

# Nature's Kitchen

Correct answers:



Foods from Nature's Kitchen are those which have the power to generate more life when planted in the soil. These foods are lovingly prepared by Mother Nature herself. The sun gently adds heat and energy, while the soil nourishes the foods by adding minerals and vitamins. The wind blows past, caressing it with its loving touch and the rain falls as a blessing straight from the heavens.

These foods are water-rich, wholesome and naturally tasteful. Such foods are Satvic in nature. When we eat such food in its natural state, without much interference, it fill us with energy.

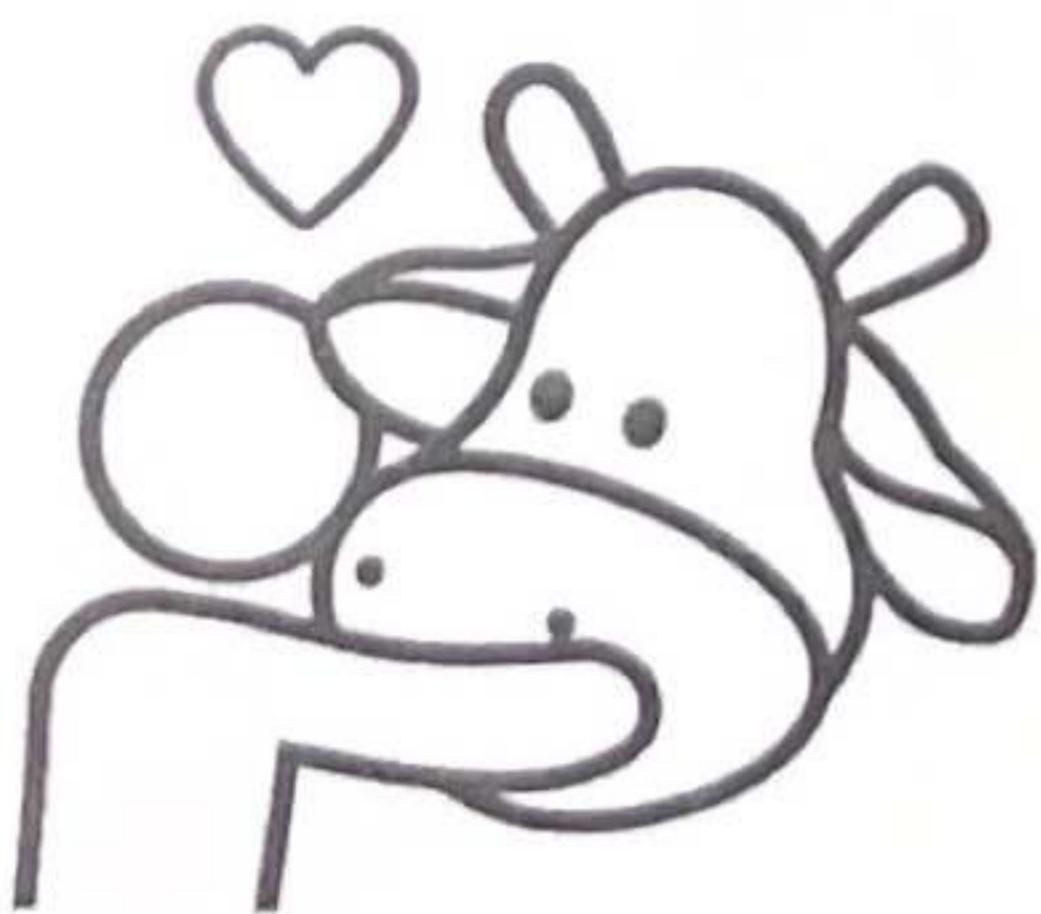
## 6 Principles for Identifying Satvic Food

### 1. Full of Juice

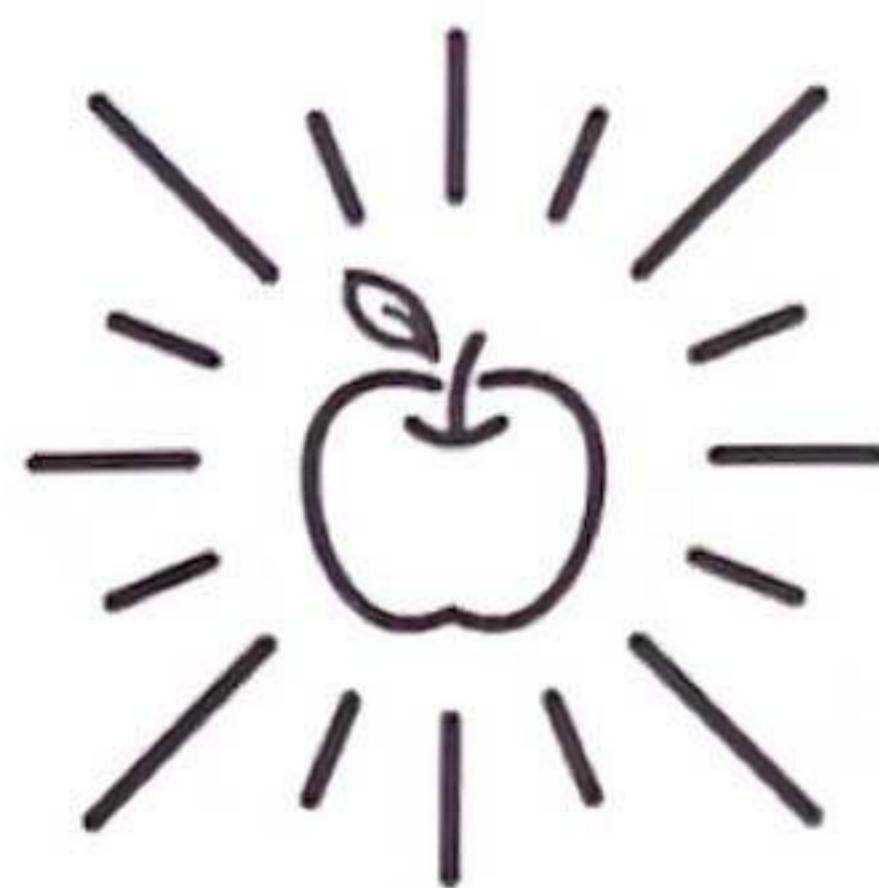


To identify whether a food is juicy or not, simply put it in a juicer and see how much juice comes out. Fruits and vegetables, such as watermelons, cucumbers, apples, leafy greens, oranges and tomatoes will generate lots of juice. On the other hand, water-poor foods, such as chapatis, rice, lentils and nuts will not produce juice. Try to maintain a 70:30 ratio in your diet; 70% water-rich to 30% water-poor foods.

### 2. Cruelty-Free



Satvic foods do not hurt other beings to reach our plate. Foods that are derived from animal sources, such as meat, fish, eggs, milk and milk products, cause pain and suffering to animals. Milk and milk products are Satvic in their true, original form. However, in today's world, cows are abused to produce milk, so we recommend switching to a completely plant-based diet.



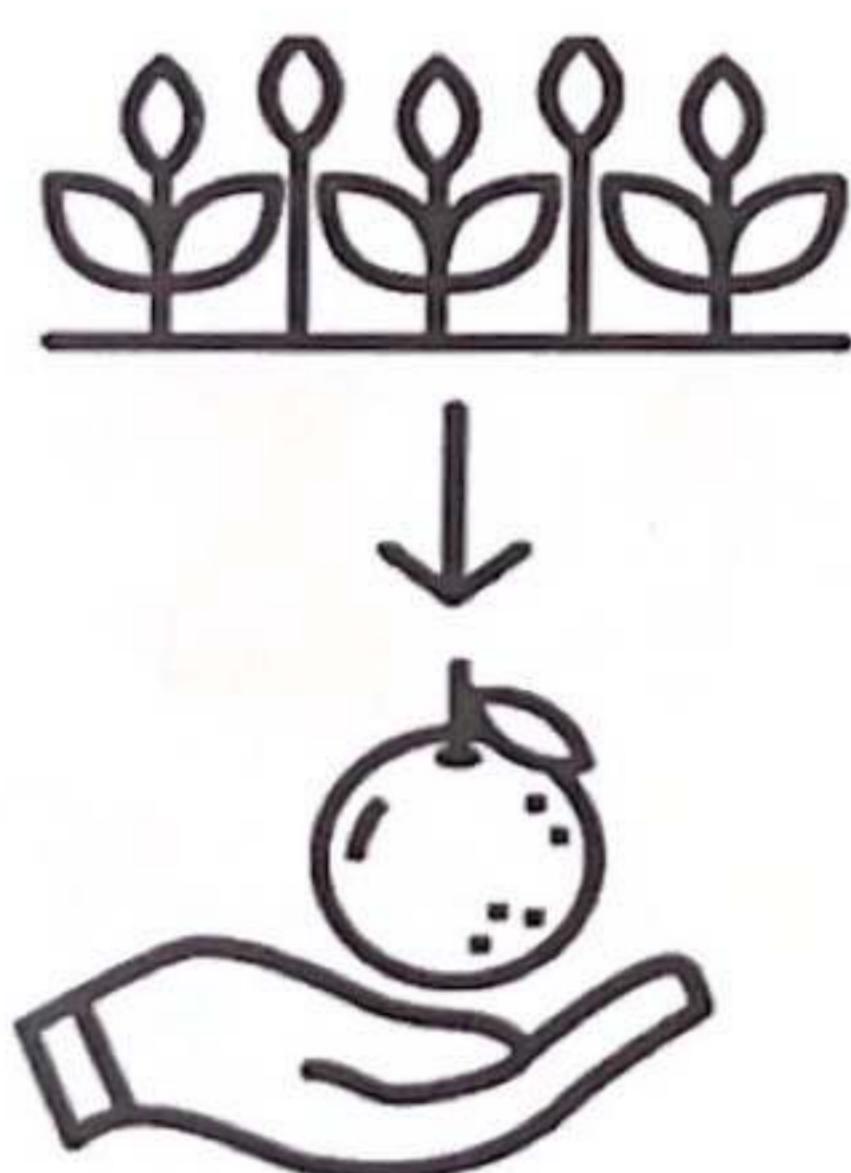
### 3. Full of Life Giving Energy

Only something that has life can generate more life. When we plant a seed in the soil, what happens? We get another plant, because it is a living food. Similarly, all fruits, vegetables, grains and nuts are living foods. On the other hand, factory-made, packaged, processed or tinned foods will not create more life, because they are dead.



### 4. Short Shelf Life

If it doesn't eventually rot, don't eat it. Food from Nature's Kitchen is fresh when harvested and starts to spoil over time, because it has life-force in it. On the other hand, a store-bought packet of chips can be kept on the counter for weeks, and it will not rot at all. Why? Because many preservatives and chemicals have been added to it to make it appear fresh. These preservatives decrease the life of our own bodies.



### 5. Straight From the Farm

If it's coming straight from the farm to your kitchen, you know it is Satvic in nature. But if it goes to a factory in between, where it is altered and heavily processed, it changes from a food to a product. For example, if you eat fresh corn, it is Satvic in nature; but if that same corn is processed into corn syrup or packaged corn chips, it becomes Tamasik.

### 6. No TV Commercials or Labels



Have you ever seen a commercial for a mango or a cucumber? Why not? Mother Nature never uses marketing tactics to entice us. A simple key to eating healthy is to avoid foods that have TV commercials. Another question for you — what do you think is the most important thing to remember about nutrition labels? Proteins? Fats? Calories? No. The most important thing to remember is to avoid foods that have nutrition labels.

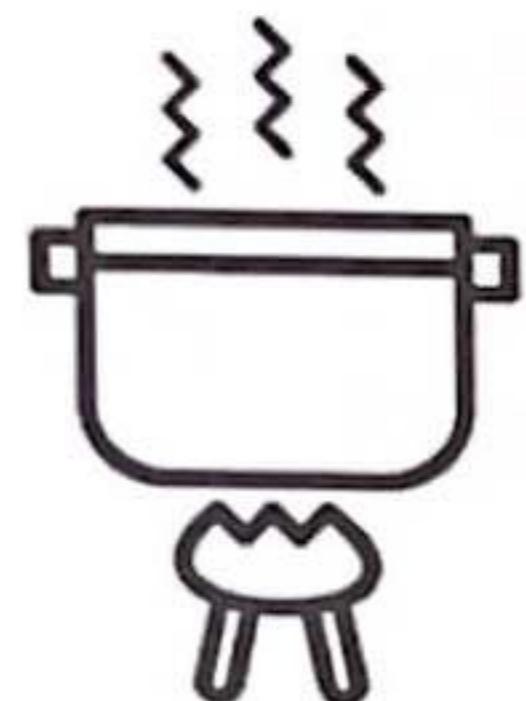
# Man's Kitchen

Correct answers:



Foods that overstimulate the senses are from Man's Kitchen and are Rajasik in nature. These foods are dry, heavy and should not be eaten in excess. They create disturbances in the body and mind.

## 4 Principles for Identifying Rajasik Food



### 1. Cooked to Death

Anything cooked on the stove for many hours, or at very high temperatures, is toxic to the body, as all its nutrition, minerals, enzymes and life force have been leached out. Food should either be eaten raw or lightly cooked.



### 2. Heavily-Spiced or Pungent

Adding too much spice, garam masala, tadka, pungent spices, onion or garlic, makes our food Rajasik. Such foods make us restless, anxious, impatient and aggressive. They also give rise to feelings such as anger.



### 3. Extremely Drying

Dry foods are those that dehydrate our bodies from within. These include fried and extremely salty foods. If you feel thirsty after a meal, chances are that it was too dehydrating for your body.



### 4. Extremely Bitter

Things like tea leaves and coffee beans are naturally bitter in nature, and thus fall into this category. They are stimulants. They make us feel energetic in the short run, but severely weaken our nervous systems in the long run.

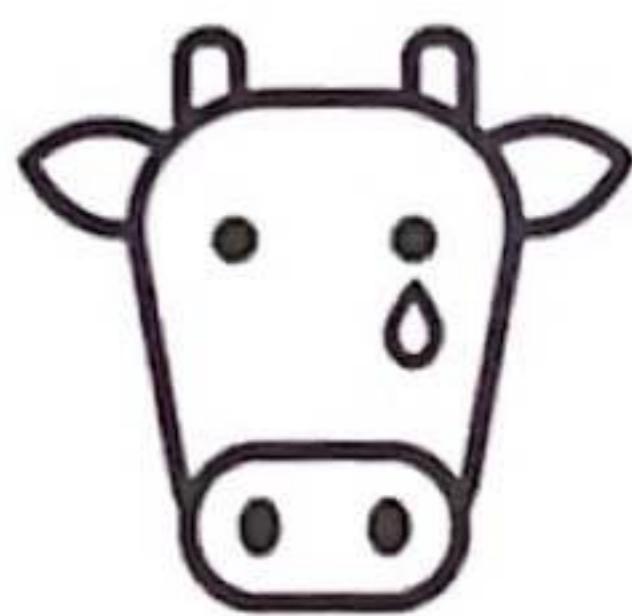
# Devil's Kitchen

Correct answers:



Items from the Devil's Kitchen include those coming from factories after being completely denatured, and those that cause suffering to other beings. These bring us ill health, lethargy and depression.

## 4 Principles for Identifying Tamasik Food



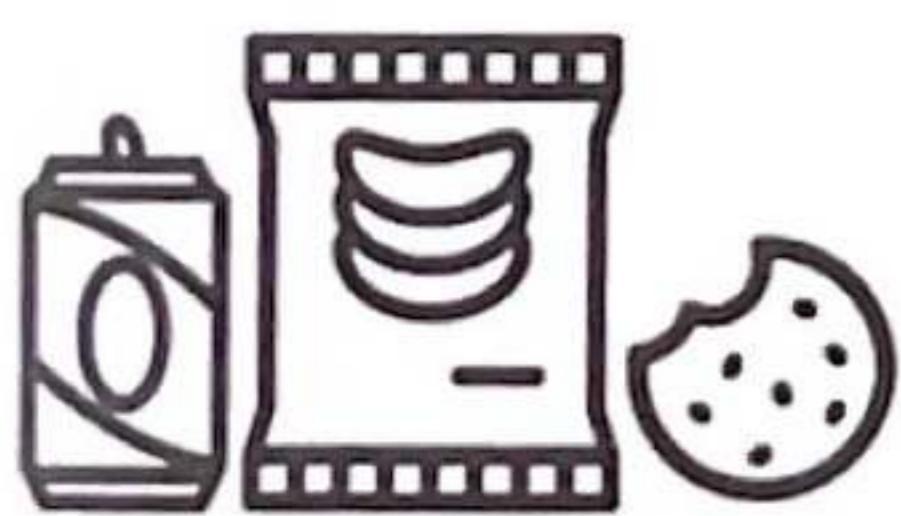
### 1. Foods that Cause Pain to Others

Meat, fish and eggs fall into this category, as a life is taken away to fulfil our desires. Even modern-day dairy falls here, as cows are treated brutally to produce milk in majority of the dairy farms nowadays.



### 2. Cooked More Than 3 Hours Before Being Eaten

This includes the dishes that we cook, store in the fridge and keep eating for many days thereafter. Such foods are toxic and a leading cause of cancer. Try to eat foods within 3 hours of cooking. Maximum 5 hours.



