriander leaves for decoration
 - onion
 - garnish – fresh coriander
-
-

Method

Cook the lentils of your choice until they are well done and blend with a blender till its smooth in consistency. Heat a pot and temper with your choice of the following – 1 tsp mustard seeds, 1 tsp cumin seeds, 1–3 cloves, 1 small cinnamon sticks, curry leaves, a red chili and asafoetida.

Add your choice of chopped onions, tomatoes, garlic, ginger and cook a little. Add the liquid lentils, salt to taste and ½ tsp turmeric powder. Bring to boil. Add lemon juice and garnish with coriander. Serve hot, alone or with whole rice.

Serves 4-6

MUSHROOM SOUP

Ingredients

- 3 cups fresh mushrooms, sliced
- ½ small onion, diced
- 2 cloves garlic, minced
- 1 cup soy milk/coconut milk
- 3 cups vegetable broth/water
- 2 tbs whole wheat flour
- salt and pepper to taste

Method

In a large soup or stockpot, sauté the mushrooms, onion and garlic for 3-5 minutes till the onions are soft. Reduce heat to medium low and add the vegetable broth. Cover and allow it to simmer for at least 4-5 minutes. Mix the flour in the soy milk or coconut milk, stirring well to combine. Add to the soup. Allow to simmer another 10 - 20

minutes, or until soup has thickened. Season generously with salt and pepper before serving.

Serves 4

PUMPKIN FENUGREEK SOUP

Ingredients

- 3 cups steamed unpeeled pumpkin puree
- 2 tsp fenugreek seeds (methi seeds)
- 1 red chili
- salt to taste
- 1 onion chopped
- ½ cup soy milk/coconut milk

Method

Soak the fenugreek seeds in some water for about an hour. In a saucepan, sauté chopped onions and red chili. Keep adding water and stirring at intervals till the onions are translucent.

Add the fenugreek seeds and pumpkin puree and bring to a boil. Add salt and the soy or coconut milk and serve hot.

Important: Fenugreek seeds are used, not fenugreek leaves. Do not puree the fenugreek or you will have a bitter soup. The fenugreek seeds add an amazing flavor but if you do not like them you can leave them out.

Serves 4

MILLET NOODLES SOUP WITH GREENS AND MISO

Ingredients

- 4 cloves grated garlic
- 1 small onion chopped fine
- 4 cups vegetable stock
- 1 pack gluten free noodles
- 1 head of bokchoy shredded
- 6-7 leaves of kale or swiss chard shredded
- ¼ cup spring onion greens chopped
- ½ cup finely diced red pepper
- ¼ cup tofu finely cubed (optional)
- 1 tbsp brown rice miso
- salt to taste

Method

Sauté the garlic and onions till brown. Add the soup stock and boil the noodles for 3 minutes. Add the greens and boil till wilted. Add the red pepper and tofu and switch off the heat. Mix the miso in the bowl with a little warm water and add it to the soup once it has slightly cooled so as not to destroy the probiotics in miso.

Serves 2-3

3 BEAN CHILI

This soup makes a complete hearty meal.

Ingredients

- ½ medium onion, chopped
- 2 bay leaves
- 1 tbsp ground cumin

- 2 tbsp dried oregano
- 1 tbsp salt
- 2 stalks celery, chopped
- 2 green bell peppers, chopped
- 2 jalapeno peppers, chopped
- 3 cloves garlic, chopped
- 750 gm whole tomatoes, crushed
- ½ cup chili powder
- 1 tbsp ground black pepper
- 400 gm cooked kidney beans (made from about 150 gm dried beans)
- 400 gm cooked chickpeas (made from about 150 gm dried beans)
- 400 gm cooked black beans (made from about 150 gm dried beans)
- 400 gm whole kernel corn
- 1 litre water

Method

Heat a large pot over medium heat. Stir in the onion, and season with bay leaves, cumin, oregano, and salt. Cook and stir until the onion is tender, then mix in the celery, green bell peppers, jalapeno peppers, garlic and green chili peppers. When the vegetables are heated reduce heat to low, cover pot, and simmer for 5 minutes.

Mix the tomatoes into the pot. Season with chili powder and pepper. Stir in the kidney beans, garbanzo beans, and black beans. Bring to a boil, reduce heat to low, and simmer for 45 minutes. Stir in the corn, and continue cooking for 5 minutes.

Millet Noodle Soup - Ref pg 56



3 Bean Chili - Ref pg 56



The consistency of this soup is supposed to be very thick. Add more water according to your needs.

Serves 8

BROCCOLI SOUP

Ingredients

- 2 cloves of garlic, chopped
- ¼ cup diced onion
- 1 inch fresh ginger chopped, to taste
- 5 cups fresh broccoli, roughly cut
- 3 cups unpeeled diced gold potatoes
- fresh water, as needed
- sea salt and ground pepper, to taste
- a handful of fresh parsley, roughly chopped
- 1 cup coconut milk to taste

Method

Heat the pan over medium heat and stir in the garlic, onion and ginger. Add in the cut up broccoli and gold potatoes. Add just enough water to cover the vegetables- not too much. You can always thin the soup later, if you need to. Add the chopped parsley. Season with sea salt and fresh pepper, to taste. Bring the vegetables to a high, simmer. Cover the pot and reduce the heat to medium, simmer. Cook for twenty minutes or so, until the potatoes are fork tender. Remove the pot from the heat. Use an immersion blender to puree the soup. Return the pot to the stove and add in the coconut milk. Stir and heat

through gently (don't boil the pureed soup). Taste and adjust seasonings.

Serve with a sprinkle of freshly minced parsley.

Serves 4

FIERY PAPAYA AND LEMONGRASS SOUP

Ingredients

- 1 green papaya peeled, deseeded and cut into pieces
- 1 chopped onion
- 2-3 cloves of garlic
- 3 stalks of lemongrass
- 5 kaffir lime or lemon leaves
- ½ inch piece of ginger
- dried red chili, coriander seeds, salt to taste
- 2 cups coconut / peanut milk

Method

Steam the papaya for approximately 5 minutes till it is soft. Dry roast dried chili and coriander seeds. Add onion and sauté till golden. Add lemon grass, garlic and ginger along with some water and let them cook till the flavors are soaked in. Remove the lemon grass. Blend the rest of the ingredients with the papaya. Add the nut milk and blend well. Before serving, warm it up, adding salt and lemon leaves.

Serves 4

HEALTHY SNACKS

3 OPEN SANDWICHES

1. Ingredients

- 4 tbsp vegan cheese
- one small piece ginger
- pinch of salt
- pinch of black pepper powder
- 10 mint leaves
- 2 slices of whole wheat bread
- slices of tomato for garnishing

Method

Blend the first 5 ingredients into a spread. Spread this on the two bread slices and cut each into 9 pieces. Cover with tomato slices.

2. Ingredients

- 2 tbsp peanut butter
- 2 tbsp green chutney
- cucumber slices for garnishing
- 2 slices whole wheat bread

Method

Apply one layer of butter and one layer of chutney on each slice of bread. Cut into 9 pieces. Cover with cucumber slices.

3. Ingredients

- ¼ cup cashew mayonnaise
- 1 cup cabbage shredded
- 1 piece ginger, shredded long,
- salt to taste
- 1 tbsp coriander chopped
- 2 slices whole wheat bread

Method

Mix the first 5 ingredients. Cover both

the slices of bread with this mixture. Cut into 9 pieces. Cover with a small slice of cabbage for decoration.

Serves 3 -6

Variation - use lentil bread instead of whole wheat bread

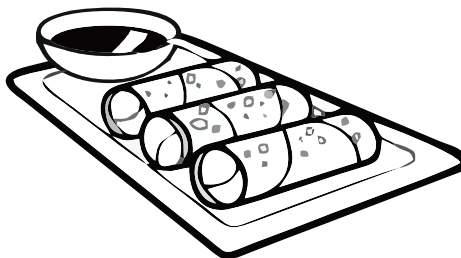
ADZUKI BEAN OR SPROUTS BURGERS

These are amazing, versatile and healthy and can be made in a jiffy.

