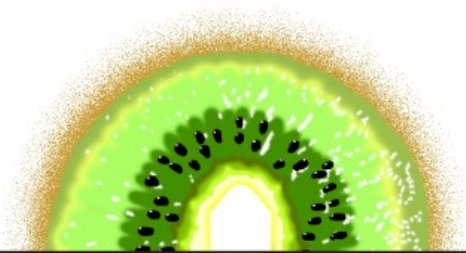


eating for enlightenment

{ The Atma Yoga Cook Book }



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Food for Love

Eating well is one of our basic needs, along with breathing air, drinking water, and enjoying human companionship. In fact, according to the *Ayurveda*, India's ancient science of well being, eating is best accomplished along with these other three: filling the lower portion of the stomach with water before eating, leaving space at the top for air to circulate (not eating until the stomach is full), and enjoying light conversation with friends while dining.

Eating nourishes the body. Different foods affect the mind in different ways, calming or invigorating it, and when the food is properly prepared and of the right quality of consciousness it also nourishes the soul.

The science of Bhakti-yoga is a devotional practice. Nothing tastes as good as a "home-cooked meal", and that's because of the consciousness, and above all else the love that goes into it. Cooking as an act of devotion purifies the mind of both the cook and the persons who partake of the meal.

By offering the food before it is consumed we show our gratitude to the creator and giver of foodstuffs. Blessed food feeds the soul, along with the body and the mind.

Indian menu

Rice

Rice is a staple in the diet of much of the world. It is simple to prepare and its grains are packed full of energy.

Serves 5 people

- 1 cup of basmati rice
- 2 cups of water (500 ml)
- ½ teaspoon salt
- 1 teaspoon fresh lemon juice

1. Wash and drain the rice.
2. Boil the water, salt, and lemon juice over high heat. Keep it covered to avoid evaporation. The lemon juice will stop the rice grains sticking together.
3. When the water is boiling, add the rice and allow it to boil for a few seconds then reduce the heat to low. Put a tight lid on the pot and allow the rice to gently simmer.
4. Cook for about 15-20 minutes until the rice is tender, dry, and fluffy. Turn off the heat, keep the lid on, and allow the rice to steam for 5 minutes.

Dhal

Green Mung Bean Soup

Mung beans are rich in protein, iron, and vitamin B, and absorption of their high protein content increases when mixed with rice!

Serves 4-6 people

- 1 cup of whole green mung beans
- 7 cups of water
- 1 teaspoon of tumeric
- 2 teaspoons of fresh minced ginger
- 2 teaspoons of cumin seeds
- ½ teaspoon yellow asafoetida powder
- 4 ripe tomatoes, cubed
- 2 tablespoons of olive oil, or ghee
- 2 teaspoons of salt
- 2 teaspoons of raw or brown sugar
- A handful of chopped coriander

1. Wash and drain the mung beans.
2. Add water, beans, tumeric, and ginger to a pot and bring to the boil.
3. Reduce the heat, cover with a lid, and boil gently for up to 1 hour, or until the beans are soft.
4. Add the sugar and salt.
5. Heat the olive oil or ghee in a small pot until hot; add the cumin seeds and sauté until golden brown. Sauté the asafoetida momentarily; then add the spices to the soup.
6. Turn the soup off the heat, add tomatoes, fresh coriander and stir through.
7. Allow flavours to soak together for 2 minutes. Serve hot with rice.

Tip: Add a dash of fresh lemon juice to your dhal when eating. This adds a nice flavour and the Vitamin C in the lemon assists the body to absorb the iron (for extra nutritional benefits!)

Vegetables in Coconut Curry Sauce

This is a simple, very tasty curry. Feel free to vary the combination of vegetables according to taste and season. I choose to add my vegetables to the curry sauce at different times according to the cooking time of each one to keep the vegetables tender. You could opt to add all the vegies to the pot at once for a more "Mushie" curry. Have fun and experiment!