### 3. Made in a Factory

All pre-packaged, tinned, bottled and canned foods belong in this category. These are actually products and not food. They are chock-full of preservatives, which damage our internal systems.



### 4. Alcohol, Wine and Beer

These are highly acidic, intoxicating drinks, which make us dull, slow and lethargic. They cause immense stress to our organs, and also reduce our ability to think.

# 9 Satvic Food Laws

Here are the nine Satvic food laws for maximum health. All the recipes in this book have been carefully created to adhere to these laws. Knowing these nine laws will also empower you to create your own recipes.

1

## EAT PLANT-BASED

Eat nothing that comes from an animal, such as meat, fish, eggs or dairy.

2

## EAT LIVING FOOD

Eat nothing that is highly processed, coming from a packet, bottle, tin or can.

3

## EAT MORE WATER-RICH FOOD

Supplement your grains with 3 times more vegetables. Have at least 1 fruit meal a day.

4

## EAT WHOLESOME

Eat nothing that is refined or fragmented, such as white sugar, white flour, white rice or refined oil.



5

## EAT RAW OR LIGHTLY COOKED

Nothing that is cooked to death or cooked at a very high temperature for a long time.

6

## NO STIMULANTS

Such as tea, coffee, onion, garlic and excessively pungent spices.

7

## ALWAYS SOAK NUTS

Soak all nuts for at least 6 hours before using. This includes almonds, cashews, walnuts and all other nuts.

8

## EAT SEASONAL AND REGIONAL

Avoid fruits or vegetables imported from other countries.

9

## ALWAYS ADD THESE LAST

Coconut, coconut milk, tomato, salt and lemon should be added after switching off the flame.

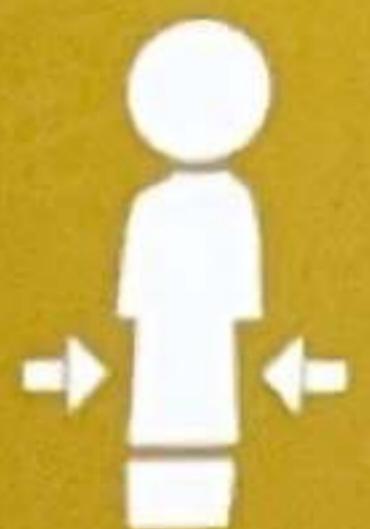
# Healing Plan

Recommended for :



Those who want to reverse a chronic disease.  
Follow for 3-6 months and then switch to the lifestyle plan.

or



Those wanting to lose weight.  
Follow for 3-6 months and then switch to the lifestyle or active plan.

**Pre-Breakfast**  
**8:00 AM**



or



Coconut Water



Green Juice

**Breakfast**  
**10:00 AM**



Mono Fruit  
any one seasonal fruit

**Lunch**  
**1:00 PM**



Grain Meal  
satvic roti sabzi or rice sabzi  
or any one grain with lots of  
vegetables

**Dinner**  
**6:00 PM**



or



Satvic Soup

# Lifestyle Plan

Recommended for :



Those who have no health problems, wanting to maintain their health and their weight.

or



Those who have followed the healing plan for 3-6 months and have reversed their disease.

Pre-Breakfast  
8:00 AM



or



Coconut Water



Green Juice

Breakfast  
10:00 AM



or



or



+



Add a fistful of soaked nuts

Lunch  
1:00 PM



Grain Meal  
satvic roti sabzi  
or rice sabzi or  
millet sabzi

or



Pulse Meal  
any one pulse (e.g.  
chickpeas, lentils,  
kidney beans) cooked  
with lots of veggies

Dinner  
6:00 PM



Satvic Salad  
with nut / seed  
dressing

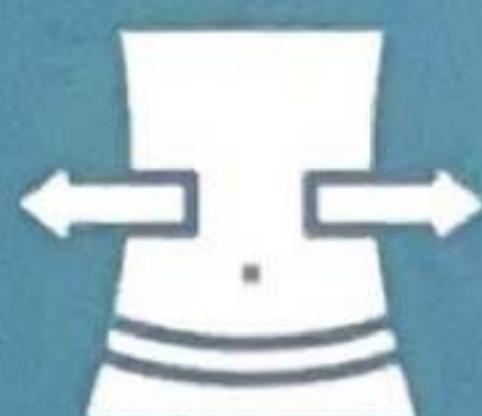
or



Satvic Soup  
with steamed  
vegetables

# Active Plan

Recommended for :



Those who have a tendency to lose weight  
(and have no health problems).

or



Those who live a very active lifestyle  
(do intense, or long hours of exercise everyday).

## Pre-Breakfast

7:00 AM



Nourishing Juice  
ABC juice or any fresh seasonal juice  
(for example watermelon, orange, pomegranate, sugarcane or carrot juice)

## Breakfast

8:00 AM



smoothie

or



smoothie bowl

+



add a fistful of  
soaked nuts

## Lunch

1:00 PM



### Pulse Meal

any one pulse (e.g. chickpeas, lentils, kidney beans) cooked with lots of veggies



Grain Meal  
satvic roti sabzi  
or rice sabzi or  
millet sabzi

## Dinner

6:00 PM



### Grain Meal

satvic roti sabzi or rice sabzi  
or any one grain with lots of vegetables

# **BASICS**

Learn how to make the essentials, such as nut milks, plant-based curds and nut butters, which are used in many recipes in this book. Now you can make your favourite dairy substitutes without compromising on health, taste or ethics!

## **Milk**

Coconut Milk 22

## **Curds**

Peanut Curd 24

Coconut Yogurt 26

## **Butters**

Peanut Butter 27

Coconut Butter 28

Almond Butter 28

# COCONUT MILK



MAKES : 3 cups



TIME : 20 mins



1. Measure 1 cup of fresh coconut slices (*nariyal giri*) and 2 cups of drinking water.

2. Place the coconut and water to a blender. You can use any good quality blender.

3. Blend until smooth. This process can take up to 1 minute.



4. Pour the mixture into a bowl covered with a nut milk bag or muslin cloth.

5. Squeeze the milk out with your hands until the pulp inside becomes fully dry.

6. Coconut milk can be used right away or stored in the fridge for 1-2 days.

**To make almond milk,** simply use a ratio of  $\frac{1}{2}$  cup of almonds (soaked in water for at least 6 hours or overnight) to 2 cups of water.

BASICS

# PEANUT CURD



SERVES 3



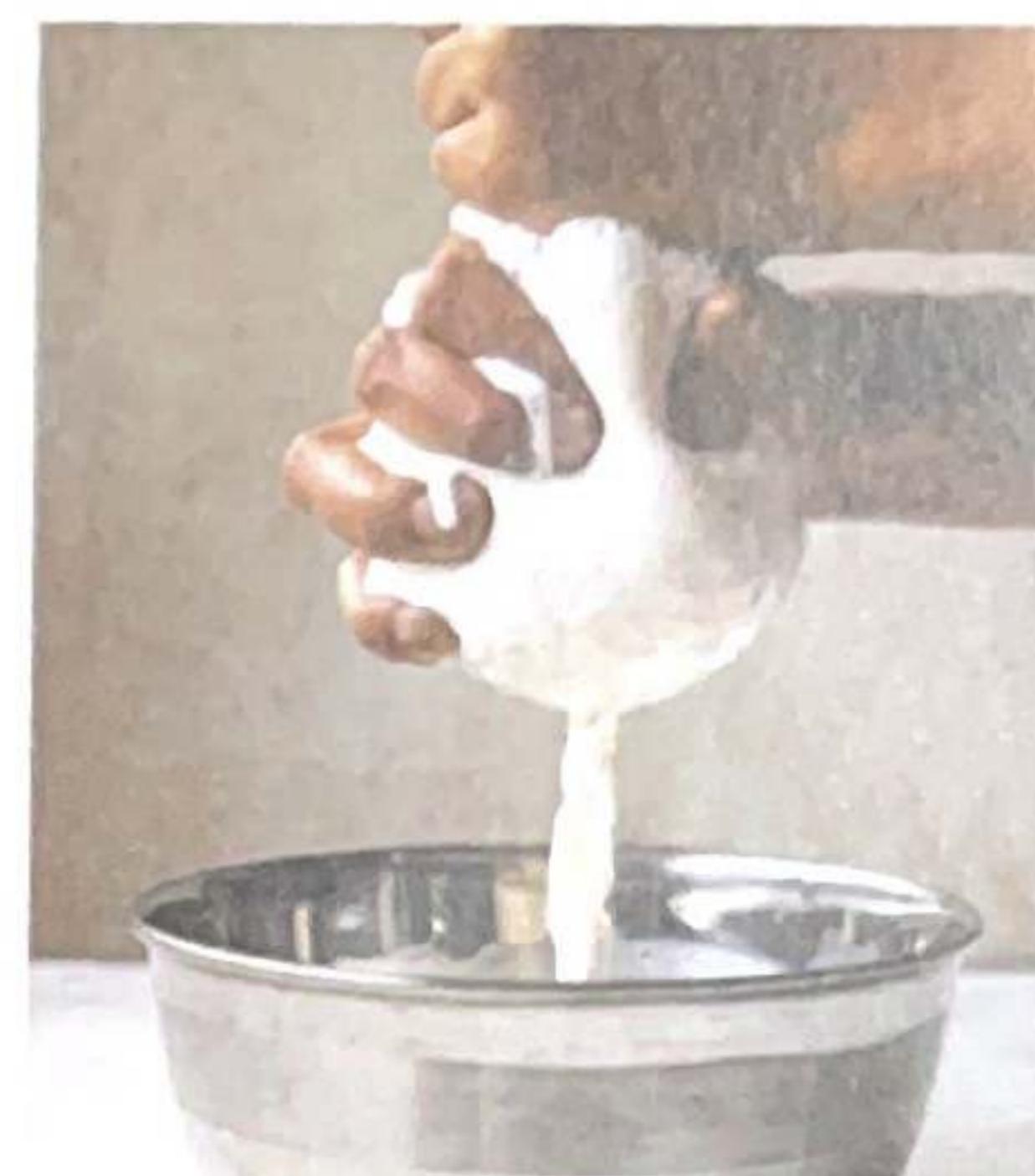
TIME : 40 mins



1. Soak 1 cup of peanuts in water for 4 hours. Use peanuts that are light brown in colour.



2. Place the soaked peanuts and 2 cups water into a blender and blend. Then add 1 more cup of water and blend again.



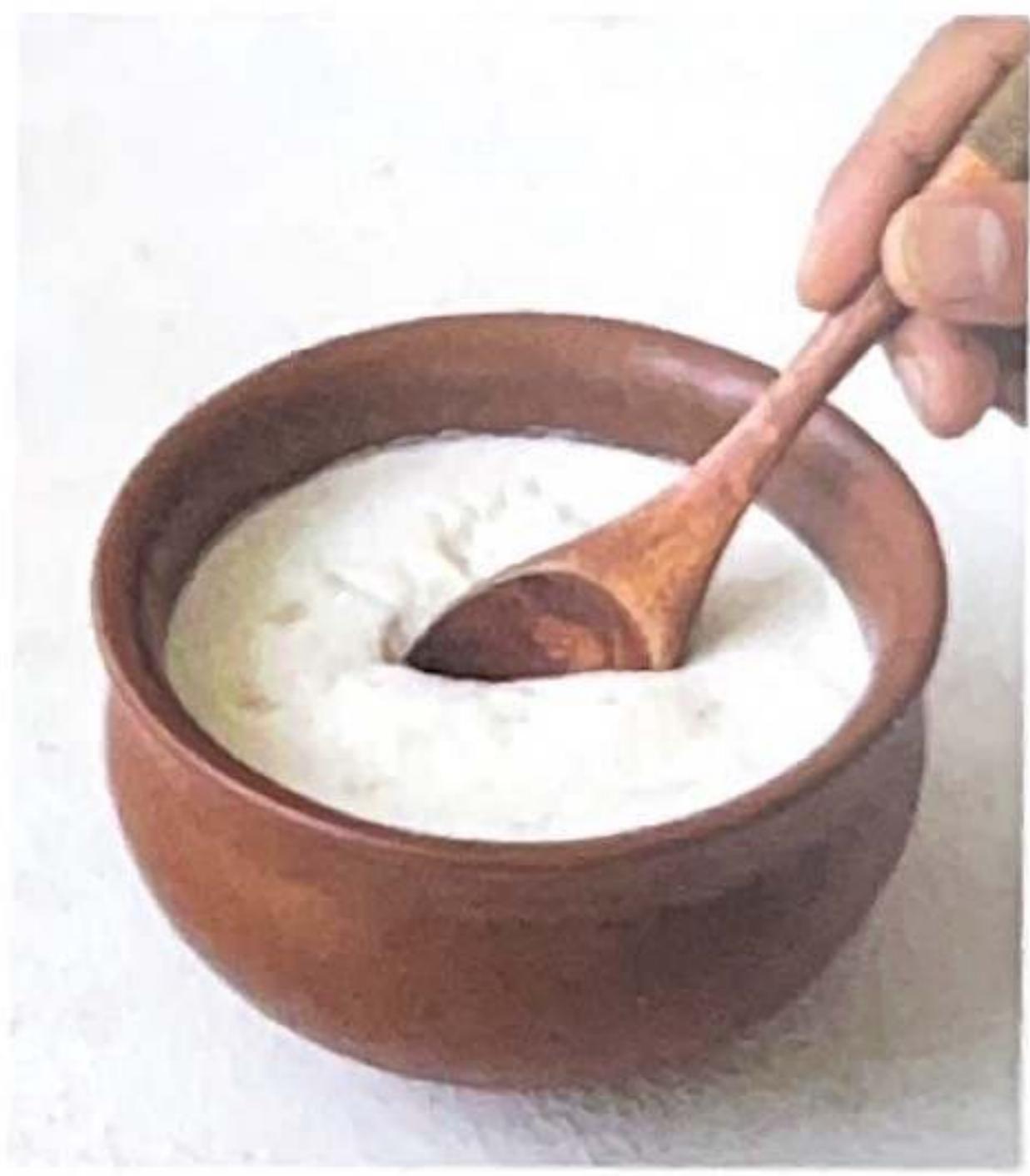
3. Sieve the mixture into a bowl through a muslin cloth or nut milk bag. Then put the peanut milk on the stove.



4. Heat the milk on medium flame for 3-4 minutes. As soon as it starts boiling, remove it from the gas. Once the peanut milk is lukewarm, transfer it to a clay pot or glass bowl.



5. Place 8 chili tops on top and cover with a plate. Keep the bowl in a mildly warm place, such as a balcony or an empty oven.



6. Allow the curd to ferment for 8-9 hours and your peanut curd will be ready! While the curd is setting, ensure the bowl is not disturbed.

BASICS

**Note :** Next time you want to prepare peanut curd, add 5 spoons of curd as a fermenter from your previous batch. Also, always make sure to maintain a ratio of 1 cup peanuts to 3 cups water.

# COCONUT YOGHURT



SERVES 3



TIME : 40 mins



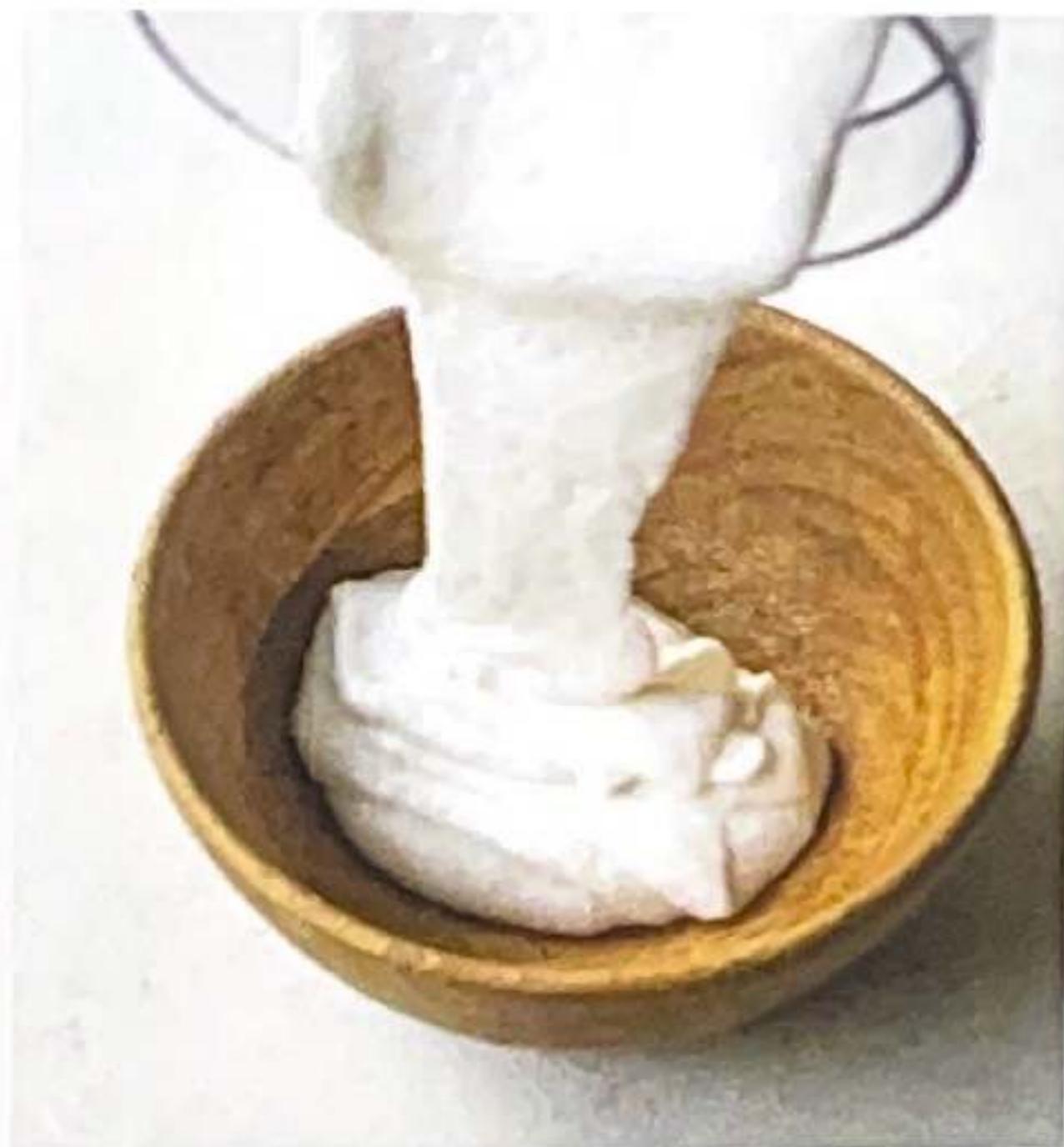
1. Scoop out the *malai* from tender coconuts.