This recipe is one of the most versatile ones. Dr. Nandita had mentioned this at a seminar in Bangalore and I just loved the way she gave a vivid description of the recipe. The sprouts and veggies mixed and steamed make for a hearty burger or tikki or vada. I also use this recipe as a "kofta" replacement with the addition of garam masala- Anubha

Ingredients

- 2 cups adzuki bean sprouts (1 day old sprouts are best)
- 2 small carrots grated
- ½ small beetroot grated
- 1 tsp ginger chili paste or to taste
- ½ tsp salt



Method

Put all the ingredients into a food processor and make a coarse mixture. Shape into patties of 2 inches by ½ inch and put in a steamer to cook. Once the patties are done, you will know this because they bind well and come off the steamer easily.

Serve with chutneys, or as a burger, inside a bun with veggies and condiments.

Variations

You can replace the adzuki bean sprouts for moong sprouts, lentil sprouts or other sprouts of your choice. The roots should be small.

Replace the veggies with sweet potatoes, potatoes, pumpkin or any grated fibrous vegetable. Replace the ginger chili paste with herbs of your choice. You can make burgers with different flavors to suit every palate and menu.

Serves 4

MILLET OATS CRACKERS

Ingredients

- 100 gm jowar flour
- 100 gm oat flour
- coconut, oat or rice milk for kneading
- ajwain (carom seeds)
- grated ginger
- fresh or dry herbs like thyme, rosemary, parsley according to your choice
- sesame seeds
- salt to taste

Method

Knead the jowar flour separately with coconut milk and add ajwain (carom seeds), salt and ginger. Knead the oats flour separately with coconut milk and add dry herbs of your choice and sesame seeds and salt.

Roll out into chapattis and cut lengthwise into a cracker shape. Bake at medium heat till crisp for 20-30 minutes.

Serve with dips, chutneys or pates.

Variations: Jowar flour can be replaced with ragi, amaranth or other flours.

Serves 8-10

THAI LAYERED DIP

Ingredients

- 1 cup shredded carrots
- ½ cup salsa
- 1 cup chopped coriander and mint
- 1 cup moong bean sprouts tossed with salt and pepper
- 1 tbsp sesame seeds
- a dash of lemon juice

Peanut/Nut Butter Sauce

- ½ cup creamy peanut butter or almond butter
- 2-inch piece of fresh ginger, coarsely chopped
- 2 cloves of garlic
- 1 tbsp soya sauce
- 1-2 tbsp lemon juice
- 1-2 dates
- ¼ tsp chili powder
- 3 tbsp or more water

Method

Make the nut butter sauce by blending the ingredients until smooth and creamy. Taste and adjust the spiciness, tanginess and sweetness. Add more water to blend to a dip-like consistency.

Layer the carrots, nut butter sauce, salsa, coriander and mint, sprouts, peanuts, lemon juice and a dash of salt and pepper. Warm in the oven for 5 to 10 minutes if needed (optional).

Serve with crackers, oil free chips or carrots, celery, cucumber, other vegetables.

Serves 6-8

TOMATO BRUSCHETTA

Ingredients

- 8 slices whole grain bread

Pesto

- ¼ cup of pine nuts or cashews or walnuts
- 1 clove garlic
- 5 cups basil leaves
- pinch of salt
- a few drops lime / lemon juice

Toppings

- 4 chopped tomatoes
- 2 cloves garlic
- 10 fresh basil leaves
- 2 tbsp balsamic vinegar
- salt to taste

Garnish

- 4 black olives
- whole basil leaves

Make the pesto by blending the ingredients in a food processor. Mix all the topping ingredients and set aside. Toast the bread slices, spread with the pesto. Dress with the topping. Garnish with black olive rings and whole basil leaves.

Serves 4

BAKED FALAFEL

Ingredients

- 2 cups chickpeas (soaked overnight)
- ½ cup finely chopped onion
- 3 garlic cloves minced
- ½ cup sesame seeds
- 1½ cup finely chopped coriander and mint leaves (parsley is optional)
- 1 green chili
- ¾ tsp. salt
- 2 tsp. ground cumin
- 1 tsp. baking powder
- 2 tsp. ground coriander
- ¼ tsp. ground black pepper
- ½ tsp. cayenne pepper

Method

Run the soaked chickpeas through a food processor. Blend in the onions, garlic, sesame seeds, parsley, salt, cumin, baking powder, coriander, black pepper, and cayenne pepper and let stand for an hour. Form into 1" balls flatten slightly and steam till cooked. You will know that they are cooked when the easily come off the steamer without sticking to it or breaking. Now bake at 200 C on a baking

tray for a few minutes till brown and then turn over so that both sides are brown and crispy.

Alternatively bake the falafel instead of steaming. Turnover and bake the other side too.

Variation

Baked falafel can be made into a meal by wrapping them in millet or whole wheat wraps with Lebanese salads, hummus, tahini or other dips like babaganoush.

Serves 4-6

BAKED POTATO/ SWEET POTATO WEDGES

Ingredients

- 4 sweet potatoes / potatoes, unpeeled, thoroughly washed and chopped into wedges
- 4 tbsp coconut milk
- 1-2 tbsp dry mixed herbs like parsley, thyme, rosemary, cayenne, etc.
- salt to taste

Method

Steam the potatoes till they're 90% done. Whisk the coconut milk together with all the herbs and salt. Toss to coat the wedges thoroughly. Bake at 180-200°C for 15-20 minutes. Then turn the slices over and bake for another 5-10 minutes.

Enjoy with homemade ketchup or green chutney.

Serves 6

MUTHIA

Ingredients

- 1 cup besan (chickpea flour)
- ½ cup fresh green fenugreek finely chopped
- ¾ tsp lemon juice
- 1 tbsp dried date powder
- ½ tsp chili paste
- ½ tsp ginger paste
- ¼ tsp turmeric powder
- 2 tsp sesame powder (optional)
- salt to taste

Method

Mix everything to make the muthia (using a few drops of water only if needed) and then shape it into a little rolls and steam in a steamer. You will know that it's ready by putting in a fork that comes out dry or because it's easy to take off the steamer. Cool and serve.

Variation

Replace fenugreek with grated bottle gourd or pumpkin

Serves 4

DAHI VADA

Ingredients

- ½ cup whole moong (green beans), soaked overnight
- ½ cup unpeeled urad dal, soaked overnight
- ginger chili paste to taste
- salt to taste
- vegan curds

- date tamarind chutney
- spices, fresh coriander to taste

Method

Grind both the soaked beans separately to make a smooth paste. Mix them in a large bowl.

Leave this paste to ferment for 8 hours. It will double in size. Add ginger chili paste, salt and mix well. Put this batter in an idli pan and steam. They are ready when you put in a toothpick and it comes out clean.

Pour vegan yogurt on top of the vadas and serve with date tamarind chutney, garnished with fresh coriander, chili powder, cumin powder and salt.

Serves 8

PAKORAS

Ingredients

- 1 cup sliced onions
- 1 cup shredded cabbage
- 1 carrot unpeeled, thickly grated
- 1 medium capsicum julienned
- 1 cup gram flour (besan)
- 1 tsp red chilies (green chilies optional)
- 1 tsp ajwain
- 3 tbsp fresh chopped coriander
- salt to taste

Method

Mix all ingredients. If needed add very

little water to make a dough. Because the vegetables release water you may not need any.

Prepare a mini idli mould and preheat the oven to 200 degrees C. Place a blob of the batter in mould in the steamer. Steam for 10 minutes or till dry. Now remove them and put in oven tray. Bake till golden, dry and done.

Serve with green chutney or date tamarind chutney.

Serves 6-8

RAW BANANA TIKKIS

Ingredients

- 2 raw bananas – steamed and mashed
- ½ beetroot – grated
- ½ carrot – grated
- ½ coconut – grated
- chopped ginger
- chopped garlic
- chopped green chilies
- coriander leaves
- peanuts – roasted and coarsely powdered
- salt to taste

Method

Mix all ingredients including salt. Shape in to tikkis (patties). Coat with roasted peanut powder. Dry roast on tawa until peanut powder browns. Enjoy with chickpea curry or just the chutneys!