Serves 4-6 persons

- 3 tablespoons olive oil or ghee
- 3 tablespoons fresh minced ginger
- 1-2 green chillies seeded, chopped small
- 1 cinnamon stick
- 10 fresh curry leaves
- ½ teaspoon yellow asafoetida powder
- 2 teaspoons cumin powder
- 2 teaspoon coriander powder
- 1 teaspoon tumeric
- 1 ½ cups cubed potatoes
- 1 ½ cups cut green beans
- 1 ½ cups cubed zucchini
- 1 ½ cups cauliflower cut into florets
- 1 ½ cups broccoli cut into florets
- 2 teaspoons salt
- 1 teaspoon sugar
- 1 ½ cups coconut milk
- 1 ½ cups water
- ½ cup fresh chopped coriander leaves

1. Place olive oil or ghee in a pot over medium heat. When hot, add ginger and chillies and sauté for 1-2 mins.
2. Add cinnamon stick, curry leaves and sauté for 1 minute.
3. Sprinkle in yellow asafoetida powder, cumin powder, coriander powder, turmeric.
4. Stir briefly, then add cubed potatoes.
5. Stir the potatoes in spices until well coated.
6. Pour in coconut milk and 1 cup of water. Let come to boil, then reduce heat.
7. Simmer slowly with a lid, for about 15 minutes, until tender.
8. Add cauliflower to potato and let simmer for further 5 minutes.
9. Add all other vegetables and cook together for 5-10 minutes until

tender. You might like to add more water if you want a more moist curry.

10. Add sugar and salt, stir through and turn off heat.
11. Fold in freshly chopped coriander leaves and serve hot.

Baked Veggie Samosas

Stuffed Curried Vegetable Pastries

Samosas are a great snack, entree or side dish. Made large enough, a single samosa could almost be a meal by itself.

Makes about 12 medium-sized samosas

Filling:

- 3 ½ cups peeled diced potatoes
- 1 cup green peas
- 2 tablespoons freshly minced ginger
- 2 tablespoons finely chopped, seeded green chillies
- 2 teaspoons cumin seeds
- ½ teaspoon yellow asafoetida
- 2 teaspoons coriander powder
- 1 teaspoon cinnamon powder
- 2 teaspoons salt
- ½ cup chopped fresh coriander

Pastry:

- 1 ½ cup plain flour
- 1 ½ cup wholemeal flour
- 1 teaspoon salt
- ½ cup (125 ml) melted butter
- up to ¾ cup (185 ml) warm water
- 2 tablespoons sesame seeds

To prepare filling:

1. Place diced potatoes in a small pot of water and boil until soft. Drain and reserve.
2. In a separate saucepan add olive oil or ghee. When fairly hot drop in minced ginger and chopped chillies and sauté for 1 minute.
3. Add cumin seeds. When golden brown add remaining spices – asafoetida, coriander powder, turmeric and cinnamon. Stir through then immediately add reserved cooked potatoes, peas, salt, and coriander leaves.
4. Carefully combine everything until well mixed, then set the samosa filling aside to cool.

To prepare pastry:

1. Combine flour, salt, and sesame seeds in a large bowl. Add melted butter and rub it through with your fingers until it resembles breadcrumbs.
2. Add $\frac{3}{4}$ of the warm water and work it into the flour with your fingers. Add the remaining water in dribbles until the pastry can be gathered into a non-sticky, knead-able soft dough.
3. Knead the dough on a clean surface for 5-10 minutes, or until smooth.
4. Cover with a cloth and set it aside for 30 minutes.