2. Measure 3 cups of fresh coconut *malai* and 1 cup of drinking water.



3. Place the coconut *malai* and water into a blender and blend until smooth.



4. Pour the mixture into a clean bowl. You can use a glass, wooden or steel bowl.



5. Place 8 chili tops on top of the mixture and cover with a plate. Keep the bowl in a mildly warm place, such as a balcony or an empty oven.



6. Allow it to ferment for 8 hours and your coconut yoghurt will be ready! While it is setting, ensure the bowl is not disturbed.

## Important Notes

- This coconut yoghurt is not meant to be eaten on its own. Use it to make fruit coyo on pg 42.
- Fermentation time will vary, depending on the weather. In the summer it will ferment faster (within 6-8 hours), whereas in the winter, it will ferment slower (within 8-10 hours).

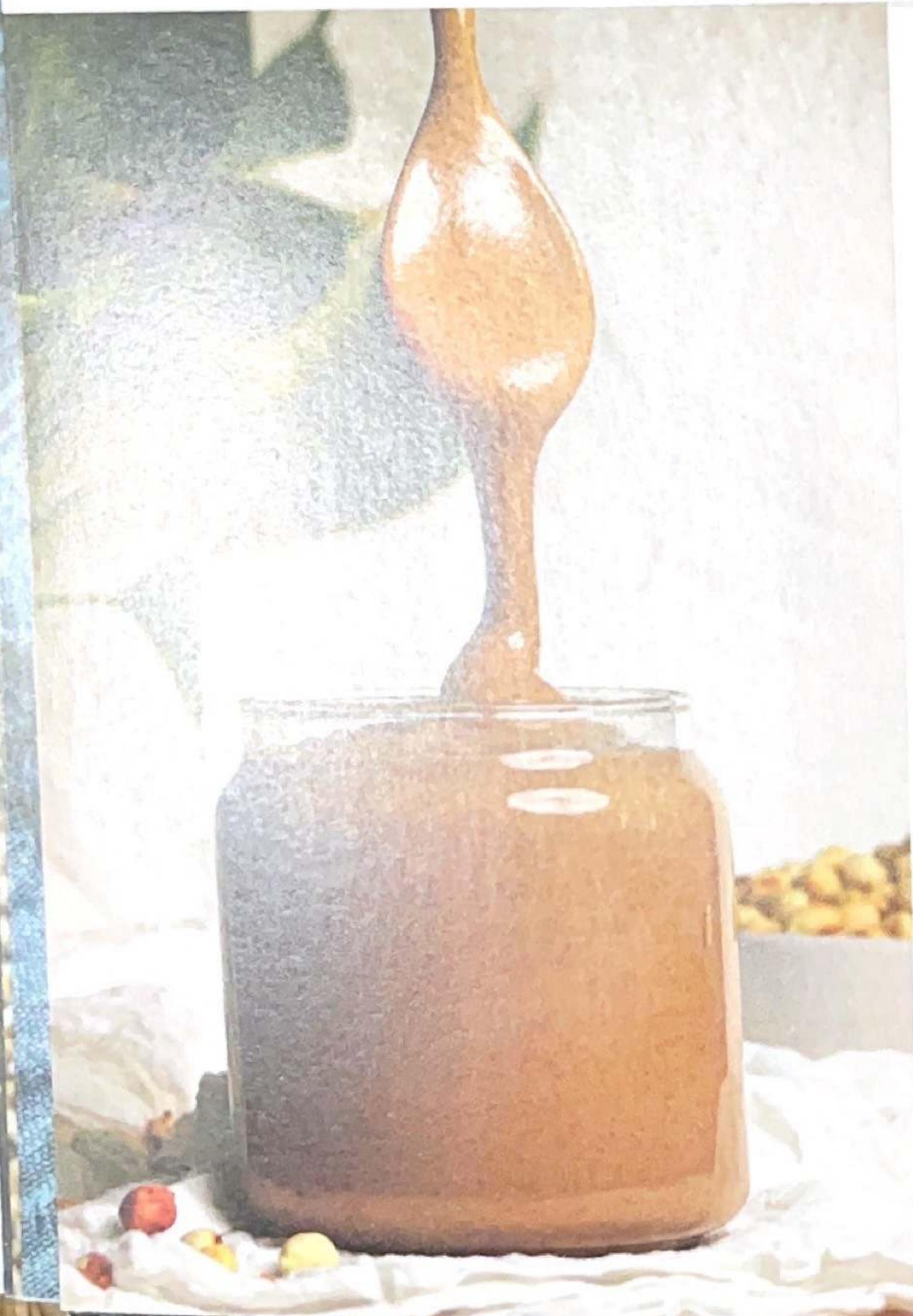
# BUTTERS

Here are three delicious nut butters to add some excitement to your dishes!

- Peanut Butter - Add it to your smoothies as a topping or include it in the base. This butter goes well with chocolate and strawberries.
- Almond Butter - Add it to desserts to replace oils/milk-based butter or simply stuff it in a date and enjoy.
- Coconut Butter - Perfect to apply on chapatis and paranthas. It has a very similar texture to ghee.



watch video



## PEANUT BUTTER

### INGREDIENT

- 1 cup raw peanuts (100 grams)

### METHOD

1. Place the peanuts in a pan and roast on a low flame for 4-5 minutes. Then allow them to cool.
2. Transfer peanuts to a blender and blend for 5-7 minutes. Ensure that you only blend for 15-20 seconds at a time or your blender will overheat.
3. First, your peanuts will convert into a powder. You may feel like they will never turn into butter, but soon the powder will turn into a buttery substance.
4. Transfer butter into a jar. Can store for 5-7 days.

**Tip** If the butter sticks to the side of the blender, scrape it down and blend again.

# COCONUT BUTTER

## INGREDIENT

- 1 dry coconut (*gola*)

## METHOD

1. Scrape off the external brown layer of the dry coconut and cut into small pieces.
2. Transfer the pieces into a blender and blend for 5-7 minutes. Ensure that you only blend for 15-20 seconds at a time, or your blender will overheat.
3. First, your coconut will convert into a powder. You may feel like it will never turn into butter, but soon the powder will turn into a buttery substance.
4. Transfer butter into a jar. Can store for 5-7 days.

**Tip** If the butter sticks to the side of the blender, scrape it down and blend again.

# ALMOND BUTTER

## INGREDIENT

- 1 cup raw almonds (100 grams)

## METHOD

1. Place the almonds in a pan and roast on a low flame for 4-5 minutes. Then allow them to cool.
2. Transfer almonds to a blender and blend for 5-7 minutes. Ensure that you only blend for 15-20 seconds at a time or your blender will overheat.
3. First, your almonds will convert into a powder. You may feel like they will never turn into butter, but soon the powder will turn into a buttery substance.
4. Transfer butter into a jar. Can store for 5-7 days.

**Tip** If the butter sticks to the side of the blender, scrape it down and blend again.

# JUICES

There is no better way to start your day than with a glass of fresh juice. Try different combinations of vegetables and fruits to create delicious and refreshing juices.

For maximum nutrition, use a slow-press juicer.

Remember that ash gourd juice, which we recommended in Satvic Food Book 1, still remains the ultimate detox juice.

Carrot Swings Juice	31
Hydration Elation Juice	31
Emerald Juice	32
Bael Juice	32



## CARROT SWINGS JUICE

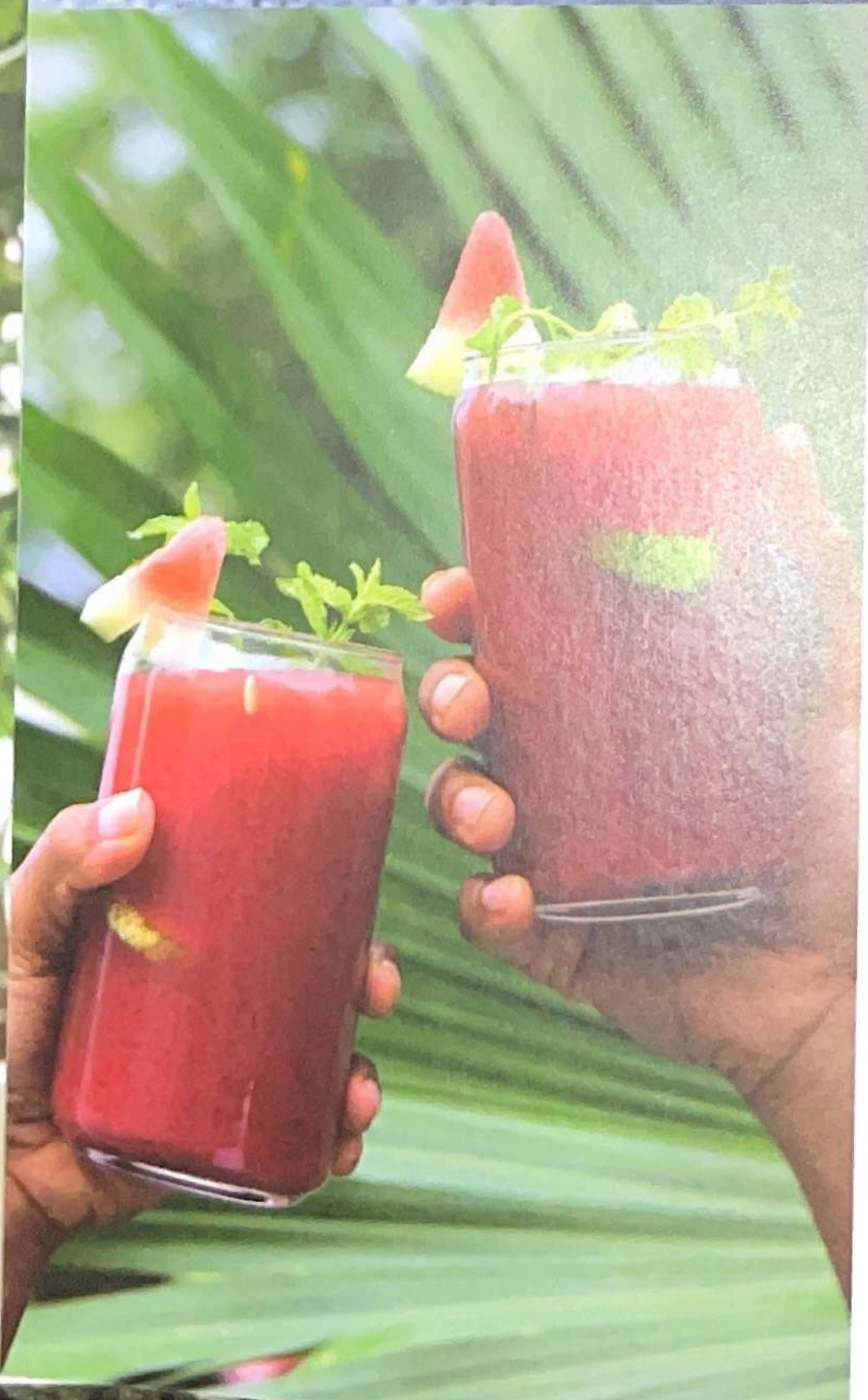
SERVES 1, 250 ML

### INGREDIENTS

- 5 medium carrots, roughly chopped
- 1 apple, roughly chopped
- ½ inch ginger
- 1 teaspoon lemon juice
- ¼ teaspoon cinnamon powder

### METHOD

1. Simply juice the carrots, apple and ginger together.
2. Add the lemon juice and cinnamon powder on top. Mix well and serve.



## HYDRATION ELATION

SERVES 1, 250 ML

### INGREDIENTS

- 1½ cups roughly chopped watermelon
- ½ cucumber, roughly chopped
- 2 tablespoons mint leaves, chopped
- 2 teaspoons lemon juice

### METHOD

1. Simply juice the watermelon, cucumber and mint leaves together.
2. Add lemon juice on top. Mix well and serve.



## EMERALD JUICE

SERVES 1, 250 ML

### INGREDIENTS

- 2 cups spinach, roughly chopped
- 2 cups pineapple chunks
- 1 cucumber, roughly chopped
- 1 inch ginger

### METHOD

1. Simply juice all the ingredients together and serve.

**Tip** When juicing leafy greens like spinach, alternate them with watery ingredients, such as cucumber. This helps your juicer to keep things moving.



## BAEL JUICE

SERVES 2-3, MAKES 1 LITRE

JUICES

### INGREDIENTS

- 1 medium ripe bael (or approx. 1 cup bael pulp)
- 4 cups cold water
- 2 tablespoon finely chopped mint leaves

### PREPARATION

1. Take the bael fruit and crack it using a rolling pin. Scoop out all the pulp using a spoon.
2. Add 2 cups cold water to the pulp, stir well and let it soak for 2 hours.

### METHOD

1. Mash the soaked pulp thoroughly using your hands.
2. Strain it into a bowl through a sieve.
3. Slowly add 2 cups of water through the sieve, while stirring the pulp. Discard all the seeds and fibre.
4. Add mint leaves to the bowl. Mix well and serve.

# BREAKFASTS

The recipes in this section use fruits and nuts in unique ways, to create filling, satisfying and colourful breakfasts for you!

Fruit Custard	36
No-Blend Smoothie Bowl	38
Watermelon Pizza	40
Fruit Coyo	42
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## Smoothie Bowls

Kesar Pista Smoothie Bowl	46
Mango Smoothie Bowl	48
Jaamun Smoothie Bowl	50
Caramel Smoothie Bowl	52

# FRUIT CUSTARD

## BEST FOR

- ✓ Breakfast
- ✓ Dessert



SERVES 3



TIME : 20 mins



*"Developed by accident at home, this recipe was originally made on a Sunday evening when Subah wanted something sweet to eat. I chopped together whatever fruits we had at home and simply added some coconut milk, along with some jaggery. It was so tasty that we just had to include it in this book."*

~ Harshvardhan Saraf

## INGREDIENTS

- 1½ cups coconut milk
- 4 tablespoons jaggery
- ½ teaspoon rock salt
- 1 cup small-chopped mango
- ½ cup small-chopped chikoo
- ¼ cup small-chopped grapes
- ¼ cup small-chopped apples

### Topping

- 10 chopped pistachios
- ¼ cup chopped raisins
- handful pomegranate

## PREPARATION

Prepare 1½ cups coconut milk.

## METHOD

1. Place the coconut milk, jaggery and rock salt into a blender and blend until smooth. Pour the mixture into a bowl.
2. Add the chopped fruits to the bowl and mix.
3. Place the bowl in the fridge for 30 minutes to enhance the flavours of the fruits.
4. Top it with pistachios, raisins and pomegranate before serving.

**Tip 1** You can use any seasonal fruits available. Just make sure to use a mix of sweet, mushy and crunchy fruits.

**Tip 2** To avoid wastage, squeeze the mango pulp from the seed and add it to the custard.

# NO-BLEND SMOOTHIE BOWL

## BEST FOR

- ✓ Breakfast
- ✓ Dessert



SERVES 1



TIME : 15 mins



*"Too lazy to use the blender? This bowl takes about 5 minutes to make. I make it on mornings when I have little time, and yet, want to eat something filling."*

~ Subah Saraf

## INGREDIENTS

- 2 medium-sized bananas
- 1 teaspoon cacao powder
- $\frac{1}{2}$  teaspoon cinnamon powder
- 4 dates, de-seeded and chopped
- 1 tablespoon jaggery powder
- 10 soaked almonds
- $\frac{1}{2}$  cup water
- 1 tablespoon peanut butter or any nut butter (optional)

### Topping

- $\frac{1}{2}$  tablespoon dry rose petals (optional)

## PREPARATION

Soak 10 almonds in water for about 6 hours.