Serves 4

CHATS

SPROUTS CHAAT

Ingredients

- 2 cups moong sprouts (sprouts made at home or small sprouts - not the long ones used in chinese food)
- ½ cup chopped tomatoes
- ¼ cup chopped onions
- ½ cup chopped steamed unpeeled potatoes
- ½ cup chopped coriander
- juice of ½ lime
- ¼ tsp turmeric
- ¼ tsp black salt
- chaat masala (optional and as desired)
- ½ tsp grated ginger
- ½ tsp minced green chilies or as per taste
- date and tamarind chutney as per taste

Method

Steam the moong sprouts with little turmeric so that they are cooked but crunchy. Mix with the onions, tomatoes, potatoes, coriander, and lime juice. Mix in the black salt, date chutney, chaat masala, ginger and green chilies to taste.

Serves 2 - 3

SWEET POTATO CHAAT

I had never tasted sweet potatoes before I went on a whole food plant based diet and now I love them! Whenever in season, it's a part of our menu once a week for sure, at times replacing dinner!-Reyna

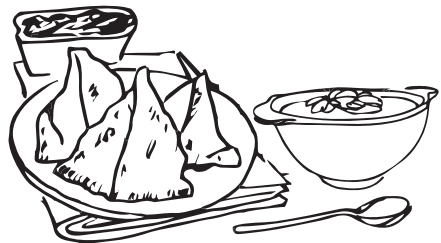
Ingredients

- 500 gm unpeeled sweet potato / kand
- ½ cup thick coconut milk
- ½ cup roasted peanuts coarsely crushed
- ¼ cup finely chopped coriander
- ½ tbsp roasted jeera powder
- spicy green chutney to taste
- 1 tbsp red chili powder
- 1 ½ tsp finely chopped green chili
- 1 ½ tsp black salt
- 1 tsp rock salt (or as required)
- ½ tsp pepper powder
- ½ tsp coriander powder
- few leaves of mint for garnishing
- tamarind paste or lime juice for flavoring

Method

If you are using sweet potato, wash well and chop into medium size pcs with the skin. Steam for 5-6 minutes.

If you are using kand (purple yam) wash



and remove skin & cut into pieces and steam. Then add the thick coconut milk to it and bake in oven till golden.

Add rest of the ingredients to it and mix well. Adjust taste by adding spice or tamarind. Garnish with mint leaves.

Serves 4

GRAIN FREE 'PAPDI' CHAAT

Ingredients

- 250 gm unpeeled sweet potatoes
- 2 medium unpeeled potatoes
- 1 medium tomato, finely chopped
- 2 tbsp fresh coriander chopped
- dash of black pepper
- lime juice (optional)
- salt to taste
- date and tamarind chutney
- green chutney

Method

Chop the sweet potatoes into small pieces. Cut potatoes into two halves and steam together with the yam for 10-12 minutes.

Take one potato and mash with the sweet potato, pepper, coriander and salt to mix well. Peel and slice the other potato into thin round slices.

On a plate arrange the potato slices like papdi and top with the mash. Garnish with chopped tomatoes and the two chutneys. Add lime juice if you like. Serve.

Serves 2 – 4

HEALTHY BHEL

Ingredients

- 3 cups puffed brown rice roasted
- ½ cup onions, chopped fine
- 2 tomatoes, chopped fine
- 2 small cucumbers, unpeeled chopped fine
- 2 tbsp fresh coriander, chopped fine
- ¼ cup roasted unpeeled peanuts, roughly crushed
- 1 tbsp lime juice or date and tamarind paste
- black salt to taste
- chopped green chilies and coriander for garnishing

Method

Toss all the ingredients together, and garnish with coriander and chilies and serve.

Serves 4



Coriander-Mint-Chutney - Ref pg 69



CHUTNEYS

GREEN COCONUT CHUTNEY

This super chutney is both filling and nutritious. It can be eaten as just a spread on bread or used as a sandwich spread with sliced cucumbers, tomatoes, boiled potatoes (and onions, capsicum, beetroot) as a filler.

Ingredients

- 1 bunch of coriander – washed and chopped with the stems
- juice of ½ lemon
- ¼ tsp salt
- ½ cup ground coconut
- (optional – add ¼ tsp cumin seeds /a few mint leaves /½ green chili)

Method

Put everything in the grinder and grind till smooth. Enjoy.

Variation

Instead of coriander leaves, try curry leaves, or add mint leaves.

Serves 2-3

DATE AND TAMARIND CHUTNEY

This sweet and sour chutney blend spruces up almost all chaat recipes. This chutney can be stored refrigerated for upto 15 days and deep frozen for more than 6 months.

Ingredients

- 2 cups dates, deseeded
- 1/8 - 1/4 cup tamarind paste
- 1 cup water

- 1 tsp chili powder
- ¼ tsp roasted cumin seeds
- pinch of asafoetida
- sea salt to taste

Method

Wash the dates place them in a saucepan. Add 1 cup water and cook for about 10 minutes on a low flame. Cool and put in a blender to make a paste. Add chili powder, asafoetida, tamarind paste, roasted cumin, sea salt and blend well. This can be stored in the freezer and used as needed. When it is used, water should be added to make it into the right consistency.

About 7-8 servings

CORIANDER AND MINT CHUTNEY

A green mint and coriander flavored chutney, which is great as a sandwich spread. Mint adds freshness to this chutney. The addition of lemon juice enhances the flavors of mint and coriander and prevents discoloration of the greens. The chutney can be stored refrigerated for 3 – 4 days.



Ingredients

- 3 cups chopped coriander leaves
- ½ cup chopped mint leaves
- 1 large onion, sliced (optional)
- 2 tbsp shredded raw mango (optional)
- ½ tsp fresh crushed green garlic (optional)
- juice of ½ lime
- 4 to 6 seedless chopped green chilies
- sea salt to taste

Method

Combine all the ingredients and grind to a smooth paste in a blender using very little water. Refrigerate and use as required.

About 5-6 servings

TOMATO KETCHUP

Ingredients

- ½ kg tomatoes
- 1 small onion, quartered optional
- 3 – 4 cloves garlic peeled optional
- ¼ cup raisins soaked for 4 hours
- 1 tsp ginger powder
- ½ tsp rock salt
- 1 tbsp any natural vinegar e.g. apple cider vinegar or rice vinegar

Method

Heat a pan with a tight fitting lid. Put

the tomatoes, onion and garlic in the saucepan and cook, covered, on medium heat. Stir after 10 minutes when the tomatoes have released a lot of juice.

Continue to cook on a medium heat till the tomatoes are quite soft. This should take another 5 to 7 minutes. Remove from heat and allow to cool. Blend to a paste and then sieve through a wire mesh strainer to remove the seeds and skin. Transfer the sauce to an open pan and boil for a few minutes to thicken the pulp.

In a wet grinder, blend the soaked raisins to make a smooth paste. Add the raisin paste to the boiling tomato pulp. Now add all the dry spices and cook for another 2 – 3 minutes or till you have the desired consistency.

Remove from heat and set aside to cool. Add the vinegar and the sauce thickens further upon cooling.

Makes 300 ml

MAIN COURSE

MIXED VEGETABLE PORIYAL

For the Vegetable

- ½ kg mixed unpeeled vegetables finely chopped in cubes of 1 cm (beans, carrots, potatoes and peas)
- 2 tbsp grated fresh coconut

For the Tempering

- 1 tsp mustard seeds
- ginger chili paste to taste
- 1 red chili
- 2-3 curry leaves
- salt to taste
- turmeric to taste

Method

Steam the mixed vegetables so that they are just done (not overcooked) and the colours are vibrant. In a heated pan add mustard seeds. When they splutter turn off the flame and add turmeric and dry roast. When the smell permeates, add curry leaves and finally mix in the steamed vegetables, ginger chili paste and fresh coconut. Serve hot.

Variation

Use only 1 vegetable or mixed veggies of your choice. They can also be grated instead of chopped.