To prepare and cook samosas:

1. Knead the pastry briefly, then roll into a rope and cut into 6 equal pieces.
2. Shape each piece of pastry into a smooth ball.
3. One after another, flatten the ball into a patty, then roll it out into a thin disc on a lightly floured surface.
4. Cut the disc in half with a sharp knife.
5. Dip your fingers into a bowl of water and moisten the straight edge of one semi-circle of pastry. Pick it up and fold it in half, forming a cone. Carefully press the moistened edges together firmly, slightly overlapping to ensure the seal.
6. Carefully spoon a portion of the vegetable filling into the pastry cone, leaving a $\frac{1}{2}$ cm border on top.
7. Dip your finger into water and moisten inside edges. Firmly press moistened edges together. Make sure the filling is thoroughly sealed inside the pastry.
8. Place the samosa on a tray that is either lightly buttered, or covered in waxed baking paper. Finish rolling and filling the remaining samosas.
9. Bake in a pre-warmed oven at 180 degrees for about 15 minutes or until golden brown. Serve warm, or at room temperature - samosas are great for picnics!

Tomato Chutney

A great accompaniment for samosas, this simple condiment adds spice and relish to any meal. It can be kept in the fridge for up to a week.

- 1 tablespoon olive oil or ghee
 - 1 teaspoon black mustard seeds
 - ½ teaspoon cumin seeds
 - 1 tablespoon freshly minced ginger
 - 1 large red chilli – diced
 - 1 cinnamon stick
 - 3 ½ cups ripe tomatoes – chopped
 - 2/3 cup sugar
 - ½ cup sultanas or raisins (optional)
 - 1 teaspoon salt
1. Heat ghee or oil in pot over medium heat. Sauté the mustard seeds until they begin to crackle and turn greyish.
 2. Add the cumin seeds, when golden brown add ginger and chilli and sauté for 1 minute.
 3. Add the cinnamon stick. When the cinnamon stick darkens immediately add the diced tomatoes and stir.
 4. Cook over medium heat for 10-15 minutes until the tomatoes break down and thicken.
 5. Add sugar, sultanas or raisins, and salt and cook for another 5 minutes.
 6. Serve warm or cold.

Walnut & Date Halava

Roasted Semolina Dessert

This is a very famous and distinctive Hare Krishna dessert.

Serves 6-8 persons

- 2 $\frac{3}{4}$ cups water
- 1 $\frac{1}{4}$ cups raw sugar
- $\frac{1}{2}$ cup dates - chopped
- 140g unsalted butter
- 1 $\frac{1}{4}$ cups coarse grained semolina
- $\frac{1}{3}$ cup walnut pieces

1. Combine water and sugar in a saucepan. Place over moderate heat. Stir to dissolve the sugar and let it come to the boil.
2. Meanwhile, melt the butter in another saucepan over low heat. Make sure that this saucepan has enough room in it to eventually add the water also.
3. When the butter is melted add the semolina. Slowly stir fry the grains until they darken and become aromatic (about 20 minutes). Add the walnut pieces about half way through. Keep stirring as semolina can burn easily.
4. Sugar water should be on the boil - add the dates to the water. Remove the saucepan of semolina and butter from the heat and slowly pour in hot sugar water. Be careful - the effect when you do this is like a small explosion!
5. Return the pan to the stove on a low heat and stir until the grains fully absorb the liquid.
6. Place a tight fitting lid on the saucepan. Turn off the heat and allow the halava to steam for another 5-10 minutes. Serve hot. Yummy!

Thai menu

Crunchy Sweet and Sour Salad

A delicious summer salad to tantalise the senses with a hot, sweet, sour, and salty taste!

Serves 6

Salad:

- 1 green mango peeled, seeded and cut into thin wedges
- ½ ripe firm pineapple cut into wedges
- 2 lebanese cucumbers, cut into wedges
- ½ cup roasted crushed peanuts
- 1 cup bean sprouts
- ½ cup snow peas, stringed and cut into thin strips
- 1 bunch watercress
- 1 cup baby spinach leaves
- 2 cup hand picked pieces of iceberg lettuce
- ½ cup sweet basil leaves
- ½ cup mint leaves
- ½ cup coriander leaves

Sauce:

- 2 tablespoons olive oil
- 2 tablespoons lime juice
- 2 tablespoons light soy sauce
- 1 tablespoon honey
- 2 teaspoons asafoetida
- 2 tablespoons seeded red chilli cut finely

1. Combine all salad ingredients in a large bowl (if not serving immediately I would add the pineapple just before serving to stop the salad leaves becoming soggy).
2. Whisk the sauce ingredients together in a bowl, then pour over the salad just before serving.