## METHOD

1. Peel and slice the bananas, then place them in a bowl.
2. Blend the almonds with  $\frac{1}{4}$  cup water until you get a thick paste. Add the jaggery and the remaining  $\frac{1}{4}$  cup water to it and blend again. Pour this mixture over the bananas.
3. Add the chopped dates to the bowl.
4. Sprinkle cinnamon and cacao powder over the bowl.
5. If you have nut butter available, drizzle it on top.
6. Garnish with dry rose petals and serve.

# WATERMELON PIZZA

## BEST FOR

- Breakfast
- Evening Snack



MAKES : 4 pizzas



TIME : 15 mins



*"This fruit pizza is bound to excite people of all ages. The first time we had this was at one of our favorite health centres, called 'Prakriti Shakti', in Kerala."*

~ Subah and Harshvardhan

## INGREDIENTS

### Sweet Cream Cheese

- 20 soaked cashews
- 1 tablespoon lemon juice
- 2 teaspoons jaggery
- 2 tablespoons water
- ¼ teaspoon rock salt

### Pizza

- 4 circular watermelon slices
- 2 tablespoons small-chopped pineapple
- 2 tablespoons small-chopped mango
- 1 tablespoon chopped grapes
- 1 tablespoon pomegranate
- 6-8 chopped mint leaves

## PREPARATION

Soak 20 cashews in water for about 6 hours.

## METHOD

1. To prepare the sweet cream cheese, place all its ingredients in a blender and blend until smooth.
2. To prepare the pizza, cut the watermelon into thin circular slices. Further, cut each round into 4 quarters.
3. Top the watermelon with pineapple, mango, grapes, pomegranate and mint leaves.
4. Drizzle cashew cheese on top and serve.

# FRUIT COYO

## BEST FOR



Breakfast



SERVES 2



TIME : 10 mins



*“Colourful and beautiful, this is a simple pro-biotic that we love making when we have lots of coconut malai. Our personal favourite is the pineapple coyo.*

~ Subah Saraf

## INGREDIENTS

### Base

- 1 cup coconut yogurt (pg 26)
- 2 cups chopped mango **or** strawberry **or** pineapple
- 1 tablespoon jaggery

### Toppings

- fruits of choice, small chopped
- roasted nuts and seeds of choice

## PREPARATION

Prepare 1 cup coconut yogurt (pg 26).

## METHOD

1. Place all the base ingredients in a blender and blend until smooth.
2. Transfer the coyo to a bowl and keep in the fridge for 1 hour.
3. Top with seasonal fruits, nuts and seeds of your choice, and serve.

**Note** You can use any **one** of the three fruits: mango or strawberry or pineapple. This dish tastes equally delicious with any of them!

# SABJA PUDDING

## BEST FOR

 Breakfast



SERVES 2



TIME : 10 mins



*"Sabja is an extraordinary Indian food. It swells when it comes in contact with water, which makes it an amazing base for puddings."*

~ Mini Gupta, Satvic Recipe Developer

BREAKFAST

## INGREDIENTS

- 1 cup chopped mango
- 1 cup water
- 2 teaspoons jaggery
- 2 tablespoons sabja seeds (also called basil seeds)

### Chopped Fruits

- $\frac{1}{4}$  cup small-chopped mango
- $\frac{1}{4}$  cup pomegranate
- $\frac{1}{4}$  cup chopped grapes
- $\frac{1}{4}$  cup small-chopped apples

## METHOD

1. Place the mango, water and jaggery in a blender and blend until a smooth paste is formed. Pour this mixture into a mixing bowl.
2. Add the sabja seeds and chopped fruits to the bowl and mix well.
3. Keep the mixture in the fridge for 1 hour. This will give time for the sabja seeds to swell up. Serve cold.

# KESAR PISTA SMOOTHIE BOWL

## BEST FOR

 Breakfast



SERVES 1



TIME : 20 mins



*"As a child, I used to love kulfi. 'Why not make a kulfi-flavoured smoothie bowl?' I thought. And, ta-da! Here we have a bowl that'll definitely remind you of kulfi."*

~ Mini Gupta, Satvic Recipe Developer

## INGREDIENTS

### Smoothie

- $\frac{1}{4}$  teaspoon saffron strands, soaked in warm water
- 2 frozen bananas
- 10 pistachios, soaked
- $\frac{1}{3}$  cup coconut milk
- 1 tablespoon jaggery
- 2 dates, de-seeded
- $\frac{1}{2}$  teaspoon cardamom powder
- pinch of rock salt

### Topping

- 1 tablespoon roasted and crushed pistachios
- 1 tablespoon roasted and crushed almonds
- 1 teaspoon rose petals
- few strands of saffron

## PREPARATION

- Soak  $\frac{1}{4}$  teaspoon saffron strands in 1 tablespoon hot water for 15 minutes.
- Take 2 bananas, peel, slice and put in the freezer for about 6 hours.
- Soak 10 pistachios in water for 6 hours.
- Prepare  $\frac{1}{3}$  cup of coconut milk.

## METHOD

1. Place all the smoothie ingredients in a blender and blend until smooth (make sure to also add the water in which the saffron was soaked).
2. Pour into bowls and top with pistachios, almonds, rose petals and saffron.

# MANGO SMOOTHIE BOWL

## BEST FOR

 Breakfast



SERVES 1



TIME : 5 mins



*“My favourite mango variety to use in this recipe is Alphonso. Every time summer arrives, I get so excited to make this smoothie bowl!”*

~ Harshvardhan Saraf

## INGREDIENTS

- 10 soaked almonds
- 1/4 cup water
- 1 large mango *or*  
2 medium-sized mangoes,  
refrigerated for 20 minutes

## Topping

- any fruits, nuts and seeds

## PREPARATION

Soak 10 almonds in water for about 6 hours.

## METHOD

1. Place the almonds and water into a blender and blend until smooth.
2. In the same blender, add the peeled mango and blend until smooth.
3. Pour the smoothie into bowls. Garnish with fruits, nuts and seeds of your choice. Serve with love.

# JAAMUN SMOOTHIE BOWL

## BEST FOR

 Breakfast



SERVES 1



TIME : 40 mins



*"The vibrant purple colour, along with the burst of jaamun makes this bowl a treat for the senses. Top with contrasting coloured fruits and share with your loved ones."*

~ Himadri Pareek, Satvic Team Member

## INGREDIENTS

### Smoothie

- $\frac{1}{2}$  kg whole jaamun **or**  
 $1\frac{1}{2}$  cups de-seeded jaamun
- 2 frozen bananas
- 10 soaked almonds
- 3 dates, de-seeded
- $\frac{1}{2}$  cup water

### Topping

- any fruits, nuts and seeds

## PREPARATION

- Take 2 bananas, peel, slice and put them in the freezer for about 6 hours.
- Soak 10 almonds in water for about 6 hours.

## METHOD

1. Remove the seeds from the jaamun.
2. Place all the smoothie ingredients in a blender and blend until smooth.
3. Pour the smoothie into bowls and top with fruits and nuts of your choice.

# CARAMEL SMOOTHIE BOWL

## BEST FOR

 Breakfast



SERVES 1



TIME : 15 mins

## INGREDIENTS

### Smoothie Base

- 5 soaked cashews
- 5 soaked almonds
- 3 soaked walnuts
- 1 teaspoon jaggery
- 3 dates, de-seeded
- $\frac{1}{2}$  teaspoon cinnamon powder
- $\frac{1}{4}$  teaspoon rock salt
- $\frac{1}{3}$  cup water
- 2 frozen bananas

### Homemade Granola Topping

- 1 teaspoon chia seeds
- 1 teaspoon watermelon seeds
- 1 teaspoon sunflower seeds
- 1 tablespoon raisins

## PREPARATION

- Take 2 bananas, peel, slice and put in the freezer for about 6 hours.
- Soak 5 cashews, 5 almonds and 3 walnuts in water for about 6 hours.

## METHOD

1. Take a medium blender jar and add all the smoothie base ingredients to it (except the frozen bananas). Blend until smooth.
2. Add the frozen bananas and blend again.
3. To make the granola, roast all the granola ingredients in a pan for 2 minutes.
4. Pour the smoothie in a bowl and top it with granola and any fruits of your choice.

# SALADS

Mostly raw, all the salads in this section are easy to make, pleasing to the eye, and full of unique flavours. You need to try each one to know how tasty salads can be!

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# KUNDRU SALAD

## BEST FOR

- Lunch
- Dinner



SERVES 2-3



TIME : 40 mins



*"Do not allow your preconceived notion of kundru to get in the way of this delicious salad. Rated as one of the best salads in the book, this one is a must-try."*

– Mini Gupta, Satvic Recipe Developer

## INGREDIENTS

### Chironji Dressing

- ½ cup *chironji*
- 1 cup chopped red pumpkin
- 6 dates, de-seeded
- 3 tablespoons *kasuri methi* (dried fenugreek)
- 1 tablespoon lemon juice
- 1 small green chili
- 1 teaspoon rock salt
- ¼ cup water

### Salad Base

- 2 cups thinly sliced kundru (circular shape)
- 1 cup small-chopped capsicum
- 1 cup small-chopped tomato
- 1 cup small-chopped cucumber
- 1 cup finely chopped coriander

### Topping

- 1 tablespoon black sesame seeds, roasted
- 1 teaspoon *kasuri methi*

## METHOD

1. For the *chironji* dressing, dry roast the *chironji* in a pan for 5-7 minutes, until the colour becomes slightly dark.
2. Place all the dressing ingredients, along with the roasted *chironji* into a blender and blend until smooth.
3. In a big bowl, combine all the salad base ingredients and mix well.
4. Right before serving, add the dressing into the same bowl and mix once more.
5. Top with roasted black sesame seeds and *kasuri methi* and serve.

# LETTUCE BLOSSOM SALAD

## BEST FOR

- Lunch
- Dinner



SERVES 2



TIME : 30 mins

## INGREDIENTS

### Mayonnaise Dressing

- 20 soaked cashews
- 2 teaspoons lemon juice
- $\frac{1}{2}$  teaspoon rock salt
- $\frac{1}{8}$  teaspoon black mustard seeds
- $\frac{1}{8}$  teaspoon black pepper powder
- 1 tablespoon jaggery powder
- 2 tablespoons water

### Salad Base

- 1 cup chopped lettuce
- $\frac{1}{2}$  cup small-chopped cucumber
- $\frac{1}{2}$  cup sweet corn, steamed
- $\frac{1}{3}$  cup small-chopped yellow bell pepper
- $\frac{1}{3}$  cup small-chopped red bell pepper
- $\frac{1}{4}$  cup small-chopped tomatoes
- $\frac{1}{4}$  cup pomegranate
- 3 tablespoons chopped raisins

### Topping

- $\frac{1}{8}$  teaspoon black sesame seeds
- $\frac{1}{4}$  teaspoon chopped raisins

## PREPARATION

Soak 20 cashews in water for 6 hours.

## METHOD

1. For the mayonnaise dressing, place all the mayonnaise ingredients in a blender and blend until smooth.
2. Chill the mayonnaise in the freezer for 15 minutes.
3. Place all the salad base ingredients in a big bowl and pour the mayonnaise over it. Mix well.
4. Serve salad in lettuce cups and garnish with the black sesame seeds and raisins.

# MANGO COLESLAW SALAD

## BEST FOR

- Lunch
- Dinner



SERVES 2



TIME : 40 mins



*"We wanted to have a coleslaw salad in this book, but we just couldn't get the flavours right. As soon as we added mango to it, the magic happened!"*

- Mini Gupta, Satvic Recipe Developer

SALADS

## INGREDIENTS

### Mango Dressing

- 1½ teaspoons mustard seeds
- 20 soaked cashews
- 1½ cups chopped mango
- 2 tablespoons lemon juice
- 1 teaspoon jaggery
- 1 teaspoon rock salt

### Salad Base

- 2 cups thickly grated cabbage
- 1 cup thickly grated carrot
- 1 cup thinly sliced red bell pepper
- 1 cup thinly sliced yellow bell pepper
- 1 cup thinly sliced apple

### Topping

- 2 tablespoons roasted and crushed peanuts

## PREPARATION

Soak 20 cashews in water for 6 hours.

## METHOD

1. For the mango dressing, dry roast the mustard seeds in a pan for about 5 minutes.
2. Place all the dressing ingredients along with the roasted mustard seeds into a blender, and blend until smooth.
3. For the salad base, take a big bowl and place all the salad base ingredients in it. Toss well.
4. Pour the dressing over the salad base and mix well. Top with roasted and crushed peanuts and serve.

**Tip** Use sweet and ripe mangoes.

# PUMPKIN SALAD

## BEST FOR

- Lunch
- Dinner



SERVES 2-3



TIME : 30 mins



*"Raw pumpkin in a salad? Shocked? So were we when we first tried this salad. But after trying it, you may never look at raw pumpkin the same way again."*

~ Mini Gupta, Satvic Recipe Developer

## INGREDIENTS

### Tangy Dressing

- $\frac{3}{4}$  cup chopped raw mango *or* green apple
- 6 soaked figs *or* dates
- $\frac{1}{4}$  cup water
- $\frac{1}{2}$  teaspoon black pepper powder
- $1\frac{1}{2}$  teaspoons roasted cumin powder
- $1\frac{1}{2}$  teaspoons rock salt

### Salad Base

- 3 cups thickly grated red pumpkin
- $1\frac{1}{2}$  cups small-chopped tomato
- $\frac{1}{2}$  cup chopped coriander

### Topping

- $\frac{1}{4}$  cup white sesame seeds, roasted
- 3 tablespoons pumpkin seeds, roasted
- 3 tablespoons peanuts, roasted and crushed

## PREPARATION

Soak 6 figs *or* dates in water for 1 hour.

## METHOD

1. For the tangy dressing, place all the dressing ingredients in a blender and blend until smooth.
2. For the salad base, take a big bowl and place all the salad base ingredients in it. Mix well.
3. Right before serving, pour the dressing over the salad base and mix well. Top with roasted sesame seeds, roasted pumpkin seeds and roasted and crushed peanuts. Serve.

**Tip** The salad tastes good with any pumpkin. You can use either red or yellow.

# CRUNCHY BROCCOLI SALAD

## BEST FOR

- Lunch
- Dinner



SERVES 2



TIME : 20 mins

## INGREDIENTS

### Dressing

- 1 tablespoon tamarind
- $\frac{1}{2}$  cup water (for soaking)
- 6 dates, de-seeded
- 1 teaspoon rock salt
- $\frac{1}{2}$  teaspoon black pepper powder
- $\frac{1}{2}$  teaspoon roasted cumin powder

### Salad Base

- 2 cups chopped broccoli
- 1 cup fresh green peas
- 1 cup pomegranate
- $\frac{1}{4}$  cup soaked pumpkin seeds
- $\frac{1}{4}$  cup soaked raisins, chopped
- $\frac{1}{2}$  cup vegetable sprouts (optional)

### Garnish

- 10 almonds, roasted and chopped (optional)

## PREPARATION

- Soak 1 tablespoon tamarind in  $\frac{1}{2}$  cup water for 1 hour.
- Soak  $\frac{1}{4}$  cup pumpkin seeds and  $\frac{1}{4}$  cup raisins in water for 6 hours.

## METHOD

1. Blanch the broccoli and green peas in hot water for a few minutes. The peas will need to be blanched for 5 minutes and the broccoli for 3 minutes.
2. For the dressing, using your fingers mash the tamarind with the water in which it was soaked. The water and tamarind should combine well. Then, strain the mixture through a sieve and discard all the fibre and seeds.
3. Place the tamarind water in a small blender jar, along with all the other dressing ingredients. Blend until smooth.
4. In a large mixing bowl, combine all the salad base ingredients. Pour the dressing over the salad and mix well until the dressing is well absorbed.
5. Top your salad with roasted and chopped almonds (optional) and serve.

# RAINBOW SALAD

## BEST FOR

- ✓ Lunch
- ✓ Dinner



SERVES 2



TIME : 30 mins



*“Fill your plate with all the colours of the rainbow. Why? Because every colour in our vegetables represents a different family of healing compounds.”*

~ Subah Saraf

## INGREDIENTS

### Citrus Dressing

- 1 cup orange juice
- ¼ cup white sesame seeds, roasted
- 2 tablespoons mint leaves
- 1 small green chili
- 1 tablespoon lemon juice
- 1 inch ginger
- 1 tablespoon jaggery powder
- ½ teaspoon rock salt

### Salad Base

- ½ orange, sliced and de-seeded
- 1 cup small-chopped broccoli
- 1 cup chopped lettuce
- ¼ cup thinly sliced red bell pepper
- ¼ cup thinly sliced yellow bell pepper
- 1 cup thickly grated purple cabbage
- 1 cup julienned carrot

### Topping

- 2 tablespoons white sesame seeds, roasted

## METHOD

1. Blanch the broccoli in boiling water for 1 minute.
2. For the citrus dressing, place all the dressing ingredients in a blender and blend until smooth.
3. Place all the salad base ingredients in a large bowl.
4. Add the citrus dressing to the salad and mix well. Top with roasted white sesame seeds and serve.