Serves 6-8

BHINDI MASALA

Ingredients

- ½ kg bhindi washed, wiped and cubed
- 2 onions cut lengthwise

- 2 tomatoes cut lengthwise
- 1 tsp red chili
- ½ tsp amchur (dry mango powder)
- 2 tsp coriander powder and cumin powder
- 2 tsp garam masala
- salt to taste
- turmeric to taste
- coriander as garnish

Method

Mix all the dry masala and add to bhindi and steam. The color should remain green. Amchur prevents the bhindi from becoming sticky.

Saute the onion in a kadhai on high flame. When it browns, add tomato and saute for 30 seconds. Add bhindi to this, and mix. Garnish with coriander. If you want the bhindi crisp, after steaming, bake in an oven for 5 minutes. Serve.

Serves 4

STUFFED VEGETABLES

Ingredients

- ¼ kg brinjal (eggplant)



- ¼ kg small onion
- ¼ kg small unpeeled potato
- ¼ cup sesame seeds
- ¼ cup dry coconut
- ¼ cup groundnut powder
- 1 tsp red chili powder
- ½ tsp turmeric
- 4 cloves garlic
- 2 tbsp date paste
- sea salt to taste
- lime juice & coriander to garnish

Method

Roast the sesame, coconut, groundnut and grind it into a coarse powder. Add the chili, turmeric, garlic, date paste and salt and stuff the vegetables. Steam them till they are cooked. Make a sauce with the remaining mixed masala (spice) and pour it over the veggies, add the lime juice on top, garnish and serve.

Variations

You can use a host of other vegetables, just make sure they all take almost the same time to cook or add in vegetables that need longer to cook first.

You can stuff vegetables with a combination of coconut, fresh coriander, besan and spices

Serves 3-4

MIXED VEGETABLE MAKHANWALA

Ingredients

- 6-8 large tomatoes steamed and pureed
- 1 ½ cups mixed unpeeled

vegetable cubed and steamed (carrots, potatoes, peas, cauliflower and french beans)

- 1 green chili slit lengthwise
- ½ tsp cumin seeds
- ½ tsp garam masala
- ½ cup cashew cream (made from ¼ cup cashews & water)
- 1 tsp kasoori methi roasted and then powdered by hand
- 3 tbsp coriander

Method

Dry roast the cumin seeds. First add the green chili and then add the tomato puree and cook for a few minutes. Keep 1 tbsp of cashew cream for garnish and add the rest to the tomato puree. Cook for a few minutes. Add the vegetable garam masala and the kasoori methi powder. Add 2 tbsp of coriander and mix. Garnish with the remaining cream and coriander. Serve hot.

Serves 2-3

PUNJABI RAJMA

Ingredients

- 1 cup rajma (red kidney beans)
- 4 cups water (or more according to desired consistency)
- salt to taste
- 4 medium tomatoes
- ½ inch ginger
- 1 tsp cumin powder
- ½ tsp garam masala
- ½ tsp red chili powder
- 1 tsp coriander powder

- pinch of asafoetida
- ½ tsp turmeric

Method

Soak 1 cup rajma for 12 hours. Add salt and 4 cups water and pressure cook on medium gas till the first whistle, then on slow fire for a further 10 to 15 mins. Puree the tomatoes and ginger into a paste. Dry roast the jeera first and then asafoetida, turmeric, coriander and red chili powder for 1 min (take care to not burn). Add the tomato ginger paste and a little salt and cook for 10 mins. Puree 1 ladle of boiled rajma into a paste to thicken the gravy. Now to the cooked tomato paste add the pureed as well as boiled rajma. Cook uncovered on a slow fire for 20 mins. Switch off the gas and garnish with fresh coriander and garam masala.

Serves 4

DAL MAKHANI

This North Indian dal is a healthy mix of many lentils in a dark brown gravy. Enjoy this thick stew with steamed whole plain or flavored rice, rotis or parathas.

Ingredients

- 1½ cups black gram
- ¼ cup kidney beans
- 1 inch unpeeled ginger
- 2 – 3 green chili
- 1 tbsp cashew butter
- 3 finely chopped tomatoes
- 2 finely chopped onions
- 7 – 8 cloves garlic

- 1 tsp cumin seeds
- ¼ tsp asafoetida
- salt to taste
- cashew cream or chopped coriander for garnish

Method

Thoroughly wash black gram, and kidney beans. Then soak it in about 2 glasses of water for about 12 hours. Pressure cook for about 10 minutes (3-4 whistles). Then reduce the heat to 'medium' and cook for about 5 to 10 minutes.

Make the ginger and garlic into a paste. Heat a pan and dry temper cumin seeds and asafoetida in it. Add thinly sliced green chilies. Stir. Add ginger-garlic paste and finely chopped onions. Fry until golden brown adding water if the mixture dries. Add finely chopped tomatoes and salt. Cook until the mixture thickens into a pulpy sauce (about 3 mins). Then add cooked black gram and kidney beans to the mixture. Heat for 4-5 minutes. You can add a little water if you find it too thick. Mix in well the cashew butter and cook for 2 minutes. Dal makhani is ready to serve. Decorate with cashew cream or chopped fresh coriander.

Serves 4

SHAHI 'PANEER'

Ingredients

- 2 tbsp poppy seeds
- 2 tbsp watermelon seeds
- 1 cup beaten vegan curd
- 1 onion grated

- ½ tsp garam masala
- ½ tsp red chili powder (optional)
- salt to taste
- 1 tsp cashew butter mixed with water to a creamy consistency (optional)
- 250 gm extra firm tofu
- coriander leaves for decoration

Method

Soak poppy seeds and watermelon seeds in water and grind it to a fine paste. In a hot pan, cook the grated onion till transparent. Add ground paste and cook for 2 minutes.

Gradually add the curd. Add all the masala, cashew butter if using and again cook for 2-3 minutes. Add tofu and 1 cup water and let it cook till the tofu softens and the gravy thickens. Add coriander leaves before serving.

Serves 4 – 6

PALAK MUSHROOM

Ingredients

- 2 cups of mushrooms
- 4 cups of palak/spinach
- 1 small onion
- 1 small tomato
- 1 tsp crushed unpeeled ginger
- 1 tsp crushed garlic
- green chillies to taste
- 2 tsp chopped green coriander
- 1 tsp jeera seeds
- salt to taste
- a pinch of turmeric powder

- 1 tsp red chili powder
- 2 tsp coriander powder
- 1 tsp jeera powder
- 1 tsp garam masala powder
- 1 tsp kasoori methi powder
- 1 tsp almond paste or sesame paste

Method

Wash mushrooms, rinse and drain.. Cut into quarters. Wash and cut palak and steam. Cool and puree in blender or roughly chop as per taste. Peel and chop onions. Heat a pan. Add jeera seeds and let them splutter/pop. Add crushed garlic and sauté till light brown. Add chopped onions, ginger and green chili and sauté until onions turn light brown. Add powder masalas and sauté for 2 minutes. Add chopped tomatoes and sauté. Add little water and simmer till tomatoes are cooked. Add prepared palak and quartered mushrooms, and sauté. Check seasoning. Cream in the nut or seed butter (or paste) and mix well. Serve hot.

Serves 2-3

SHAHI 'CHICKEN'

Ingredients

- 200 gm raw jackfruit (kathal) chopped into 1 inch pieces.
- 4 tomatoes, chopped
- 1 onion, finely chopped
- ½ tbsp kasoori methi
- ½ tsp kashmiri chili powder
- 1 tsp ginger garlic paste

- 1 tsp chicken masala powder
- salt and ground pepper to taste
- 1/3 cup vegan curd

Method

Marinate the jackfruit pieces with vegan curd, ginger garlic paste, kashmiri chili powder and salt. Leave aside for one hour to marinate.

Heat a pan, add the chopped onion and saute it till it is slightly brown. Add the tomatoes and cook till the water evaporates and the tomatoes are mushy. You will know it is done when the paste is thick, Blend this mixture to form a smooth paste.

Roast the marinated jackfruit at 200 degrees in the oven for approx 15 minutes till you see the edges are slightly more browned than the rest.