Thai Fried Rice

An excellent way to use left over rice.

Serves 4 people

- 1 tablespoon sunflower oil
- ½ teaspoon asafoetida powder
- 1 red chilli seeded and chopped finely
- 2 tablespoons grated ginger
- ½ green capsicum
- 1 cup snow peas, stringed and diagonally cut in half lengthways
- 1 cup baby corn, halved lengthways
- 1 large ripe firm tomato cut into thin wedges
- 1 ½ cups bean sprouts
- 1 ½ cup roasted cashews
- 3 cups cooked Thai Jasmine rice
- 3 tablespoon light soy sauce

To Garnish:

- coriander leaves
- lime wedges

1. Heat oil in a wok or large heavy frying pan over a high heat. Add the ginger, chilli and asafoetida. Sauté for one minute.
2. Add green capsicum and snow peas, and stir for 1 minute.
3. Add baby corn, tomato, and bean sprouts. Stir for 3 minutes.
4. Add rice and lift and stir through with 2 spoons for 4-5 minutes.
5. Stir in soy sauce and cashews.
6. Serve immediately, garnished with coriander leaves and lime wedges to squeeze over.

Thai Green Curry

This is a delicious green curry. Of course you can buy curry paste, but making your own you'll taste the difference - "fresh is always best". The curry is versatile - you may like to try fried tofu or different vegetables such as potatoes or eggplant. Eggplant is great in curry as it's like a sponge and soaks up all the flavours. Remember if you're adding potato or eggplant to add it first and cook it well before adding other vegies.

Serves 6-8 persons

Fresh Green Curry Paste:

- 3 tablespoons vegetable oil
- 3 tablespoons freshly squeezed lemon juice
- 5 tablespoons light soy sauce
- 3 tablespoons brown sugar
- $\frac{1}{4}$ cup fresh grated ginger
- 2 stalks of lemon grass, finely chopped
- 1 cup fresh chopped coriander
- 1-3 green chillies
- 2 teaspoons coriander seeds
- 2 teaspoons cumin seeds
- 2 teaspoons asafoetida powder
- 2 teaspoons black pepper

Curry:

- 1 tablespoon vegetable oil
- 2 400ml cans of coconut milk
- 5 Kaffir lime leaves
- 5-7 cups thinly sliced vegetables (suggestion: carrots, zucchini, broccoli, cauliflower, snow peas)
- 1 cup bean sprouts and fresh coriander leaves to serve

To make curry paste:

1. In a small fry pan dry roast the coriander and cumin until aromatic.
2. Add together with all other ingredients in a food processor or blender. Process until smooth.

Curry:

1. Heat oil in wok on high heat. Add green curry paste and stir for 1-2 minutes.
2. Add coconut milk and Kaffir lime leaves (crushing them in your

- hand before adding to release the flavour) and bring to boil.
3. Add vegetables and simmer for about 5-10 minutes until vegetables are cooked but still firm.

Serve with hot jasmine rice and garnish with coriander leaves and bean sprouts.

Fresh Rice Wraps

with Sesame dipping Sauce

A very healthy light meal – they make a great summer lunch. You can also add different vegetables like lettuce or fresh corn. Also try adding some rice vermicelli noodles, or just pack them full of raw vegies for a great tasty way to eat more veg.