# CUCUMBER FIG SALAD

## BEST FOR

- Lunch
- Dinner



SERVES 2-3



TIME : 40 mins

## INGREDIENTS

### Fig dressing

- 2 dried figs, chopped and soaked
- 3 tablespoons water (for soaking)
- 1 tablespoon lemon juice
- $\frac{1}{2}$  teaspoon rock salt
- 2 teaspoons white sesame seeds, roasted
- 1 teaspoon jaggery
- $\frac{1}{2}$  green chili

### Salad

- 3 cups julienned cucumber
- $\frac{1}{2}$  cup julienned raw mango *or* green apple
- 1 cup julienned red apple
- $\frac{1}{4}$  cup chopped coriander

### Topping

- 4 chopped dried figs
- 1 tablespoon poppy seeds, roasted
- 3 tablespoons peanuts, roasted and crushed

## PREPARATION

Soak 2 chopped figs in 3 tablespoons of water for 15 minutes.

## METHOD

1. For the fig dressing, place all the dressing ingredients in a blender. Blend until the figs become well-blended. The dressing should not be smooth, but grainy in texture.
2. Place all the salad ingredients in a bowl.
3. Pour the dressing over the salad right before serving and mix very well.
4. Top with chopped dried figs, roasted poppy seeds and roasted and crushed peanuts. Serve immediately.

**Tip** To prevent wastage, you can include the chopped pieces of the cucumber remaining after juliennning.

# TOMATO BOATS

## BEST FOR

- ✓ Lunch
- ✓ Dinner



MAKES : 12 boats



TIME : 30 mins

## INGREDIENTS

- 6 medium tomatoes

### Stuffing

- $\frac{1}{4}$  cup finely chopped bell peppers (red, yellow **or** green)
- $\frac{1}{4}$  cup thickly grated carrot
- $\frac{1}{4}$  cup grated cauliflower
- $\frac{1}{4}$  cup chopped coriander
- $\frac{1}{4}$  teaspoon rock salt
- 3 tablespoons peanuts, roasted and crushed

### Dressing

- 3 tablespoons soaked sunflower seeds
- $\frac{1}{4}$  cup chopped red bell pepper
- 1 tablespoon lemon juice
- $\frac{1}{2}$  small green chili
- $\frac{1}{2}$  teaspoon roasted cumin powder
- $\frac{1}{2}$  teaspoon rock salt
- $\frac{1}{8}$  teaspoon black pepper

### Garnish

- 1 tablespoon peanuts, roasted and crushed
- $\frac{1}{4}$  teaspoon dried herbs (oregano, basil **or** thyme)

## PREPARATION

Soak 3 tablespoons of raw sunflower seeds in water for about 3 hours.

## METHOD

1. Trim the crown of each tomato from both sides, so it can stand easily on the chopping board.
2. Then cut the tomatoes into 2 halves, and remove the seeds and pulp from each one with a spoon.
3. For the stuffing, place all the stuffing ingredients in a bowl and mix well.
4. For the dressing, place all dressing ingredients into a blender and blend until creamy.
5. Add the dressing to the stuffing bowl and mix well.
6. Fill the tomato halves with stuffing. After stuffing, cut each half into four pieces.
7. Garnish with crushed and roasted nuts and dried herbs. Serve with love.

# BHARWA BHINDI

## BEST FOR

- Lunch
- Dinner



MAKES : 20 pieces



TIME : 20 mins



*"Have you ever had bhindi raw? Well, there's always a first time. With the crunch of peanuts and the sweetness of coconuts, this is a truly unique appetizer."*

~ Subah Saraf

## INGREDIENTS

- 20 medium-sized ladyfingers  
(Use fresh and crisp ladyfingers, rather than overly ripe ones)

### Filling

- 1/4 cup peanuts, roasted and crushed
- 1/4 cup finely grated coconut
- 2 tablespoons finely chopped tomatoes
- 2 tablespoons chopped coriander
- 1/4 teaspoon roasted cumin powder
- 1/2 teaspoon lemon juice
- pinch of black pepper powder
- 1/2 teaspoon jaggery powder
- 1/2 teaspoon rock salt

## METHOD

1. Using a knife, remove the crown from each ladyfinger and make a slit without cutting it in half. The ladyfinger should be intact.
2. Gently de-seed each ladyfinger with your fingers, and set aside.
3. Place all the filling ingredients in a mixing bowl and mix well.
4. Stuff the filling tightly inside each ladyfinger. Do this gently, keeping the ladyfingers intact. Serve.

**Tip** To remove the seeds without breaking the lady finger, hold the tail using your fingertips and remove the seeds from tail to crown.

# SOUPS

From warm, hearty soups for a chilly winter evening, to cold raw soups for a hot summer day, this section has something for everyone!

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# MINESTRONE SOUP

## BEST FOR

- Lunch
- Dinner



SERVES 3-4



TIME : 45 mins



## INGREDIENTS

### Soup Base

- $\frac{3}{4}$  cup circular chopped carrots
- $\frac{3}{4}$  cup shredded green cabbage
- $\frac{3}{4}$  cup small-chopped broccoli
- 1 cup peeled and small-chopped bottle gourd
- $\frac{1}{4}$  cup soaked brown rice
- $\frac{1}{2}$  cup sweet corn kernels
- 5 cups water
- 3 bay leaves
- $\frac{1}{2}$  tablespoon dried thyme
- $\frac{1}{2}$  teaspoon dried rosemary

### Tomato Sauce

- 1 cup chopped carrot
- $\frac{1}{4}$  cup water
- 2 cups chopped tomatoes
- $\frac{1}{4}$  cup almonds, roasted
- 5 dates, de-seeded
- 1 teaspoon dried oregano
- $1\frac{1}{2}$  teaspoons black pepper powder

### Flavouring

- $\frac{1}{3}$  cup finely chopped coriander
- $2\frac{1}{2}$  teaspoons rock salt
- 2 teaspoons lemon juice

## PREPARATION

Soak  $\frac{1}{4}$  cup brown rice for 3 hours.

## METHOD

1. Place all the soup base ingredients in a pot. Cover and cook for 20-25 minutes on a medium flame, until the vegetables and rice turn soft.
2. Prepare the tomato sauce while the soup is cooking. Place the chopped carrots and water in another pot. Cover and let it cook on a medium flame until the carrots turn soft.
3. Once the carrots are cooked, place them along with all the other ingredients of the tomato sauce into a blender, and blend until smooth. Your tomato sauce is ready.
4. Once the vegetables and rice in the other pot are cooked, turn off the flame and add the tomato sauce to it.
5. Add all the flavouring ingredients to the soup and mix well. Cover with a lid for 5-7 minutes, and then serve.

# PEA MINT SOUP

## BEST FOR

- Lunch
- Dinner



SERVES 4



TIME : 45 mins



*"Pea and Mint? I first thought of this as an absurd combination. But after I made it just once, everyone at home became a fan of this soup!"*

– Subah Saraf

## INGREDIENTS

- 5 cups fresh peas
- 5 cups water
- 1 inch ginger, grated
- $\frac{3}{4}$  cup coconut milk
- $\frac{1}{4}$  cup mint leaves
- 1 tablespoon lemon juice
- 2 teaspoons rock salt
- $\frac{1}{2}$  teaspoon black pepper powder

### Topping

- 1 tablespoon watermelon seeds, roasted
- 1 tablespoon mint leaves

## PREPARATION

Prepare  $\frac{3}{4}$  cup coconut milk.

## METHOD

1. Place the peas, water and ginger into a pot, close the lid and cook on a medium flame for about 20 minutes, bringing the water to a boil.
2. Switch off the stove and put pot aside to cool.
3. Meanwhile, place the coconut milk, mint leaves, lemon juice, rock salt and black pepper powder in a blender and blend until smooth.
4. Place the cooked peas (along with the ginger and water) into another blender and blend until smooth.
5. Transfer the mixture back to the pot, cover with a lid and heat over a medium flame for 5 minutes.
6. Once the pea mixture has warmed up, switch off the stove. Just before serving, add coconut milk and mint leaves mixture to it, and stir well.
7. Top with roasted watermelon seeds and mint leaves. Serve warm.

# CAULIFLOWER SPICE SOUP

## BEST FOR

- Lunch
- Dinner



SERVES 2



TIME : 50 mins



## INGREDIENTS

### Curry Powder

- 1½ teaspoons coriander powder
- ½ teaspoon roasted cumin powder
- ½ teaspoon turmeric powder
- 1 inch ginger, grated
- 1 green chili, chopped

### Soup Base

- 1 cup water
- 2 cups chopped cauliflower
- 1 cup coconut milk
- 1 teaspoon rock salt
- ½ teaspoon black pepper powder
- ½ tablespoon lemon juice

### Topping

- ¼ cup broccoli, steamed
- 2 tablespoons chopped coriander

## PREPARATION

Prepare 1 cup coconut milk.

## METHOD

1. For the curry powder, mix all its ingredients in a bowl, using a spoon.
2. For the soup base, place the curry powder, water and cauliflower into a pot. Cover and cook on a low flame for 20 minutes, until the cauliflower turns soft.
3. Switch off the stove and keep aside to cool for 5 minutes.
4. Then, place the vegetables and water in a blender and blend until you get a smooth paste.
5. Transfer the mixture back to the pot and heat it over a medium flame. As soon as it starts to boil, switch off the stove.
6. Add in the coconut milk, salt, black pepper powder and lemon juice and stir well. Cover with a lid for 5 minutes.
7. Top with steamed broccoli and chopped coriander. Serve warm.

# CLEAR SOUP

## BEST FOR

- Lunch
- Dinner



SERVES 3



TIME : 30 mins



*"Healing, light, and easy to make, this is my go-to soup when I have just 30 minutes and want something super simple and light on the stomach."*

~ Susha Kapuria, Satvic Recipe Developer

## INGREDIENTS

- $\frac{1}{2}$  cup chopped lemongrass (stems and leaves)
- 5 cups water
- $\frac{1}{3}$  cup fresh corn kernels
- $\frac{1}{2}$  cup small-chopped carrot
- $\frac{1}{2}$  cup small-chopped potato
- 2 teaspoons lemon juice
- 1 tablespoon finely chopped coriander
- $1\frac{1}{2}$  teaspoons rock salt
- $\frac{1}{4}$  teaspoon black pepper powder

## METHOD

1. Place the chopped lemongrass and 5 cups of water into a pot. Cover with a lid and boil for about 10 minutes on a medium flame.
2. Once boiled, discard the lemongrass stems but save the water to use as stock for the soup.
3. Add the corn, carrots and potatoes to the same pot, cover and cook on a medium flame for 20 minutes, until the vegetables turn soft.  
**Tip** Make sure the vegetables don't get overcooked, or soup will be too mushy.
4. Turn off the stove and add the lemon juice, coriander leaves, rock salt and black pepper powder to the soup. Stir well. Cover the lid of the pot for 2 minutes to enhance all the flavours. Serve warm.

# SUMMER SUNSHINE SOUP

## BEST FOR

- Lunch
- Dinner



SERVES 1



TIME : 20 mins



*"If I had to define this dish in five words it would be, 'Sweet sunshine in a bowl'. Best enjoyed on a hot summer afternoon, this raw soup is full of nutrition."*

~ Susha Kapuria, Satvic Recipe Developer

## INGREDIENTS

### Base

- 2½ cups chopped cucumber
- 1 cup chopped mango
- 10 soaked almonds
- 2 tablespoons chopped mint
- ¼ teaspoon black pepper powder
- ½ teaspoon rock salt
- ⅛ teaspoon turmeric powder

### Topping

- ¼ cup finely chopped red bell pepper
- 1 tablespoon pumpkin seeds, roasted
- 1 tablespoon pomegranate (optional)

## PREPARATION

Soak 10 almonds in water for 6 hours.

## METHOD

1. Set aside ½ cup of chopped cucumber and place the rest of the base ingredients in a blender and blend until smooth.
2. Add ½ cup of chopped cucumber to the soup base using a spatula.
3. Keep the soup in the fridge for 20 minutes, then top it with red bell peppers, pumpkin seeds and pomegranate and serve.

# CHEESY CORN SOUP

## BEST FOR

- Lunch
- Dinner



SERVES 2



TIME : 25 mins

## INGREDIENTS

### Base

- 20 soaked cashews
- 2 tablespoons lemon juice
- $\frac{1}{2}$  cup chopped tomatoes
- $\frac{1}{2}$  cup chopped yellow bell pepper
- $\frac{1}{3}$  cup grated fresh coconut
- 1 teaspoon rock salt
- $\frac{1}{2}$  teaspoon dried oregano
- $\frac{1}{4}$  teaspoon black pepper powder
- $\frac{1}{4}$  teaspoon jaggery powder
- 1 small green chili
- $\frac{1}{2} + 1$  cup water

### Topping

- 1 cup fresh sweet corn kernels (*bhutta*)
- $\frac{1}{4}$  cup chopped tomatoes
- $\frac{1}{4}$  teaspoon rock salt
- $\frac{1}{2}$  teaspoon lemon juice
- $\frac{1}{8}$  teaspoon black pepper powder

### Garnish

- 6 cashews, roasted and crushed
- 2 teaspoons finely chopped coriander

## PREPARATION

Soak 20 cashews in water for 6 hours.

## METHOD

1. Place all the base ingredients into a blender with only  $\frac{1}{2}$  cup of water and blend until smooth. Then add another cup of water and mix well with a spoon.
2. Transfer this mixture to a bowl and refrigerate for 10-15 minutes.
3. Cut the corn kernels off the cob with a knife and then chop up the kernels.
4. Place the chopped corn in a bowl and add in all the remaining topping ingredients. Mix well using a spoon.
5. Take out the base from the fridge and pour it over the toppings.
6. Garnish with roasted and crushed cashews and coriander. Serve.

**Important Note** Use only fresh corn to make this soup. If you use packaged frozen corn, the soup will taste bitter.

# WATERMELON GAZPACHO

## BEST FOR

-  Lunch
-  Dinner



SERVES 2



TIME : 30 mins

## INGREDIENTS

### Soup

- 2 cups chopped watermelon, de-seeded
- ½ cup chopped tomato, de-seeded
- ½ cup peeled and chopped cucumber
- ½ cup chopped mango
- 2 tablespoon lemon juice
- ½ teaspoon roasted cumin powder
- ¼ teaspoon black pepper powder
- ½ teaspoon rock salt
- 1 tablespoon finely chopped mint or basil

### Topping

- 1 cup small-chopped watermelon
- ½ cup small-chopped tomato, de-seeded
- ¼ cup peeled & finely chopped cucumber
- ¼ cup small-chopped mango
- 1 tablespoon finely chopped mint

## METHOD

1. Place all the soup ingredients (except the mint) in a blender and blend until smooth.
2. Strain the soup into a bowl through a big sieve or muslin cloth.
3. Blend the leftovers lying in the sieve, along with mint, until smooth. Add to the bowl of soup and mix well.
4. Add all the toppings to the soup.
5. Refrigerate for 30 minutes before serving.

**Note** For the right texture, make sure to chop the topping ingredients small.

# MAIN COURSE

In this section, you will find delicious lunch and dinner recipes that you can enjoy for your principal, grain-based meal.

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# BHINDI CURRY SABZI

## BEST FOR

- Lunch
- Dinner



SERVES 2



TIME : 30 mins

## INGREDIENTS

- 250 grams ladyfingers (*bhindi*)

### Dry Sauté

- $\frac{1}{2}$  teaspoon fennel seeds
- $\frac{1}{2}$  teaspoon cumin seeds
- $\frac{1}{4}$  teaspoon mustard seeds
- 15-20 fresh curry leaves
- 2 teaspoons grated ginger
- $\frac{1}{4}$  green chili, finely chopped

### Paste

- 3 medium tomatoes, chopped
- 1 teaspoon grated ginger
- 1 teaspoon jaggery powder
- 1 teaspoon rock salt
- 2 teaspoons lemon juice
- 2 tablespoons peanuts, roasted
- 1 tablespoon white sesame seeds, roasted
- 1 small green chili

### Garnish

- $\frac{1}{4}$  cup chopped coriander
- 1 teaspoon sesame seeds, roasted

## METHOD

1. Remove the crown of each ladyfinger using a knife, and make a slit without cutting the ladyfinger in half.
2. Heat a wide kadhai on low to medium flame for 2 minutes. Add in the fennel seeds, cumin seeds and mustard seeds and sauté for 1 minute.
3. Add the curry leaves, ginger and green chili. Sauté for 1 more minute.
4. Place the slit ladyfingers in the kadhai. Stir well, cover with lid and let the ladyfingers cook for 8 minutes. Keep stirring regularly so that the ladyfingers do not burn.
5. While the ladyfingers are cooking, place all the paste ingredients in a blender and blend until smooth.
6. Turn off the flame and pour this paste over the ladyfingers. Mix well. Cover and let the flavours infuse for 5 minutes.
7. Before serving, garnish with coriander and roasted sesame seeds.

# BAINGAN BHARTA

## BEST FOR

- Lunch
- Dinner



SERVES 2



TIME : 40 mins



## INGREDIENTS

### Vegetables

- 1½ cups water
- 2 large brinjals, chopped (*bharta baingan*)

### Cashew Paste

- 10 cashews, roasted
- 2 teaspoons water

### Flavouring

- 2 green chilis, finely chopped
- 2 teaspoons roasted cumin powder
- 2 teaspoons grated ginger
- 1 cup chopped tomato
- ¼ cup chopped coriander
- 2 teaspoons rock salt

## METHOD

1. Place the water in a pot and bring it to a boil. Then add the chopped brinjal with its peel. Cover and cook on a medium flame for 20 minutes, until soft.
2. For the cashew paste, place the cashew paste ingredients in a blender and blend until smooth. Use more water if required.
3. Once the brinjal is cooked, strain out the water.
4. Mash the brinjal in the pot with a fork or potato masher to achieve a bharta consistency.
5. To the same pot, add the cashew paste, green chili, roasted cumin powder and ginger. Mix well.
6. Roast the bharta for about 10 minutes, and then switch off the stove.
7. Add in the tomato, coriander and rock salt. Mix well. Close the lid for a few minutes to enhance the flavour.
8. Top with some fresh coriander leaves and serve with Satvic chapati.