Heat the tomato onion paste in a kadhai. Add the jackfruit to the gravy and let it cook for 5-10 minutes. Add chicken masala powder and kasoori methi. Allow a few minutes to let all flavors merge. Serve with naan or kulcha.

Serves 1 - 2

KADHI

Ingredients

- 3 tbspc chickpea flour
- ½ cup vegan yogurt
- 2 cups water
- 1 tsp green chili paste
- ½ tsp ginger paste
- 2 pieces half-inch cinnamon

- sticks
- 4 -6 pieces cloves
- 2 -3 dry red chilies
- 2 -3 bay leaves
- 1 tsp mustard seeds
- ½ tsp cumin seeds
- ¼ tsp asafoetida
- a few curry leaves
- 2-3 green chilies
- salt

Method

To make kadhi, mix the besan and yogurt and then the water. Add the ginger and chili paste and set aside.

Temper with cinnamon sticks, cloves, dried red chilies, bay leaves, mustard seeds, jeera, asafoetida, curry leaves and green chilies. Add the kadhi mixture. Bring to a boil. Sprinkle coriander on top and serve hot.

Serves 4-6

YAM 'FISH' CURRY

At Easter we normally had appam and fish curry. When I became vegan, I made it with yam instead of fish. This way I could continue the tradition and still remain vegan- Rose

Ingredients

- ½ kg yam, peeled, steamed and cut into thin squares
- 1 tsp turmeric
- salt to taste
- ¼ cup grated fresh coconut
- 3 pieces kokum
- few curry leaves for garnish

Masala

- 1 tsp methi seeds
- 1 cup onion, sliced
- 2 tbsp ginger, minced
- 1 tsp garlic, minced
- 4 to 5 kashmiri chili
- 1 tsp mustard seeds
- 5-6 curry leaves

Method

Roast these masala ingredients. Blend the roasted masala and fresh coconut together.

Add the steamed yam into a vessel, add turmeric, salt, masala paste, kokum, add enough water and let it boil. Switch off the gas. Add curry leaves as garnish and serve.

Serves 2- 4

CHETTINAD CURRY

As I really loved this dish before I turned vegan, I decided to recreate it using only vegetables. As an added bonus I discovered that it was actually simpler to make since instead of making coconut milk I just add coconut paste- Rose

Ingredients

- ½ cup carrots, chopped.
- ½ cup beans, chopped.
- ½ cup cauliflower, cut into florets.
- 2 capsicum, deseeded and chopped
- 2 onion, finely chopped. .
- 3-4 tomatoes, finely chopped.

- 1 cup water

Curry Masala

- 1 onion, roughly chopped.
- ½ cup coconut
- ½ tsp ginger
- 1 tsp garlic
- ¼ tsp turmeric
- 1 tsp pepper
- 2 kashmiri chili
- 1 tsp fennel seeds

Tempering

- ½ inch cinnamon
- 2 clove
- 2 cardamom
- 1 star anise

Method

Grind the curry ingredients into a smooth paste. Marinate the vegetables except the onions and tomatoes with the curry paste for 10-15min.

Dry roast the onion, cinnamon, clove, cardamom and star anise till the onion is translucent and the spices are fragrant. Add the tomato and sauté along with turmeric and salt. Add the marinated veggies, water and let it simmer for 5 min. or till the vegetables are done. Garnish with curry leaves and serve hot.

Serves 4

SAMBHAR

This oil free version of the South Indian staple can be teamed with rice, dosas, idlis, vadas and uttapams.





Ingredients

- ½ cup toor dal
- 1 tomato, chopped
- 2 brinjals, cubed
- 1 drumstick, cut into 4 pieces
- 2-3 ladies fingers, chopped.
- 1 tbsp tamarind
- salt to taste

Sambhar Masala

- 6 to 8 red chilies
- 1 tbsp coriander seeds
- 1 tsp fenugreek seeds
- 1 tbsp toor dal
- 1 tbsp split bengal gram
- 1 tbsp split black gram
- 1 tsp turmeric powder
- ½ tsp asafoetida

Tempering

- 1 tsp mustard seeds
- 6 curry leaves
- ¼ tsp asafoetida

Method

First prepare the sambhar masala. Dry roast all the ingredients for the sambhar masala. Then grind them to a fine paste in a blender using a little water. (You can also grind this into a powder in a larger quantity and keep it ready for the future) Keep aside. Wash and pressure cook the dal.

In a vessel boil water, add drumstick and cook for 2-3 minutes. To this add chopped tomatoes and the tamarind. Once the drumstick is tender, add the other vegetables. Now add the toor dal, sambhar masala, salt and 4 cups of

water and bring to a boil.

Prepare the tempering by dry roasting the mustard seeds until they crackle. Add curry leaves and asafoetida. Add this to the sambhar and simmer for 5 minutes.

Serves 8-10

APPAM AND STEW

Ingredients for Appam

- 1 cup whole red rice/ millet
- ½ cup coconut grated
- ¼ cup cooked rice or millet
- salt to taste
- ¼ tsp dry active yeast
- 2 dates

Method

Soak the rice for 5-6 hours. Grind the soaked rice, cooked rice, coconut, yeast and dates to a fine paste. Keep at room temperature for 8 hours. Add the salt and mix well. Heat the tawa and place the batter one round ladle each. Cover and cook on the same side. Do not flip.

Ingredients for Stew

- 50 gm carrots,
- 50 gm beans
- 50 gm peas
- 50 gm mashed unpeeled potatoes
- 1 inch cinnamon
- 1 cup coconut paste
- 1 tbsp ginger
- 1 green chili (optional)
- 1 bay leaf

- salt to taste

Method

Steam all the vegetables for 4-5 minutes till they are just done and not overcooked.

In a kadhai mix all the ingredients except the mashed potatoes and coconut paste. Add water and boil together till vegetables are tender.

Add mash potatoes and coconut paste and cook well. Season with salt.

Serves 5

THAI GREEN CURRY

My family loves Thai, and earlier I would buy the paste, which was full of oil and preservatives. The other day we made the paste at home and it turned out wonderfully well. My son actually thought this could feature in a restaurant menu- Reyna

Ingredients

For the Paste

- 4 pods of garlic
- 1 tbsp kashmiri chili or yellow chili or 2 green chilies depending on whether you want to make red, yellow or green thai curry.
- 1 tbsp of chopped rind of kaffir lime
- 1 onion chopped into 4-6 pcs
- ½ inch piece of galangal (if available)
- lemon grass 2-3 stalks

- salt to taste
- ½ tsp cumin powder
- ½ tsp turmeric

For the Curry

- 1 glass fresh coconut milk
- 1 cup chopped baby corn or unpeeled carrots
- 1 cup chopped spring onions with greens
- 1-2 cups chopped red pepper
- 1 cup chopped french beans or capsicum
- 1 cup chopped mushrooms
- 6-8 kaffir lime leaves (This is the magical ingredient and it is critical to the taste of thai curry)
- 1 cup chopped tofu (optional)
- ½ cup chopped brinjal (optional)

Method

Grind together the wet ingredients of the paste along with ½ cup of water in a small jar. Roast the cumin and turmeric powders in a medium hot kadhai for 1-2 mins. Pour the paste on top of the dry masalas in the kadhai and cook for 3-4 mins.

Lightly steam the vegetables (except mushrooms and red pepper) so that they remain crunchy.

Add the sieved coconut milk to the paste followed by the kaffir lime leaves and tofu (if using). Add the steamed vegetables. Once the curry gives its first boil, add the mushrooms and red

pepper and turn off the gas within 30 seconds. Cover and let it rest for 10-15 mins before serving.

Serves 4-5

EGGPLANT PARMESAN

Ingredients for Vegetable Layers

- 2 medium purple/black eggplants, variety with least seeds
- 4-5 potatoes, unpeeled, steamed
- pinch of salt

Method

Cut the eggplant into round slices, ¼ inch thick. Cut each round in half. Sprinkle salt over the slices and leave for 5 minutes. When the eggplant softens, place the semi-circular slices (with the water that has been released) on a tawa. Cover the eggplant and cook the slices until brown on both sides. Slice the steamed potatoes into rounds ¼ inch thick.