Makes about 24

Rice wraps:

- 250g (1 cup) carrots sliced into long slender strips
- 1 cup bean sprouts
- 2 cup Lebanese cucumber peeled cut into long strips
- 200g firm tofu
- 1 tablespoon vegetable oil
- $\frac{1}{4}$ cup shredded mint leaves
- $\frac{1}{4}$ cup shredded basil leaves
- $\frac{1}{4}$ cup coriander leaves
- 24 sheets round rice paper sheets

Sesame dipping sauce:

- 6 tablespoons light soy sauce
- 1 tablespoon sesame oil
- 2 tablespoons lemon juice
- 1 tablespoon sugar
- 1 tablespoon pan roasted sesame seeds
- 1-2 teaspoons finely sliced red chillies
- 1-2 teaspoons finely chopped coriander leaves

To prepare rice wraps:

1. Slice tofu into thin pieces.
2. In a small frying pan on medium heat add a few drops of veg oil. When hot add tofu pieces and let them cook on one side until golden brown. Add a few more drops of oil and turn them over.
3. When both sides are cooked add 2 tablespoons of soy sauce, turning tofu over until sauce has been absorbed.
4. Turn the heat off, and when the tofu has cooled cut it into thin strips.
5. In a large bowl combine all ingredients except the rice wraps, and mix through.
6. Dip one sheet of rice paper into a large bowl of warm water. Leave it in the water for a few seconds until soft and pliable,

then remove, shake off excess water and carefully lay sheet on a clean dry teatowel.

7. Pile on a portion of filling about 2-3 tablespoons in a line near the bottom of the wrapper.
8. Roll into a tight cylinder shape, tucking in the sides halfway. Seal the roll lightly - the sticky rice paper will stick to itself without difficulty. Repeat for all the fresh wraps.

To prepare sauce:

1. Whisk together all ingredients.
2. Transfer into a small dipping bowl and serve with fresh rice wraps.

Dairy and Sugar free Coconut, Carob, Date & Berry Ice Cream

Vegan and gluten free. Rich, creamy, guilt-free ice cream. Yum yum!

- 2 x 400 ml cans organic coconut cream
- 20 pitted dried dates
- 2 tablespoons carob powder
- 2 tablespoons arrowroot
- 1 cup frozen mixed berries

1. In a blender add coconut milk and dates and blend until smooth.
2. Stop blender and add carob powder. Blend until mixed through.
3. Add arrowroot and blend for 20 seconds and turn off.
4. Empty out blended ingredients into a suitable freezing container and mix berry through.
5. Put in freezer with a lid or cover for two hours or until frozen, then scoop and serve.

Healthy and Hearty Menu

Garden Salad with Sunflower Seed Dressing

Vegan and gluten free. A delicious summer salad.

Serves 4-6

Salad:

- Bowl of lettuce greens, you can choose a variety of coz lettuce leaves, frilly lettuce leaves, rocket leaves, baby spinach etc...
- 1 cup alfalfa
- ½ cup peeled, grated carrot
- 10 cherry tomatoes
- ½ cup finely sliced Lebanese cucumber

Dressing:

- ½ cup good quality virgin olive oil
- 1/3 cup freshly squeezed lemon juice
- 1/3 cup oven roasted sunflower seeds
- 1 oven roasted tomato
- ½ teaspoon asafoetida
- ½ teaspoon freshly ground black pepper
- ½ teaspoon paprika
- 1 teaspoon sea salt
- 1 teaspoon raw or brown sugar
- ½ cup of freshly chopped coriander

Dressing:

1. Combine all ingredients in blender. Blend until smooth.
2. For a thinner dressing add more water then more salt to taste.
This dressing keeps well in fridge in a sealed container for a week.

Salad:

1. Mix all ingredients in a large bowl and serve with dressing

Vegie-ful Warm Salad with Basil Dressing

*Vegan and gluten free.
4-6 people*

Salad

- 1 cup cabbage cut super fine
- 1 cup red cabbage cut super fine
- ½ cup sliced sundried tomatoes
- ½ cup pitted kalamata olives cut in half
- ½ cup roasted pumpkin seeds
- ½ cup finely diced fresh parsley leaves
- 1 cup green beans
- 1 ½ cups cauliflower cut into florets
- 1 ½ cups broccoli cut into florets
- 1 cup zucchini cut into small wedges

Dressing:

- ½ cup olive oil
- ¼ cup lemon juice
- 3 tablespoons chopped basil leaves
- ¼ teaspoon asafoetida powder
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper

1. Steam vegetables till cooked but still firm.
2. Place cabbage and red cabbage in a large bowl and place warm steamed vegies on top. This will help soften the cabbage while still keeping it crunchy.
3. Add all other salad ingredients.
4. To make dressing combine all ingredients in a screw top jar, seal and shake well.
5. Pour dressing over salad and serve warm.