# LAUKI CURRY

## BEST FOR

- Lunch
- Dinner



SERVES 2



TIME : 40 mins

## INGREDIENTS

### Vegetables

- 2½ cups chopped bottle gourd
- ½ cup water

### Curry

- 2 tablespoons peanuts, roasted
- 1½ cups chopped tomatoes
- 2 teaspoons grated ginger
- 1 small green chili
- ½ teaspoon roasted cumin seeds
- 1½ teaspoons rock salt

### Flavouring

- ¼ teaspoon mustard seeds
- 12-15 fresh curry leaves

### Garnish

- 2 tablespoons chopped coriander
- 1 tablespoon roasted and crushed peanuts

## METHOD

1. Place the bottle gourd and water in a pot, cover with a lid and cook on a medium flame for 15-18 minutes, until the gourd becomes soft.
2. Place all the curry ingredients in a blender and blend until smooth.
3. Take a pan and dry sauté the mustard seeds and fresh curry leaves for 3 minutes.
4. Once the bottle gourd becomes soft, switch off the flame. Add the curry mixture and sautéed flavouring to the pot. Cover with a lid and let the flavours infuse for another 5 minutes.
5. Pour the curry into a serving bowl and garnish with coriander and roasted and crushed peanuts.
6. Serve warm with Satvic chapati and green chutney.

# MIX VEG SABZI

## BEST FOR

- Lunch
- Dinner



SERVES 2



TIME : 30 mins



## INGREDIENTS

### Vegetables

- 1 cup chopped cauliflower
- 1 cup chopped carrot
- ½ cup green peas
- ½ cup chopped green beans
- ½ cup chopped potato
- ¾ cup water

### Gravy

- 1 cup chopped tomatoes
- ½ cup chopped red bell pepper
- ½ cup sunflower seeds, soaked
- 1½ teaspoons grated ginger
- 1 teaspoon cumin seeds, roasted
- 1 teaspoon fennel seeds
- 1 small green chili
- 1½ teaspoons rock salt

### Topping

- 2 tablespoons chopped coriander
- 2 teaspoons sunflower seeds, roasted (optional)

## PREPARATION

Soak ½ cup sunflower seeds in water for about 6 hours.

## METHOD

1. Place all the vegetables in a pot. Sauté them for 2-3 minutes.
2. Add the water, close with lid and let it cook on a medium flame for 15-20 minutes until soft. Add more water if needed.
3. Place all the gravy ingredients into a blender and blend until smooth.
4. Once the vegetables are cooked, turn off the stove, add in the gravy and mix well. Cover the pot for 5 minutes to allow the flavours to come together.
5. Garnish with fresh coriander and roasted sunflower seeds.
6. Serve with Satvic chapati and green chutney.

# DUM ALOO

## BEST FOR

- Lunch
- Dinner



SERVES 2



TIME : 50 mins



## INGREDIENTS

### Vegetable

- 2½ cups baby potatoes (with peel)
- 4 cups water

### Spice Mix

- 3 cloves
- 3 green cardamom pods
- 1 teaspoon coriander seeds
- 1 inch cinnamon stick

### Gravy

- 16 soaked cashews
- 1½ cups chopped tomato
- 1 tablespoon grated ginger
- 1½ teaspoons rock salt
- 1 teaspoon jaggery powder
- 1 small green chili
- ½ teaspoon black pepper powder

### Other Ingredients

- 1 teaspoon cumin seeds
- ½ teaspoon turmeric powder
- ½ cup water
- 1½ tablespoons *kasuri methi* (dried fenugreek leaves)
- 1 tablespoon chopped coriander

## PREPARATION

Soak 16 cashews in water for about 6 hours.

## METHOD

1. If baby potatoes are too big, cut them into half. Then place them in a pot, add the water, cover with lid and cook on a high flame for 30 mins, until soft.
2. For the spice mix, dry roast all the spice mix ingredients for 2-3 minutes, then grind them into a powder in a small blender.
3. For the gravy, place all the gravy ingredients, along with the spice mix, into a small blender and blend into a paste.
4. Once the potatoes are cooked, transfer them to another pot. Add cumin seeds and turmeric powder and roast for 7 minutes.
5. Add ½ cup water and stir well. Cover the pot and let everything cook for 3 minutes.
6. Turn off the stove, add the gravy and dried fenugreek leaves and mix well. Cover with a lid for about 7 minutes.
7. Garnish with fresh coriander and serve with roti, brown rice, or salad leaves.

# MALAI KOFTA

## BEST FOR

- Lunch
- Dinner



SERVES 2



TIME : 50 mins

## INGREDIENTS

### Kofta (makes about 10 koftas)

- 4 medium-sized potatoes, boiled and mashed
- $\frac{1}{2}$  green chili, finely chopped
- $\frac{1}{4}$  cup chopped coriander
- 1 teaspoon roasted cumin powder
- 1 teaspoon rock salt
- 2 tablespoons chopped raisins

### Gravy

- 1 cup chopped pumpkin (peeled)
- 1 teaspoon chopped green chili
- 1 teaspoon chopped ginger
- $\frac{1}{2}$  teaspoon turmeric powder
- $\frac{1}{3}$  cup cashews, soaked
- 1 teaspoon roasted cumin powder
- 2 cups water
- $\frac{1}{2}$  teaspoon green cardamom powder
- 1 tablespoon jaggery powder
- $\frac{1}{8}$  teaspoon dried fenugreek leaves
- $1\frac{1}{2}$  teaspoons rock salt

### Garnish

- 1 tablespoon chopped coriander

## PREPARATION

Soak  $\frac{1}{3}$  cup cashews for 6 hours.

## METHOD

1. Pre-heat the oven to 150°C for 10 mins.
2. Place all the kofta ingredients in a bowl and mix well. Shape the mixture into medium-sized balls and spread on a baking tray. Bake them at 150°C for 30 minutes.
3. For the gravy, take a pot, add the pumpkin and sauté for 2 minutes. Add the green chili, ginger and turmeric. Sauté for 2-3 minutes more.
4. To the pot, add the soaked cashews, roasted cumin powder and 1 cup of water. Cover and cook for 10 mins on low flame.
5. Let the mixture cool and then transfer it to a blender and blend to a fine paste.
6. Pour the paste into the pot, add 1 cup water and cook on a medium flame, until the gravy's texture becomes creamy. Add cardamom powder, jaggery and dried fenugreek. Mix well, turn off stove and add salt.
7. Pour the gravy into a bowl and lay the koftas on top. Garnish with coriander and serve.

**Tip** If an oven is not available, coat the balls with flaxseed powder and cook on an iron pan.

## UNDHIYU

## BEST FOR

- Lunch
- Dinner



SERVES 5-6



TIME : 60 mins

## INGREDIENTS

## Vegetables

- 6 brinjals (small and round), chopped into 4 parts
- 2 cups peeled and large-chopped sweet potato or yam
- 1 cup large-chopped carrots
- 1 cup chopped beans (chopped 1 inch lengthwise)

## Muthia Balls

- $\frac{1}{2}$  cup chickpea flour (besan)
- 4 medium-sized potatoes, peeled and mashed
- $\frac{1}{4}$  cup kasuri methi
- 1 tablespoon white sesame seeds
- 1 teaspoon rock salt
- $\frac{1}{2}$  teaspoon roasted cumin powder
- $\frac{1}{4}$  teaspoon coriander powder
- $\frac{1}{8}$  teaspoon turmeric powder
- pinch of asafoetida (*hing*)

## Gravy

- 10 dates
- $\frac{1}{2}$  cup peanuts, roasted
- $\frac{1}{4}$  cup white sesame seeds, roasted
- 2 cups finely chopped coriander
- 2 teaspoons grated ginger
- 2 green chilis, finely chopped
- 1 tablespoon roasted cumin powder
- 1 teaspoon coriander powder
- 1 teaspoon ajwain seeds
- $\frac{1}{2}$  teaspoon turmeric powder
- 1 tablespoon rock salt

## Topping

- $\frac{1}{2}$  cup finely grated coconut

## METHOD

1. Place all the veggies in a pot with 2 cups water. Cover and cook for 5 mins on medium flame.
2. While the veggies are cooking, prepare the muthiya balls. Combine the muthia ingredients in a bowl and mix well. Divide the mixture into 12 portions and roll them into balls.
3. Place the muthiya balls on top of the vegetables in the pot, cover with a lid and cook for 10-15 minutes on low flame.
4. While the muthiya balls are cooking, prepare the gravy.
5. For the gravy, first make date paste by blending dates with  $\frac{1}{2}$  cup of water. Then make peanut powder by grinding roasted peanuts in a separate jar.
6. Combine the date paste and peanut powder in a mixing bowl. Add to it all the remaining gravy ingredients and mix well using a spoon. This is your gravy.
7. Switch off the flame, add the gravy to the top. Mix well, then add the grated coconut and cover for 10 minutes, until all the flavours are infused. Serve with Satvic chapati.

# SATVIC ROTI

## INGREDIENTS

- 50% wheat flour
- 50% any seasonal vegetable (such as cucumber, bottle gourd, beetroot, carrot, spinach, fenugreek (*methi*) leaves, coriander, pumpkin, ridge gourd (*tori*) or ash gourd)

## METHOD



**STEP 1** Take one cup of any seasonal vegetable (grated or blended) and one cup of whole wheat flour (with the bran or *chokar*).



**STEP 2** Combine them together. Use water if required. Make a dough and divide into balls. Dip the balls in wheat flour and flatten them.



**STEP 3** Roll the balls into flat chapatis using a rolling pin (*belan*).



**STEP 4** Heat a clay tawa on a low flame and cook the chapati on it. Do not use oil or ghee.



# METHI MASALA ROTI

## BEST FOR

- Lunch
- Dinner



MAKES : 5-6 rotis



TIME : 30 mins



*"Slightly sweet, slightly salty, this methi roti can accompany any Satvic sabzi. You can even roll them up to create a wrap. They remind me of my favourite theplas."*

~ Rubal Sharma, Satvic Team Member

## INGREDIENTS

- 2 cups finely chopped, fresh fenugreek leaves
- ¼ cup jaggery powder
- 1 teaspoon grated ginger
- 1 green chili, finely chopped
- ½ teaspoon roasted cumin powder
- ½ teaspoon rock salt
- ¼ teaspoon turmeric powder
- 1 cup whole wheat flour

## METHOD

1. Mix all the ingredients (except the wheat flour) in a big mixing bowl, using your hands.
2. Add the wheat flour to the bowl and knead the mixture into a soft dough. Use a little water if required.
3. Divide the dough into 5-6 balls and flatten them.
4. Roll the balls into flat rotis using a rolling pin (*belan*).
5. Heat a tawa and cook the rotis on a low to medium flame. Do not use oil or ghee.
6. Serve warm with peanut curd raita or any Satvic sabzi of your choice.

**Tip** Spread coconut or cashew butter on top to make the rotis even softer.

**Note** Make sure to use whole wheat flour, with the bran (*chokar*).

# BEETROOT PARANTHA

## BEST FOR

- Lunch
- Dinner



MAKES : 6 paranthas



TIME : 40 mins



*"Tastes just like traditional aloo paratha, minus the oil, ghee and guilt. This dish is truly satiating and is best enjoyed with peanut curd raita."*

~ Susha Kapuria, Satvic Recipe Developer

## INGREDIENTS

### Dough

- 1 cup grated beetroot
- 1 cup whole wheat flour

### Filling

- 3 medium potatoes
- 2 teaspoons grated ginger
- 1 teaspoon coriander powder
- 2 tablespoons finely chopped coriander
- 2 teaspoons cumin seeds, roasted
- 1 green chili, finely chopped
- 1 teaspoon rock salt

### Peanut Curd Raita (pg 125)

## METHOD

1. Place the potatoes in a pot with some water and boil until soft. Then mash them with a fork.
2. Blend the grated beetroot into purée. Knead the beetroot purée and whole wheat flour into a soft dough. Use a little water if required. Put the dough aside and let it rest for 10 minutes.
3. Meanwhile, prepare the filling. Combine all the filling ingredients in a bowl and mash properly using your hands.
4. Divide the dough into 6 balls. Dip each ball in flour and flatten it. Place some potato filling in the center of each flattened circle. Hold its edges and seal it on top. Sprinkle some flour and roll with a rolling pin (*belan*) into a circle of about 6 inches.
5. Heat a tawa and cook the paranthas on a medium flame, until they turn pinkish-brown in colour.
6. Serve paranthas warm with peanut curd raita.

# INDIAN KADHI

## BEST FOR

- Lunch
- Dinner



SERVES 2-3



TIME : 45 mins

## INGREDIENTS

### Vegetable Paste

- 2 cups chopped cauliflower
- 1 cup chopped carrots
- 2 cups water

### Peanut Curd Mixture

- 1 cup peanut curd
- 1½ teaspoons turmeric powder
- 1½ cups water
- ¼ cup chickpea flour (besan)

### Flavouring

- 1 teaspoon black mustard seeds
- 1 teaspoon cumin seeds
- 1 teaspoon coriander seeds, crushed
- 2 teaspoons grated ginger
- 2 green chilis, finely chopped
- 15-18 curry leaves
- 2 teaspoons rock salt
- 2 tablespoons lemon juice

### Brown Rice

## METHOD

1. Place all vegetable paste ingredients in a pot, cover and boil for 15 minutes on medium flame. Once the vegetables are cooked, transfer them into a blender with the water in which they were boiled. Blend until smooth.
2. In another blender jar, combine all the peanut curd mixture ingredients and blend until smooth. Put this mixture aside.
3. Take a pot and dry roast the mustard, cumin and crushed coriander seeds for 2 mins. Add grated ginger, chopped green chili and curry leaves. Further roast for 3 mins on low flame.
4. Add the peanut curd mixture to the pot. Turn flame to medium and stir continuously, until it comes to a boil. Cook for 2 minutes while it's boiling.
5. Add the cauliflower and carrot paste to the pot and cook for 5-7 mins. Switch off the flame and add the rock salt and lemon juice.
6. Serve with brown rice.

# YELLOW COCONUT CURRY

## BEST FOR

- Lunch
- Dinner



SERVES 2-3



TIME : 40 mins



## INGREDIENTS

### To Roast

- $\frac{1}{4}$  teaspoon cumin seeds
- $\frac{1}{8}$  teaspoon fenugreek seeds
- $\frac{3}{4}$  teaspoon mustard seeds
- 20 curry leaves

### Vegetables

- 1 cup small-chopped potato
- 1 cup small-chopped carrot
- 1 cup chopped green beans
- $\frac{3}{4}$  teaspoon turmeric powder
- 1 cup water

### Coconut Gravy

- $1\frac{1}{2}$  cups thick coconut milk
- $\frac{1}{4}$  teaspoon black pepper powder
- 1 small green chili
- $\frac{1}{2}$  teaspoon jaggery powder
- $1\frac{1}{4}$  teaspoons rock salt

### Brown Rice

## PREPARATION

Prepare thick coconut milk by blending  $1\frac{1}{2}$  cups coconut with  $1\frac{1}{2}$  cups water and then sieving it.

## METHOD

1. Heat a pot on a low flame. Add to it all the roasting ingredients and roast for 2-3 minutes.
2. Add all vegetables to the pot with the turmeric powder and water. Stir well, cover with a lid and let everything cook for 15 minutes.
3. While the vegetables are cooking, prepare the coconut gravy. Add all gravy ingredients to a blender and blend until smooth.

**Note** Make sure to prepare thick coconut milk, and not normal coconut milk.

4. Once the vegetables are cooked and **all the water in the pot has evaporated**, switch off the stove. Add the coconut gravy, mix well and cover with a lid for 5-10 minutes.
5. Serve the curry with brown rice.

**Tip** If you want your curry to be creamy and not watery, add the coconut gravy only after the water in the pot has evaporated.

# GOLDEN LENTIL BOWL

## BEST FOR

- Lunch
- Dinner



SERVES 2



TIME : 50 mins



## INGREDIENTS

### Daal

- 1 cup sprouted green whole moong daal
- ½ cup finely chopped green beans
- ¼ cup small-chopped carrot
- ¼ cup small-chopped pumpkin
- ¼ cup chopped spinach
- ½ cup grated bottle gourd
- 1 tablespoon grated ginger
- ½ green chili, finely chopped
- ½ teaspoon asafoetida (*hing*)
- ¼ teaspoon grated raw turmeric
- 3 cups water

### Tomato Gravy

- 4 medium tomatoes
- 2 tablespoons white sesame seeds
- ½ green chili
- 2 teaspoons rock salt

### Topping

- ¼ cup finely chopped coriander
- 1 tablespoon sesame seeds

## PREPARATION

- Soak ½ cup of whole green moong daal in water for 6 hours or overnight.
- Drain the water, rinse the moong daal and tie it in a muslin cloth for another 24 hours.