Ingredients for Red Sauce

- 6-8 tomatoes, cut into large chunks
- 2 medium onions, finely chopped
- 4-6 cloves garlic, finely chopped
- salt to taste
- a pinch of oregano or dried mixed herbs
- a pinch of red chili flakes

Method

Sauté garlic until brown. Add the finely chopped onions and salt. Sauté for 2-3 minutes, then add the roughly chopped tomatoes. When cooked, blend vegetables into a smooth paste. Put the sauce back on to heat and cook for a few more minutes. Add salt, oregano, dried herbs to taste. Cook until the sauce thickens to a medium consistency.

Ingredients for the White Sauce

- 1 ½ cups raw cashews (unsoaked)
- ½ cup water
- 10 peppercorns
- salt to taste
- 2-4 tbsp lime juice

Method

Blend the raw cashews, salt, peppercorns, lime juice and water. The cashews will make a thick, creamy fluffy texture. The texture should be smooth and not granular. Add just enough water to get this consistency.

To Serve

Layer the serving dish with the eggplant slices at the bottom. Place the sliced, boiled potatoes on top of eggplant slices. Next layer with the red sauce. Now place a layer of eggplant and a layer of potatoes again. Next layer with the white sauce. Continue until all the vegetables have been layered. Then mix the remaining red and white sauce. It has a beautiful pinkish colour. Pour this over the contents. Put dish in the oven to bake for 10-15 minutes and serve

piping hot. Garnish with thinly sliced tomatoes, parsley and dollops of the white sauce.

Serves 4-6

SHEPHERD'S PIE

Ingredients

- 4 medium, unpeeled potatoes
- ½ cup soy milk
- ½ cup soy nuggets or soya mince
- 3 tbsp soy sauce
- 1 medium onion minced,
- 1 carrot, unpeeled grated
- small celery stalk with leaves finely chopped
- 7 tomatoes, crushed
- salt and pepper, to taste
- ½ tsp thyme and rosemary
- ½ red capsicum, finely chopped
- ⅓ cup sour cream cheese

Method

Steam the potatoes until tender. Drain, (do not peel) mash and add the soymilk. Season with salt and pepper to get the consistency of mashed potatoes.

Soak the nuggets or mince for 20 – 30 minutes. Squeeze out all the water from them. Wash and squeeze again. If using nuggets, mince them in a food processor to make them into small flakes. If you are using soya flakes, all you need to do is soak, wash and squeeze out the water. In a medium pan, sauté the onion, the carrots and celery until the onion is translucent (10 minutes).

Then add the crushed tomatoes, the ground soy nuggets and soya sauce and cook for about 10 minutes. Taste the mixture to see if the salt is right or adjust by adding soya sauce. Add herbs and cook a bit longer. In a 6 inch square baking tray, press the soya nugget mixture to the height of about 1 cm. The layer of potatoes should also be of similar height. Top with a layer of nut cheese on top.

Bake in an oven for 15-20 minutes, until the nut cheese gets brown and then sprinkle the chopped red capsicum over it as a garnish or you can sprinkle the capsicum over it after 10 minutes of baking and allow the capsicum to bake a bit too. Cut into squares and serve.

Serves 4

VEGGIE MILLET BAKE

Ingredients

- 1 cup vegetable stock
- 2 cups cooked barnyard/foxtail millet
- ½ cup broccoli
- ½ cup potato, unpeeled, diced
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 tbsp fresh thyme leaves (or 1 tsp dried)
- 1 tbsp fresh rosemary, finely chopped (or 1 tsp dried)
- ¼ tsp crushed red chili flakes
- 1.5 cups spinach leaves
- 1 cup cashew cheese
- 1 tsp fresh lemon zest

- ¼ tsp freshly ground black pepper
- salt to taste

Method

Steam the potato until cooked. Preheat oven to 350 degrees. Dry roast the onion and garlic until translucent. Add thyme, rosemary, red-pepper flakes, and spinach and sauté until just wilted. Remove from heat. Add the millet, cashew cheese, lemon zest, pepper, potato and broccoli to the spinach-onion mixture, along with vegetable stock and stir until well combined. Pour the mixture into the prepared baking dish, and place in the oven. Bake for 30 minutes, until set and edges are brown. Let it cool slightly before slicing. Serve warm or at room temperature (it's also good cold).

Serves 4

BURMESE KHOW SUEY

Ingredients

vegetables – baby corn, button mushrooms, carrots, beans, onions, broccoli, cauliflower

- 2 cups fresh coconut cream
- 2 cups vegetable stock
- 2 tbsp besan/gram flour
- 1 tsp cumin powder
- juice of 2 lemons
- salt to taste
- buckwheat or brown rice noodles or brown rice
- garnishing chopped toasted garlic, onion, tomatoes, coriander, green chili, cucumber, lemon juice

Method

Grate the coconuts and add water to make creamy consistency. Extract the cream from the grated coconut through a piece of muslin. Dry roast the besan in a pan with the cumin powder. Add vegetable stock and all the vegetables one by one according to how long it will take to cook and bring to boil. Keep vegetables crunchy. Add the coconut milk, lemon juice and salt to taste.

Serve with rice or noodles and add garnishes according to individual taste.

Serves 3-4

BRAISED CABBAGE

Ingredients

- 1 head white cabbage
- 1 tbsp whole wheat flour
- vegetable stock as required.
- few drops of lime juice
- salt and pepper to taste
- a pinch of nutmeg

Method

Shred finely a head of white cabbage, sauté until cabbage is slightly browned but not burned.

The cabbage should be nearly cooked at that stage. Dust with a bit of flour, keep stirring to cook the flour, add some vegetable stock and simmer for a few minutes.

Season with salt, pepper and nutmeg. Add a sprinkle of lemon juice, serve.

Serves 3-4

BREADS AND RICE

WHOLE WHEAT ROTI

Ingredients

- 1 cup whole wheat flour
- 1 cup warm water
- salt

Method

Take the fresh whole wheat flour and mix with warm water, adding a bit of salt to make a firm dough. Make small balls and roll out into six inch round flat breads by hand or with a rolling pin using a generous amount of flour to prevent sticking or else pat out the roti on a piece of butter paper, so that it is easy to move to the tawa (cast iron). Cook and turn over and then inflate like you would a roti (chapati).

Serves 2-3

WHOLE WHEAT ONION STUFFED KULCHAS

Ingredients:

- 2-3 cups of whole wheat flour
- 2- boiled and mashed potatoes
- ½ tsp yeast
- warm water to make dough
- 1/8 tsp salt
- 2 tbs chopped coriander leaves
- 4 onions chopped fine and sautéed
- 2 tsp date paste
- ½ cup thick coconut milk

Method

Dough

Add date paste and yeast to a cup

of warm water. When yeast starts blooming, use this water to make the dough.

Mix mashed potatoes, salt and coriander leaves with the flour. Use water to make a soft dough. Cover the dough and allow to rise in a warm place for 2- 4 hours until it doubles in size.

Filling

Chop the onions very fine and sauté them lightly until they are soft. Add salt to taste. The onions, once done should be relatively dry.

Making the Kulchas

Roll out a small roti and add a spoonful of onion filling. Close from all sides in a closed ball. Roll out a kulcha using some dry flour so the dough is not sticky.

Bake on the flat griddle till light brown spots appear. Keep aside all of them. Now apply some coconut milk on each one and put them in the oven. Serve hot.

Serves 8-10

WHOLE WHEAT BREAD

Ingredients:

- 1 cup lukewarm water
- 1 tbs date paste



- 1 tsp yeast
- 2 cups whole wheat flour
- 2 tbsp flax seeds
- 2 tbsp sesame seeds
- 1 tsp mixed herbs

Method

Dissolve date paste in lukewarm water. Add the yeast granules and leave it covered for 10 minutes. You will notice it is frothy after 10 minutes.

Add half of the whole wheat flour (1 cup) and mix well. Leave it covered for 30 minutes.

Now add the balance atta, salt, flax seeds, and sesame seeds and knead well. Leave it covered for 1 hour. After an hour knead the dough thoroughly. Make buns or foccasia or bread of your choice.