Pumpkin Soup

- 1-2 tablespoons olive oil
 - 2 tablespoons fresh grated ginger
 - ½ teaspoon freshly ground black pepper
 - ¼ teaspoon asafoetida
 - 1 teaspoon cumin powder
 - 1 teaspoon coriander powder
 - 4 cups pumpkin, peeled, seeded, and cubed
 - 3 cups water
 - 1 400 ml tin coconut cream
 - ½ teaspoon cinnamon
 - 1 teaspoon of salt
 - 4 tablespoons chopped fresh parsley
1. In a pot heat olive oil, when hot drop in ginger and black pepper and sauté for 1 minute.
 2. Add asafoetida powder, stir then add cubed pumpkin, cumin powder, and coriander powder, stir till pumpkin is covered in spices and sauté for 10 minutes. Add the water and bring to boil. Cook until pumpkin is very tender.
 3. Add coconut cream and cinnamon and stir through. Turn off heat and blend soup till smooth and creamy.
 4. Put soup back on heat and simmer for a few minutes and season with salt.

Serve soup hot, garnished with fresh chopped parsley.

Vegetarian Shepard Pie

A yummy healthy pie that is satisfying to the heart.

6-8 persons

Pie filling:

- 2 cups brown lentils
- 2 litres water
- 2 tablespoons olive oil
- 1 tablespoon fresh grated ginger
- 1 teaspoon freshly cracked black pepper
- 1 teaspoon yellow asafoetida powder
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 3 tablespoons fresh chopped basil leaves
- 1 cup grated zucchini
- ½ cup diced celery
- 3 tablespoons fresh chopped parsley leaves
- 1 tablespoon salt

Potato topping:

- 8 large potatoes, peeled and cubed
- 2 tablespoons of butter or olive oil
- ½ cup milk or soy or rice milk
- 1 teaspoon salt
- 1 teaspoon freshly cracked black pepper
- 1 teaspoon of dried rosemary
- 3 tablespoons freshly chopped parsley leaves
- 1 teaspoon paprika

1. Boil the brown lentils and water. Reduce to a simmer and cook until they become soft. Strain through a colander. Put the lentils aside.
2. Meanwhile, boil the cubed potatoes in water until they become soft. Drain and mash them until smooth. Add butter or olive oil, milk, salt, pepper and rosemary and mix well.
3. Heat olive oil in a pan. When hot add ginger, sauté for 1 minute. Add black pepper, asafoetida, and sauté momentarily. Add the celery bits, stir well, and cook until soft. Then add grated zucchini, coriander and cumin powder. Cook for 1-2 minutes. Add diced tomatoes and basil leaves and cook for a further 1-2 minutes.
4. Add in cooked, strained brown lentils and salt and stir through. Remove from heat.

5. Spread this pie filling evenly into the bottom of an oven-proof baking dish. Cover with the mashed potatoes, evenly layered over the top. Sprinkle with paprika.
6. Bake in a hot oven (220 degrees) until the top is browned.
7. Remove from the oven, sprinkle with chopped fresh parsley and serve hot.

Another tasty option is to sprinkle grated cheese over the top of pie before baking or covering the top with thin cut tomato rings.

Pesto Pasta

- ½ cup fresh chopped basil leaves
 - 1 teaspoon salt
 - ½ cup olive oil (reserve 1 tablespoon)
 - 4 tablespoons pine nuts, lightly roasted
 - ¾ teaspoon yellow asafoetida powder
 - 100 g grated parmesan cheese
 - 575 g pasta
1. Crush the basil with the salt and half the olive oil in a large pestle and mortar, or in a food processor.
 2. Add the rest of the olive oil and pine nuts and cheese. Blend until smooth. Add a little warm water if too thick.
 3. Place 1 tablespoon olive oil in a small pan on a moderate heat.
 4. Saute the asafoetida powder in hot oil for a few seconds. Add this mixture to the mortar or food processor.
 5. Cook pasta in salted boiling water until cooked (follow packet cooking time). Drain thoroughly.
 6. Pile pasta in bowl and mix through pesto. Serve immediately.