## METHOD

1. Add all daal ingredients to a pot (do not add more than 1 cup sprouts).
2. Close the lid and cook for 20-25 minutes on a medium flame, until the vegetables become soft. Keep stirring regularly.
3. Roast 3 tablespoons sesame seeds for 3 minutes (2 tablespoons for the gravy and 1 tablespoon for the topping).
4. Place all the gravy ingredients into a blender and blend until smooth.
5. Switch off the flame and add the tomato gravy to the pot. Mix well and cover the pot for another 5 minutes.
6. Top with chopped coriander and sesame seeds. Serve warm.

# WHEAT PEA BOWL

## BEST FOR

- ✓ Lunch
- ✓ Dinner



SERVES 1



TIME : 50 mins



## INGREDIENTS

- 3 tablespoons soaked whole wheat grain (*gehu ke daane*)
- 1 cup water
- $\frac{1}{4}$  cup green peas
- $\frac{1}{4}$  cup chopped carrot
- $\frac{1}{2}$  cup chopped cauliflower
- $\frac{1}{2}$  cup chopped pumpkin

### Peanut Milk

- $\frac{1}{2}$  cup soaked peanuts
- 1 cup water

### Spice Powder

- 1 teaspoon coriander seeds
- 1 small bay leaf
- $\frac{1}{2}$  teaspoon cumin seeds

### Peanut Curry

- 1 cup peanut milk
- 1 tablespoon *kasuri methi*
- $\frac{1}{2}$  inch ginger
- 1 small green chili, chopped
- $\frac{1}{2}$  teaspoon jaggery powder

### To add last

- 1 tablespoon lemon juice
- $\frac{3}{4}$  teaspoon rock salt
- 2 tablespoons peanuts, roasted and crushed
- 1 teaspoon *kasuri methi*

## PREPARATION

- Soak 3 tablespoons whole wheat for 6 hrs.
- Soak  $\frac{1}{2}$  cup peanuts for 6 hrs.

## METHOD

1. Make peanut milk by blending soaked peanuts with 1 cup water. Strain it with a muslin cloth and put it aside.
2. Place all the spice powder ingredients on a tawa and dry roast until the coriander seeds turn brownish. Then transfer to a plate to cool and grind them into a fine powder.
3. Heat a pot. Add soaked wheat and 1 cup of water to it. Cover with lid and let it cook on medium flame for about 10 minutes.
4. Add the spice powder, peas, carrot, cauliflower and pumpkin to the pot. Mix well. Let cook for 15 to 20 minutes.
5. Place all the peanut curry ingredients into a blender and blend until smooth.
6. Once the water from the pot is evaporated, add the peanut curry to it. Mix and let it cook for 10 mins on medium flame.
7. Switch off stove, add lemon juice and salt and mix well. Top with roasted and crushed peanuts and *kasuri methi*. Serve warm.

# RED RICE POHA

## BEST FOR

- Lunch
- Dinner



SERVES 1-2



TIME : 45 mins



## INGREDIENTS

### Dry Roasting

- 1 teaspoon mustard seeds
- $\frac{1}{2}$  teaspoon cumin seeds
- 3 tablespoons peanuts, chopped

### Vegetables

- $\frac{1}{2}$  cup finely chopped carrots
- $\frac{1}{2}$  cup finely chopped beans
- $\frac{1}{4}$  cup finely chopped cauliflower
- $\frac{1}{4}$  cup small-chopped potato
- $\frac{1}{4}$  cup green peas

### Other Ingredients

- 20 curry leaves
- $\frac{1}{2}$  teaspoon turmeric powder
- 2 small green chilies, finely chopped
- $\frac{1}{2}$  cup water
- 1 cup red rice poha
- $\frac{1}{2}$  cup small-chopped tomatoes
- 2 tablespoons finely chopped coriander
- $\frac{3}{4}$  teaspoon rock salt
- $\frac{1}{2}$  teaspoon jaggery powder
- 1 tablespoon lemon juice
- 2 tablespoons grated coconut

## METHOD

1. Dry roast the mustard seeds, cumin seeds and chopped peanuts in a pot, until the seeds start releasing their fragrance.
2. Add all the vegetables, curry leaves, turmeric powder, green chili and water. Mix it once, cover with a lid and let the vegetables cook for 10-12 minutes on medium flame, until soft.
3. Meanwhile, using a strainer, wash the poha with water and put it aside.
4. Once the vegetables are cooked, add poha and mix it with the vegetables. Cover with a lid and let it cook for 5 minutes. Stir regularly to prevent the poha from sticking to the bottom.
5. Turn off the flame and add the tomatoes, coriander, salt, jaggery, lemon juice and grated coconut. Mix gently and cover with a lid for 2 minutes to let the flavours combine.
6. Serve with green chutney or coconut chutney.

Green Chutney (pg 123)

or Coconut Chutney (pg 123)



## GREEN CHUTNEY

MAKES  $\frac{3}{4}$  CUP

### INGREDIENTS

- 1 cup coriander leaves
- $\frac{1}{2}$  cup mint leaves
- $\frac{1}{2}$  cup unripe mango, roughly chopped
- 1 teaspoon cumin seeds
- $\frac{1}{2}$  teaspoon rock salt
- 1 small green chili

### METHOD

1. Simply blend all the ingredients together in a blender.
2. Use immediately or store in the fridge for 2-3 days.



## COCONUT CHUTNEY

MAKES  $2\frac{1}{4}$  CUPS

### INGREDIENTS

- $1\frac{1}{2}$  cups chopped coconut
- $\frac{1}{4}$  cup chopped coriander
- $\frac{3}{4}$  cup water
- 1 inch ginger, chopped
- $\frac{1}{4}$  green chili, chopped
- 1 tablespoon soaked tamarind water
- 1 teaspoon rock salt
- $\frac{1}{2}$  teaspoon jaggery powder
- $\frac{1}{2}$  teaspoon black mustard seeds
- 6-8 curry leaves

### METHOD

1. Blend all the ingredients (except the mustard seeds and curry leaves) in a blender.
2. Dry roast the mustard seeds and curry leaves and add them to the blended chutney from the top.
3. Refrigerate the chutney for 20-30 minutes before serving, for a more refreshing flavour.



# DATE CHUTNEY

MAKES  $\frac{3}{4}$  CUP

## INGREDIENTS

- $\frac{1}{3}$  cup water
- 10 dates, de-seeded
- 2 teaspoons lemon juice
- 1 teaspoon cumin seeds
- 1 teaspoon rock salt
- 1 small green chili

## METHOD

1. Simply blend all the ingredients together until smooth.
2. Use immediately or store in the fridge for 2-3 days.



# MAGIC MASALA

## INGREDIENTS

- $\frac{1}{2}$  tablespoon cumin seeds
- $\frac{1}{2}$  teaspoon black peppercorns
- $\frac{1}{2}$  teaspoon black salt

## METHOD

1. Roast the cumin seeds and black peppercorns until they become fragrant.
2. Place them in a small blender, along with black salt and grind into a fine powder.
3. Store the powder in an airtight container. The powder can last for 3-4 months.



# PEANUT CURD RAITA

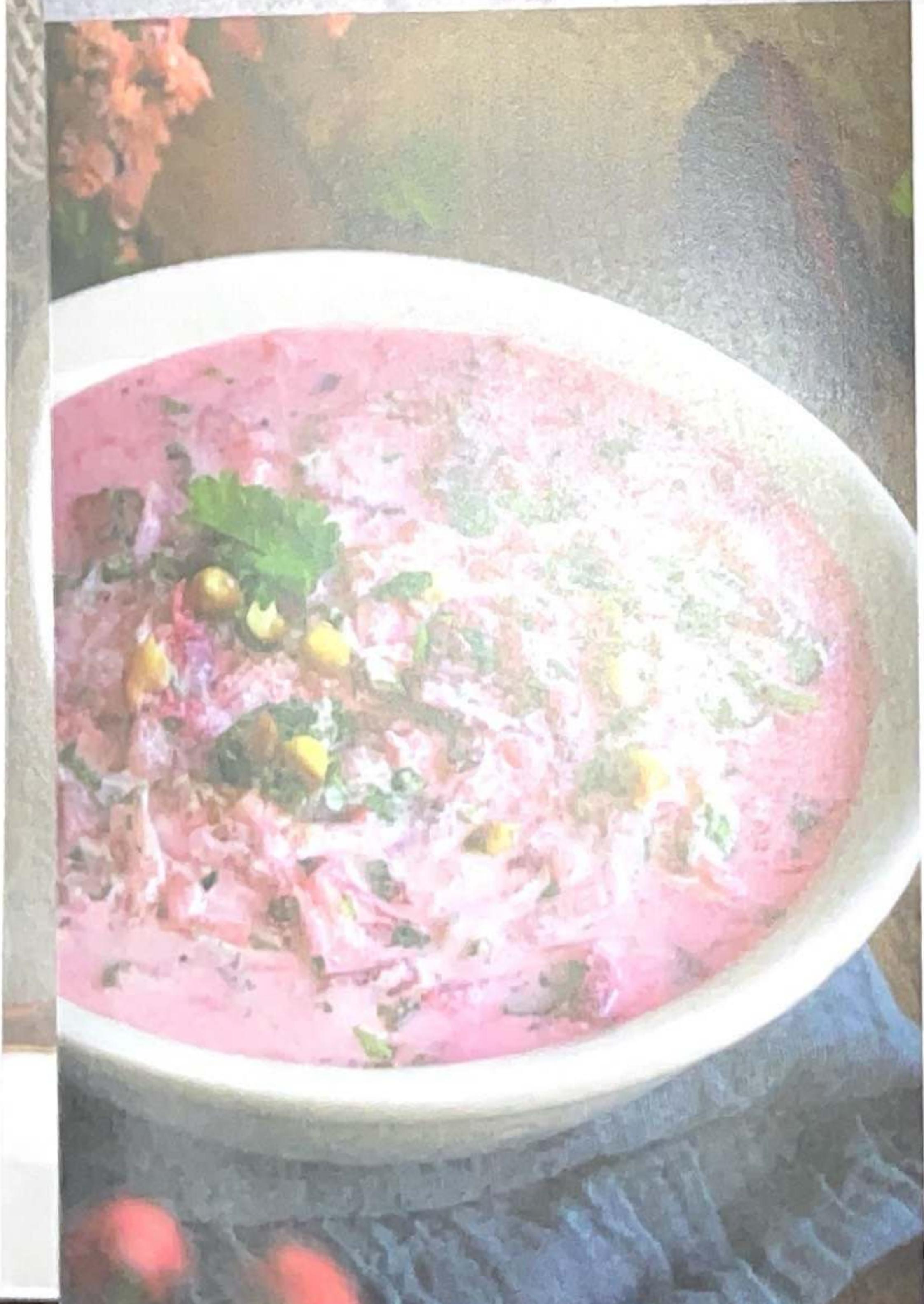
SERVES 2

## INGREDIENTS

- 1 cup peanut curd (pg 24)
- 1 teaspoon roasted cumin powder
- ½ teaspoon rock salt
- 1 tablespoon lemon juice
- ½ medium cucumber, chopped
- 1 tomato, chopped
- 2 tablespoons finely chopped coriander

## METHOD

1. To the peanut curd, add the roasted cumin powder, rock salt and lemon juice. Whisk all the ingredients together until smooth.
2. Add the cucumber, tomatoes and coriander and stir. Serve with sabzis, chapatis or any Indian dish.



# ASH GOURD RAITA

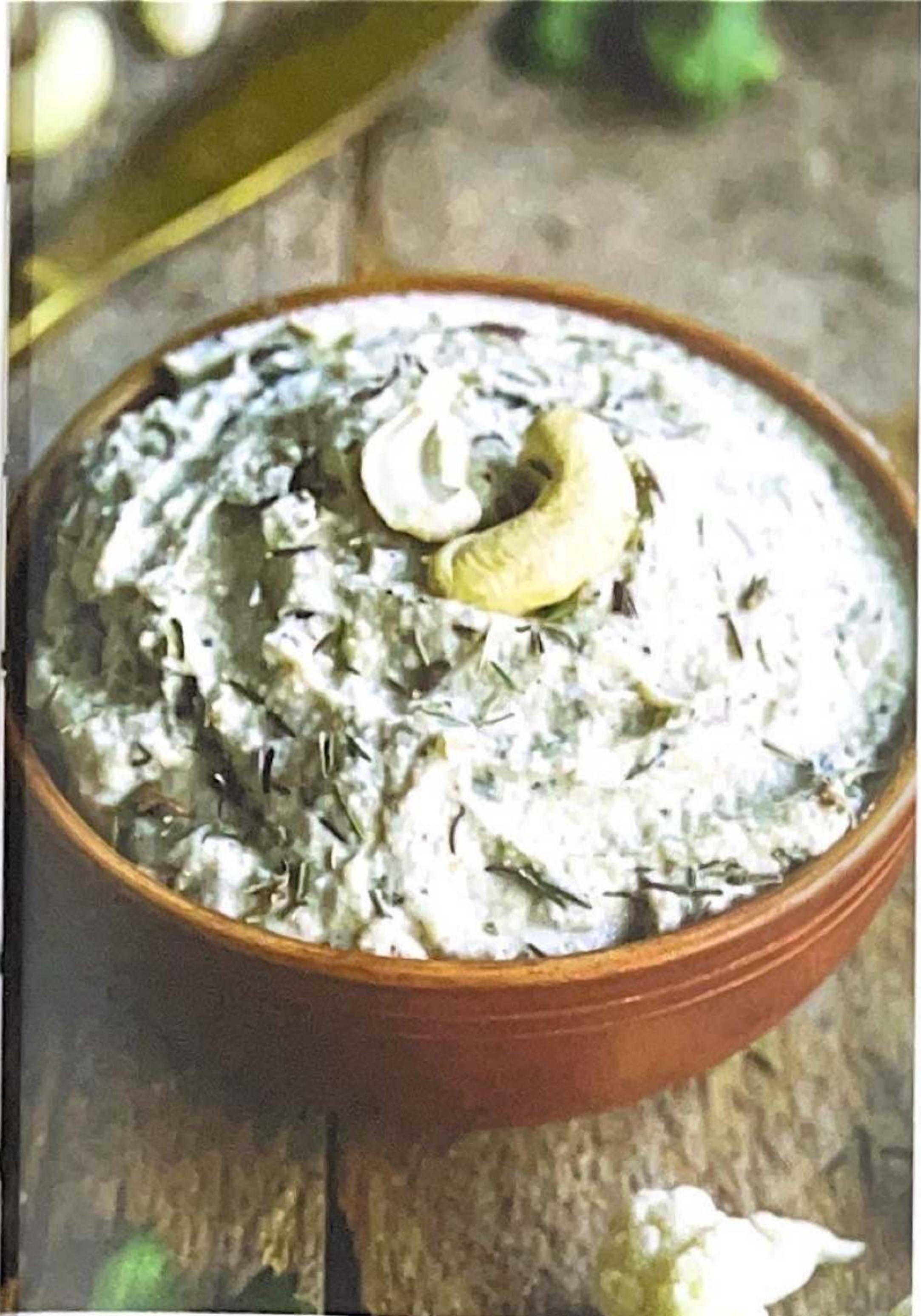
SERVES 2

## INGREDIENTS

- 1 cup peanut curd (pg 24)
- 1 cup thickly grated ash gourd
- ½ cup thickly grated cucumber
- ½ cup thickly grated beetroot
- ¼ cup chopped coriander
- 1 tablespoon lemon juice
- 1 teaspoon rock salt
- 1 teaspoon roasted cumin powder
- ¼ teaspoon black pepper powder

## METHOD

1. Place all the ingredients in a bowl and mix well. If you like, add 2 tablespoons of roasted and crushed peanuts as a topping. Serve with sabzis, chapatis or any Indian dish.



## CASHEW CHEESE

MAKES  $\frac{1}{2}$  CUP

### INGREDIENTS

- $\frac{1}{2}$  cup cashews, soaked
- $\frac{1}{2}$  cup chopped cauliflower, boiled
- 2 tablespoons lemon juice
- 1 teaspoon water
- $\frac{1}{4}$  teaspoon black pepper powder
- $\frac{1}{4}$  teaspoon dried oregano
- $\frac{1}{2}$  teaspoon rock salt

### METHOD

1. Simply blend all the ingredients together until smooth.
2. Use immediately or store in the fridge for 2-3 days.

## CHIPOTLE MAYO

MAKES  $\frac{1}{2}$  CUP

### PREPARATION

Soak 16 cashews in water for 6 hours.