Keep covered for 30 minutes, switch on the oven 20 minutes before and bake for 35 – 40 minutes at 200 degrees for first 10 minutes and at 180 degrees for the rest. Check by inserting knife to see if it is baked well. Remove on a wire rack to cool a little.

Serves 4

WHOLE WHEAT AND CORN TORTILLAS

Ingredients

- 100 gm whole wheat flour
- 100 gm whole corn flour
- 1 tsp tahini or unpolished sesame seed powder
- ½ tsp sea salt
- warm water for kneading, as

required

Method

In a bowl, mix all the ingredients and knead a firm dough using warm water, little at a time.

Cover the dough with a kitchen towel and rest it for 30 minutes. Make small balls and use a tortilla press to form small tortillas. Alternately if you don't have a tortilla press, dust a flat surface with dry wheat flour and roll out the dough balls into evenly thin tortillas. Heat an iron skillet or tawa and roast the tortillas on both sides till they are done.

Makes 6-8 tortillas

JOWAR/ AMARANTH ROTI

Ingredients

- 2 cups jowar flour/amaranth flour
- 1 cup steamed mashed potatoes
- 1 tsp ginger and chili paste
- sea salt as per taste

Method

Mix all the ingredients in a big bowl and bind them together with hot water in a tight dough. Roll out into thin roti and use flour to roll if required. Roast the rotis on a skillet.

Serves 4-6

FRAGRANT BROWN RICE

Ingredients

- 2 cups whole brown,

-
-
- unpolished basmati rice,
washed and soaked for 4 hours
- 2 cups water
 - ½ tsp (about 20 threads) saffron
 - 2 cloves,
 - 1 stick cinnamon
 - 2 pods cardamom
 - sea salt to taste

Method

Drain the water from soaked rice. In a pan roast cloves, cinnamon and cardamom. Add saffron strings, sea salt, and 2 cups of water. Add soaked rice to the pan and cover the pan. Cook rice on medium heat till the rice is fluffy. You may have to add extra water till all the rice is cooked.

Serves 6 to 8

MEXICAN RICE

Great served with the Mexican beans, Mexican tortillas, chili sauce and salsa. Also great as a side dish to Mexican entrees such as tacos, enchiladas, burritos, etc.

Ingredients

- 1 cup brown rice
- 2 cups cold water
- 2 cloves garlic, minced or crushed
- ½ onion chopped
- 1 cup coarsely chopped tomato
- hot pepper of your choice, sliced lengthwise
- 1 tsp roasted cumin seeds

- ground into powder
- chopped celery, oregano and capsicum as a flavoring
- salt to taste

Method

Heat a medium-sized pot to medium temperature, add the uncooked rice, and roast. You do not have to stir the rice around very much at first, while browning, but as the rice becomes browner you want to be stirring it around to make sure it all browns evenly and doesn't burn. Towards the end of the browning, add the garlic so that it is sort of sautéed/browned.

Next, add the water to the rice (it will steam loudly) and add the remaining ingredients. Stir well and cover (with a small air escape). Reduce heat to medium-low to medium, and let cook for 20-30 minutes. (Cooking time and temperature varies with your stove. Check after 20 minutes to make sure it doesn't burn.) The essential rule of this recipe is "Do Not Peek" while the rice is cooking.

When ready, all the water would have been absorbed, the rice will be fluffy and each grain will be "split open" because of the browning. It should be dry, not saucy. You can adjust the spices/peppers to your taste. The recipe can be changed by keeping with the 1 cup rice/2 cups water ratio, and adjusting remaining ingredients.

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Serves 3-4

CAULIFLOWER 'RICE'

Ingredients

- 5 cups cauliflower florets
- 1 cup raw cashews
- 1 tsp sea salt

Method

In a food processor combine the cashews and sea salt. Pulse to achieve a fine meal. Add the cauliflower and pulse to create a “rice-like” texture. Do not over process.

Serves 4

MILLET BIRYANI

Ingredients

- 1 cup uncooked barnyard millet
- 1 green cardamom
- 1 black cardamom
- 2 cloves
- 1 inch cinnamon stick
- 1 bay leaf
- 2/3 tsp salt or to taste
- 1.5 - 2 cups water

For Cauliflower Gravy

- 2 onions, finely sliced
- 1 green chili, chopped
- 2 tbsp ginger, unpeeled, thinly sliced
- 1 tbsp finely chopped garlic
- 3-4 cloves
- 1/2 tsp cumin seeds
- 4 green cardamom
- 4 cloves
- 1 inch cinnamon

- 1 bay leaf
- 1 tsp garam masala
- ¼ tsp turmeric powder
- ½ tsp red chili powder
- ½ medium sized cauliflower, chopped into small florets
- ¾ tsp salt
- 2 cups peanut and rice milk curd/ cashew cream + lemon juice
- 1/3 cup fresh peas
- 2-3 tbsp raw cashews
- 1 tbsp raisins or cranberries

For Layer Assembly

- ½ onion finely sliced
- ½ cup chopped coriander leaves
- ½ cup mint leaves (optional)
- saffron milk: a few saffron strands mixed into 2 tbsp warm water or nut milk

Method:

Millet: In a deep pan, add the millets, spices salt and water. Mix, cover and cook for 5 -7 minutes.

Cauliflower gravy: Dry roast the onions, green chili, ginger, garlic, chili pepper and cook until onion slices are mostly brown. If using ginger or garlic paste, add the paste when onion is done.

Dry roast the whole spices on the side. Add them to the onions. Add all the spices and mix for a minute.

Steam the cauliflower and peas for 5 minutes till almost done. Add them to the onions. Add the yogurt. Mix and

cook for 6-7 minutes at low-medium heat or until cauliflower is tender crisp. Add half of the nuts, raisins, and dried fruit. Mix and keep ready. Add water or nondairy milk, if you like thinner or more gravy. Mix and use to layer.

Now in a baking tray or clay pot use half the gravy as the first layer, then half the millets, sprinkle half the onions, coriander, mint leaves, and saffron milk. Now again another layer of cauliflower, then millets and then the same sprinklings on top. Cover and cook either in the oven at 180 C or on the stove at a low flame for 25 – 30 mins. Serve hot.

Serves 3-4

SAFFRON BROWN RICE WITH VEGETABLES & SOYA NUGGETS

Ingredients

- 2 cups whole brown rice/whole basmati washed and soaked for 2 hours
- 4 cups water
- ½ cup chopped onion
- ½ cup green beans chopped
- ½ cup peas
- ½ cup soya nuggets
- 1 tsp ground black pepper
- ½ cup grated carrots
- ½ tsp (about 20 threads) saffron
- couple of bay leaves
- a small cinnamon piece
- a few cloves
- fresh coriander for garnishing
- lemon slices for garnishing

- salt to taste

Method

Drain the water and keep soaked brown rice aside.

In a pan take one cup soya nuggets, add 4 cups water with a pinch of salt and bring it to boil. Boil for 5 minutes. Remove from fire and let it cool for about 10 minutes. Drain out the water. Rinse soya nuggets 2-3 time in fresh water. Lightly squeeze out excess water.

In a separate pan, add chopped onions, bay leaves, cinnamon stick and cloves. Sauté for 2 minutes. Add soaked brown rice with 4 cups of water and add saffron strings. Cover the pan and cook till the rice is fluffy. You may have to add extra water till all the rice is cooked.

Steam green beans, green peas and carrot cubes and add to cooked rice. Add boiled nuggets and mix well.

Add ground black pepper and sea salt to taste. Garnish with fresh green coriander leaves and lemon slices.

Serves 8-10

DESSERTS

DATE PASTE (RAW)

This is a basic sweetener that can be used in many desserts. It can be prepared in advance and stored in the fridge for 7 – 10 days.

Ingredients

- 1 cup dates, pitted
- 1 cup warm water

Method

Soak dates in just enough water for few hours – until they get plump and have absorbed some of the liquid. Along with the water process the dates in a food processor until smooth. Store in the refrigerator.

In case your dates are soft and juicy, you can make the date paste without any water too.