### INGREDIENTS

- 16 soaked cashews
- $\frac{1}{3}$  cup chopped red bell pepper
- 1 tablespoon water
- 2 teaspoons lemon juice
- $\frac{1}{2}$  teaspoon rock salt

### METHOD

1. Simply blend all the ingredients together until smooth.
2. Use immediately or store in the fridge for 2-3 days.

# COCONUT STEW

## BEST FOR

- Lunch
- Dinner



SERVES 2



TIME : 45 mins

## INGREDIENTS

### Spices

- 8 fenugreek seeds
- $\frac{1}{2}$  teaspoon mustard seeds
- 1 bay leaf
- 2 star anise
- 1 cinnamon stick (2 inches)
- 2 cloves
- 1 teaspoon chopped ginger
- 1 green chili, finely chopped
- 25 fresh curry leaves

### Vegetables

- $\frac{1}{4}$  cup chopped drumsticks (cut into 2" pieces)
- 1 cup chopped potato
- $\frac{1}{2}$  cup fresh green peas
- $\frac{3}{4}$  cup water
- 1 cup chopped cauliflower
- $\frac{1}{2}$  cup chopped pumpkin
- $\frac{1}{2}$  cup chopped carrot
- $\frac{1}{4}$  cup chopped green beans

### Other Ingredients

- $1\frac{1}{2}$  cups thick coconut milk
- 1 teaspoon jaggery powder
- 1 teaspoon rock salt

## PREPARATION

Prepare thick coconut milk by blending  $1\frac{1}{2}$  cups coconut with  $1\frac{1}{2}$  cups water and then sieving it.

## METHOD

1. In a pot, add fenugreek seeds, mustard seeds, bay leaf, star anise, cinnamon and clove. Dry roast for 3 minutes on low flame.
2. Add the ginger, green chili and curry leaves. Dry roast for 1 more minute.
3. Add the drumsticks, potato, green peas and water into the pot, mix well and cook for 3 minutes on medium flame.
4. Add all the remaining vegetables to the pot and mix. Cover the pot. Cook for 15-18 minutes on medium flame, until the vegetables are cooked.
5. Switch off the stove. Add thick coconut milk, jaggery and salt. Mix well, close the lid for 5 minutes and serve warm with appam or brown rice.

# APPAM

## BEST FOR

- Lunch
- Dinner



MAKES : 6-7 appams



TIME : 30 mins

## INGREDIENTS

- $\frac{3}{4}$  cup soaked brown rice
- $\frac{1}{4}$  cup chopped spinach
- 1 cup water
- 8 green chili tops

Coconut Stew (pg 128)

## PREPARATION

1. Soak  $\frac{3}{4}$  cup brown rice in water for 6 hours.
2. Blend the soaked brown rice, spinach and water into a smooth paste. Pour it in a bowl & add chili tops on top. Cover with plate & keep in a warm place to ferment for 15 hours or overnight.

## METHOD

1. If your batter has become too thick, add  $\frac{1}{4}$  cup water to the fermented batter and mix. Consistency should neither be thick, nor too runny.
2. Heat an iron tawa. Once it's hot and the flame is high, add 2 drops of oil (if pan is not greased), and sprinkle some water on the tawa. Wipe with a cloth.
3. Pour 1 ladle of batter on the tawa. Allow it to form a circle on its own. The batter should be runny enough to form a 6-inch circle on its own.
4. When the bubbles appear, turn the flame to medium and cover the appam with a plate or lid.
5. Allow it to cook on medium to low flame with the steam inside the plate, for 2 minutes.
6. When the batter is no longer raw in the center, take it out and serve hot with coconut stew.

**Tip** After every appam, splash some water on the tawa and wipe it with a clean cloth to clear the residue.

# AVIAL AND LEMON RICE

## BEST FOR

- ✓ Lunch
- ✓ Dinner



SERVES 2-3



TIME : 50 mins

## INGREDIENTS

### Vegetables

- 10-12 curry leaves
- $\frac{1}{2}$  cup sweet potato, cut 2" lengthwise
- $\frac{1}{2}$  cup raw banana, cut 2" lengthwise
- $\frac{1}{2}$  cup pumpkin, cut 2" lengthwise
- $\frac{1}{2}$  cup carrot, cut 2" lengthwise
- $\frac{1}{2}$  cup beans, cut 2" lengthwise
- $\frac{1}{2}$  cup drumsticks, cut 2" lengthwise
- $\frac{1}{2}$  teaspoon turmeric powder
- 1 cup water

### Gravy

- 1 teaspoon cumin seeds, roasted
- 1 cup grated coconut
- 12-14 curry leaves
- 1 medium green chill
- 1 teaspoon rock salt
- $\frac{2}{3}$  cup thick coconut milk

### Lemon Rice

- $\frac{1}{2}$  teaspoon mustard seeds
- 6-8 curry leaves
- $\frac{1}{2}$  cup raw brown rice (before soaking)
- 3 cups water
- $\frac{1}{4}$  teaspoon turmeric powder
- 1 tablespoon lemon juice
- $\frac{1}{2}$  teaspoon jaggery powder
- 1 teaspoon rock salt

## PREPARATION

- Make  $\frac{2}{3}$  cup thick coconut milk by blending  $\frac{2}{3}$  cup coconut with  $\frac{2}{3}$  cup water.
- Soak  $\frac{1}{2}$  cup of brown rice in water for 6 hrs.

## METHOD

1. Roast curry leaves in a pot and add to it all the vegetables and turmeric. Sauté for 3 minutes. Then add water, mix well, cover with lid and let vegetables cook on low flame for 5-8 minutes.
2. For the gravy, blend together the roasted cumin seeds, grated coconut, curry leaves, chili and rock salt. Do not blend into a smooth paste. It should have some pieces of grated coconut.
3. Once the vegetables are cooked, turn off the stove and add the gravy and coconut milk to the pot. Cover for 5-7 minutes before serving.
4. For the lemon rice, take a pot, add mustard seeds and curry leaves, and sauté for 2 minutes on medium flame.
5. Add the soaked brown rice, water and turmeric, stir, cover the pot and let it cook for 25 minutes.
6. Turn off the stove and add lemon juice, jaggery and salt. Mix well and serve with avial.

# MASALA DOSA

## BEST FOR

- Lunch
- Dinner



Makes 7-8 dosas



TIME : 1 hour



## INGREDIENTS

### Dosa

- 1 cup brown rice
- $\frac{1}{3}$  cup whole black urad daal (with chilka)
- 1 cup water
- 1 teaspoon rock salt

### Satvic Masala Filling

- $\frac{1}{4}$  tsp mustard seeds
- 20 curry leaves

- $\frac{1}{2}$  tsp grated ginger
- 1 green chili, chopped
- $\frac{1}{2}$  cup peas
- $\frac{1}{2}$  cup grated cauliflower
- $\frac{1}{2}$  cup grated bottle gourd
- 1 cup grated carrot
- 6 medium potatoes, boiled and mashed
- $\frac{1}{2}$  cup water

- $\frac{1}{8}$  teaspoon turmeric powder
- 2 teaspoons rock salt
- 2 tablespoons finely chopped coriander
- $\frac{1}{4}$  cup grated coconut

**Coconut Chutney**  
(pg 123)

## PREPARATION

1. Soak  $\frac{1}{3}$  cup whole urad daal and 1 cup brown rice separately in water for 6 hours.
2. After 6 hours, drain off the soaking water and rinse the daal and rice with fresh water.
3. Combine the rice and urad daal to a blender with 1 cup of water. Blend until you achieve a smooth pouring consistency. Transfer it to a large bowl.
4. Mix the batter thoroughly with a whipping motion for 2-3 minutes.
5. Cover the bowl and let it rest overnight to ferment on your kitchen counter.

## METHOD

### Satvic Masala Filling

1. Heat a pot and add mustard seeds and curry leaves to it. Once they start crackling, add grated ginger, green chilis and peas. Roast for 3 minutes on a low flame.
2. Add the cauliflower, bottle gourd and carrot to the pot. Cover and let it cook for 5 mins.
3. Add the boiled and mashed potatoes, water and turmeric powder. Mix well and let it cook for another 5 minutes on a low flame.
4. Turn off the flame and add the rock salt, chopped coriander and grated coconut. Mix well and cover with a lid for a few minutes.

### Dosa

5. Add the rock salt to the dosa batter and mix well. The batter should have a smooth consistency (neither very thick, nor too watery). Add more water if required.
6. Heat an iron tawa on high flame. Once it's hot, add 2 drops of oil (if pan is not greased). Sprinkle some water on the tawa. Wipe with a cloth and turn flame to medium.
7. Pour a small ladle of batter on the tawa and spread it into a circle. Cook the dosa until it turns light brown. When the sides lift from the pan, flip the dosa and cook for another minute on low flame.
8. Place the dosa on a plate and spread the potato filling inside it. Roll the dosa and serve with coconut chutney.

**Note** The first dosa might stick to the pan. Don't worry. Sprinkle some water and clean the pan with a cloth and the next dosa will come out better.

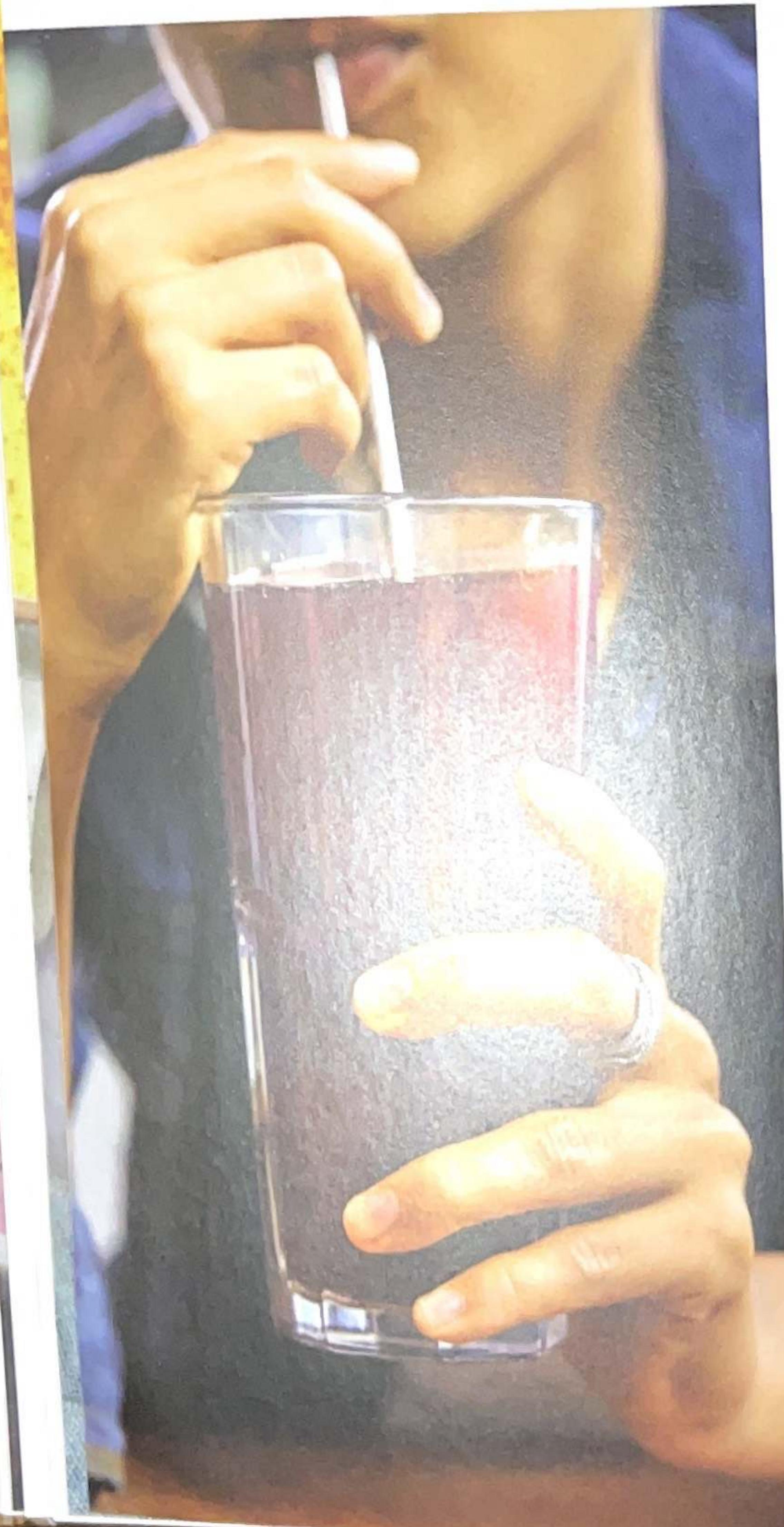
# DRINKS

Sweet, chatpata, creamy or refreshing — the drinks in this section have every flavour and texture to offer! All drinks are made with plant based milks and wholesome sweeteners.

Masala Sharbat	137
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Apple Cinnamon Tea	140

# DRINKS

Using natural beans like cacao, flavourful spices like cinnamon and simple kitchen herbs like mint, here are some delicious drinks you can try at your home today.



## MASALA SHARBAT

SERVES 2

### INGREDIENTS

- 2 cups water
- 1 tablespoon grated beetroot
- 3 tablespoons jaggery powder
- ¼ teaspoon coriander powder
- ½ teaspoon cardamom powder
- ½ teaspoon cinnamon powder
- pinch of roasted cumin powder
- ¼ teaspoon lemon zest
- pinch of black salt
- 1 tablespoon lemon juice

### METHOD

1. Add water, grated beetroot and jaggery into a sauce pan. Stir well and cook for 5 minutes.
2. Add coriander, cardamom, cinnamon and cumin powder. Stir and cook for 2 mins.
3. Switch off the stove. Add lemon zest and black salt.
4. Let the mixture cool down. Add lemon juice, and place in the fridge for 1 hour.
5. After 1 hour strain the cola and serve.



## JAL JEERA

SERVES 2

### INGREDIENTS

- 2 cups water
- 1 tablespoon coriander leaves, tightly packed
- 2 tablespoons mint, tightly packed
- 1½ teaspoons lemon juice
- ½ teaspoon roasted cumin powder
- 1 teaspoon black salt
- ½ inch ginger
- ¼ teaspoon black pepper powder
- 1 tablespoon jaggery (optional)

### METHOD

1. Place all the ingredients into a blender and blend. Serve cold.



## HOT CHOCOLATE

SERVES 2

### PREPARATION

Soak 20 almonds and 6 cashews in water for 6 hours.

### INGREDIENTS

- 20 soaked almonds
- 6 soaked cashews
- 1½ cups water
- 2 tablespoons cacao powder
- 2 tablespoons jaggery
- ½ teaspoon cinnamon powder
- ¼ teaspoon rock salt

### METHOD

1. Blend the soaked almonds and cashews with ½ cup of water, until a smooth paste is formed. Then add 1 more cup of water and blend again. Strain through a muslin cloth.
2. Add the cacao powder, jaggery and cinnamon to the nut milk and blend until smooth.
3. Pour the blended mixture into a pot and heat on a low flame for 5 minutes. Switch off the flame, add the salt and cover for 2-3 minutes. Serve warm.



# HALDI DOODH

SERVES 2

## PREPARATION

Soak 15 almonds in water for 6 hours.

## INGREDIENTS

- 1½ cups water
- 15 soaked almonds, peeled
- ½ teaspoon turmeric powder
- ¼ teaspoon cardamom powder
- 15 saffron strands
- 2 tablespoons jaggery
- pinch of black pepper powder

## METHOD

1. Bring 1+¼ cups of water to boil on a low flame.
2. Take a small blender and place the soaked and peeled almonds, ¼ cup water, turmeric powder, cardamom powder, saffron, jaggery and black pepper powder. Blend until smooth.
3. Add this mixture to the boiling water and let everything cook for 2 minutes. Serve warm.

# COCO WATER PUNCH

SERVES 2

## INGREDIENTS

- 1 lemongrass stem (4 inches)
- 1 inch ginger
- ¼ cup mint leaves
- 2 cups fresh coconut water
- 1 lemon, cut into slices

## METHOD

1. Take a mortar and pestle and crush the lemongrass, ginger and mint leaves.
2. Add crushed ingredients and lemon slices to the coconut water. Let the water sit for 10 minutes so that flavours can infuse well. Serve fresh.



# MASALA CHAI

SERVES 2

## INGREDIENTS

### Chai Powder

- 10 green cardamom buds
- 12 black cardamom buds
- 20 cloves
- 7 cinnamon sticks (1" each)
- 1 teaspoon jaggery powder

### Chai Drink

- 1 cup water
- $\frac{1}{2}$  inch ginger, crushed
- 2 green cardamom buds, crushed
- 4 teaspoons jaggery powder
- $\frac{1}{4}$  teaspoon chai masala
- $\frac{1}{2}$  cup thick coconut milk

## METHOD

1. To make the chai powder, grind all its ingredients in a small jar, then strain through a small strainer. This powder can be stored for up to 6 months.
2. To make the chai drink, take a pan, add the water, crushed ginger, crushed cardamom and jaggery, and boil for 5 minutes. Add  $\frac{1}{4}$  teaspoon chai masala. Stir.
3. Switch off the stove, add the thick coconut milk and cover for 2 more minutes. Sieve the tea and serve.

# APPLE CINNAMON TEA

SERVES 2

## INGREDIENTS

- 2 medium apples, chopped
- 2 cups water
- $\frac{1}{4}$  teaspoon cinnamon powder
- 4 cloves
- 1 teaspoon jaggery powder

## METHOD

1. Pulse the chopped apple in a blender for 3 seconds. Do not purée it. It should just be lightly crushed.
2. Crush the cloves in a mortar and pestle.
3. Combine the cloves, apples, water, cinnamon and jaggery in a pan, and bring it to a boil. Allow to cook for 2 minutes.
4. Switch off the stove, cover, and let sit for 5 minutes. Sieve into cups, and serve warm.