Makes 1.5 cups

DATE AND WALNUT SWEET

These take seconds to make and satisfy that sweet tooth!

Ingredients

- dark soft dates
- walnuts

Method

Cut open the date, stuff with a whole walnut and serve.

BANANA ICE CREAM

This is an unbelievably creamy ice cream and it is so easy!

Ingredients

- 4 (or more) ripe bananas
- cinnamon
- walnuts

Method

Place peeled halved bananas in a box in the freezer. After 2 days or more, take them out and put in the blender or food processor and blend till you get a smooth creamy ice cream.

Add some cinnamon and walnuts for an extra punch. Serve immediately.

Variations

Garnish with berries, raisins or chopped fruit of your choice. Add the zest of ¼ orange and 1 tbsp grated ginger for extra flavor. Add cocoa powder for chocolate ice cream. Add any frozen fruit to create different flavored ice creams.

Serves 4

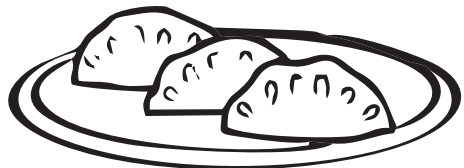
COCONUT MILK AND FIG ICE CREAM

Ingredients

- 400 ml coconut milk
- 100 gm dried figs

Method

Soak the dried figs in the coconut cream for about one hour or a bit more (in warm climates it is better to put the



mixture in the fridge during this time). The figs will swell and become softer. Put the mixture in the blender and blend. Freeze. Once it is almost frozen it's ready to serve.

Variation

Use fresh lychees with lime and a dash of rosewater instead of the figs. It is a lovely delicate flavor that is refreshing in the summertime. Another variation is to add banana with the figs.

Serves 4

TROPICAL FRUIT CRUMBLE

Ingredients

- 1 small pineapple (around 8 – 9 thin slices) cut into small pieces
- 2 medium mangoes chopped into cubes
- 2 bananas, cubed
- ¼ cup raisins (optional)
- lime juice to taste
- ¼ tsp cinnamon powder

For the Crust

- 6 tbsp ground almonds
- 8 tbsp dry dates powder
- 5 tbsp grated dry coconut
- ½ tsp cinnamon powder

Method

Preheat the oven to 160 degrees for 20 minutes. Mix all the fruits together with ¼ tsp cinnamon powder and lemon juice to taste. Mix the rest of the dry ingredients thoroughly. Put the fruits in a flat glass tray. Put the dry mixture over

it to completely cover it. Bake in the oven at 200 degrees for 40 minutes until the fruit starts bubbling.

Variation

It can be served without cooking as a raw dessert

Serves 6–8

RAW CARROT HALWA

Ingredients

- ½ cup finely grated unpeeled carrot
- ½ cup fresh grated coconut
- ¼ cup deseeded black dates – squished by hand
- ¼ tsp cardamom powder
- 8 – 10 almonds slivered

Method

Mix all ingredients very well by hand and decorate with slivered almonds and serve.

Serves 2

BEETROOT HALWA

Ingredients

- ½ cup finely grated unpeeled beetroot
- 2 inch piece of coconut or 10 cashews or walnuts soaked for 8 hours
- ½ cup deseeded black dates – squished by hand or ground into paste
- ¼ tsp cardamom powder

Method

Steam the grated beetroot with cardamom powder. Just 5 minutes of steaming is sufficient. If using cashews or walnuts, blend with 2 tsp water to make a thick cream. If using coconut, grind it into a paste with 2 tsp water. Mix all ingredients very well and chill before serving.

Serves 2

RAW CHOCOLATE BROWNIES

Ingredients

- 2 cups walnuts
- 1 cup cocoa powder
- a pinch of salt
- 1 ½ cup dates

Method

Blend the walnuts in a food processor until coarse and sticky. Add to this mixture the cocoa powder and salt. Next add the dates, a little at a time, and keep blending until it becomes a consistency like cake crumbs. Keep adding dates until the mixture sticks together.

Transfer to a plate and set to desired shape. Freeze for an hour.

Serves 3

CHOCOLATE MOUSSE

Ingredients

- 2 ripe avocados
- ½ cup cocoa
- ¾ cup date paste.

Method

Blend all the ingredients in a food processor or blender. The mixture should be smooth and homogenous. Pour into small serving dishes and refrigerate for 2 hours.

Variation

If you cannot get any avocados try using 200 gm of soaked cashews. Tofu or tender coconut (malai) can be used instead of avocado.

Serves 8-10

BESAN LADDOO

Ingredients

- ½ cup bengal gram dal
- ½ cup grated coconut
- ¼ cup pitted soft dark dates or date paste
- ¼ cup dry dates powder
- ¼ tsp cardamom powder
- 10 – 12 almonds

Method

Roast the bengal gram dal to lovely golden color. Cool it and grind it coarsely. Add cardamom powder, grated coconut and dry dates powder. In a food processor, mix this dry flour, dates and almonds. Adjust the sweetness by adding more dates or date paste if required and roll into laddoos (balls).

Yields 12 - 15

DUTCH OAT COOKIES

Ingredients

- 1 cup raw cashews
- ½ cup date paste or pitted dates
- ½ cup rolled oats
- ¼ tsp dried ginger
- pinch of salt
- pinch of freshly ground nutmeg
- ¼ tsp vanilla extract
- 1 tsp cinnamon
- 2 tbsp raisins

Method

In a food processor, grind the cashews into a fine flour. Add the other ingredients except the raisins and pulse to combine. Once the mixture begins to clump together, mix in the raisins. Roll into 1 inch balls and press flat into cookies. Make a design with a fork. Serve immediately or store in the freezer or refrigerator.

Makes about 20 cookies

MARZIPAN

Ingredients

- 1 cup almonds
- 1 cup dates
- few drops of beetroot juice
- 2 tbsp cocoa powder (optional)

Method

Soak almonds in glass jar and store in fridge for 8 hours. Wash very well. Boil water in a vessel and drop the almonds into it. Switch off the gas. After 10

minutes remove from hot water and drop them in chilled water. This helps to remove the skin easily. Remove skin of all the almonds. Blend in grinder without water into a coarse paste. Add few drops of beetroot juice to 1 /2 the almond paste.

Squish the dates with hand to make a thick paste.

Press down evenly the other ½ white almond paste in a flat square dish. Now add the cocoa by sprinkling it or mixing it with the dates. Press down the dates on the almond layer. Finish it by making a layer of the pink almond paste. Keep in the fridge for 30 minutes. Cut into squares. You can decorate them with almond halves.

Serves 8-10

Timeless Recipes For Healthy Living

This book is very helpful with simple recipes that give you all the easy alternatives of dairy and oil-free cooking. It is a must have for all vegans. It really has Timeless Recipes for every day as well as gourmet cooking. I love it! - **Surekha Sadana, Dubai**

I have hugely benefitted by using the recipes from this book. I have lost oodles of weight, feel lighter and more energetic. I highly recommend the SHARAN recipe book, as the recipes are easy to follow and full of dairy free, oil free and sugar alternative options.

- **Jayshree M, Canada**

SHARAN and it's Timeless Recipe book has opened up a whole new world for us. It is the bible of cookery books and should be in every kitchen. The recipes are as simple as lemon squeeze! - **Yogesh Shah, UK**

I have fallen in love with cooking all over again! The possibilities, the alternate cooking methods, not compromising on taste makes it a 'must have' for every kitchen. I am losing weight, gaining health while eating sumptuously! Thanks SHARAN!

- **Shashikala Ravi, Bangalore**

Super and highly recommended recipe booklet. I had issues with my diet being a diabetic but learning the SHARAN way of cooking has improved my health a lot and is also helping me enjoy my food better. - **Bina Popat, UK**

The SHARAN recipe book is essential for every kitchen! It has helped turn my life around in every way possible - weight loss, control of my diet, clearer mind and yes, finally control over my blood pressure! I never knew that there are so many quick and easy delicious alternatives to all the foods that I used to eat, that made me sick in the first place! - **Parita Haria, UK**



SHARAN

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