Carob and Beetroot Cake

Quite a treat! This carob and beetroot cake tastes just like chocolate cake, you wouldn't know the difference. The cakes light texture is due to the soured milk without the use of any eggs!

- 100 g butter, room temperature
 - $\frac{3}{4}$ cup brown sugar
 - 1 teaspoon vanilla essence
 - 1 cup carob powder
 - $\frac{1}{2}$ cup hot water
 - 2 teaspoon fresh lemon juice
 - 1 cup milk
 - 1 $\frac{3}{4}$ cup wholemeal self raising flour
 - 1 cup grated peeled grated beetroot
1. Pre-heat oven to 180 degrees
 2. Cream butter, sugar and vanilla until light and fluffy.
 3. Blend the carob powder in the hot water, mix to a smooth paste.
 4. Add the carob mixture to the butter and sugar mixture.
 5. Add the lemon juice to the milk to sour it.
 6. Sift the flour into the creamed mixture alternately with the soured milk. Mix thoroughly, then add grated beetroot and mix through.
 7. Spoon the cake mix into a buttered and floured cake tin and bake at 180 degrees for around 30 minutes or until the top springs back when lightly pressed. You could also stick a skewer into the cake, and if it pulls out dry without cake mix stuck to it, this is also a sign of a baked cake.
 8. Allow cake to cool in tin for 10 minutes before serving.

This cake is delicious served with fresh strawberries and fresh whipped cream.

Salads

Pumpkin Salad

- 2 tablespoons olive oil
- 1 medium jap pumpkin
- ½ cup raisinse
- ½ cup shredded coconut
- 1 red capsicum shredded in thin strips
- ½ cup coriander leaves

Dressing

- 2 tablespoons fennel seeds
- 1 teaspoon asafoetida powder
- 1 teaspoon ground black pepper
- 1 tablespoon sea salt
- 1 tablespoon fenugreek powder
- 1 tablespoon apple juice concentrate
- 4 tablespoons fresh squeezed lemon juice
- 600 ml coconut cream

1. Take the pumpkin and remove the skin and seeds, and cut into cubes.
2. Place pumpkin in a bowl with olive oil and mix thoroughly and evenly.
3. Place pumpkin on a baking tray and bake in oven at 180 degrees Celsius for 30 - 40 minutes, until it's cooked but still firm.
4. Let the pumpkin cool, then mix with other ingredients in a large bowl, being carefully not mash the pumpkin!

To make the dressing:

1. Roast fennel seeds in hot oven (180 degrees Celsius) for 5 minutes until aromatic
2. Grind fennel seeds with a mortar and pestle.
3. In a medium-sized bowl add all other ingredients together along with fennel and whisk well.
4. Mix the dressing through your pumpkin salad just before serving.

Lentil Tabouli Salad

- 2 cups brown lentils
 - 1 cup finely chopped parsley
 - 2 tablespoons chopped mint leaves
 - 2 tablespoons chopped coriander
 - 1/3 cup roughly chopped roasted almonds
 - 2 large tomatoes chopped into cubes
 - ¾ cup freshly squeezed lemon juice
 - ¾ cup olive oil
 - 2 teaspoons lemon rind
 - 2 teaspoons grated ginger
 - 1 teaspoon asafoetida powder
 - 1 teaspoon black pepper
 - 2 teaspoons sea salt
 - 2 teaspoons apple juice concentrate
1. In a medium-sized saucepan add 8 cups of water and bring to boil.
 2. When hot add brown lentils and cook until they are soft but still keeping their form.
 3. Strain lentils and let them completely cool.
 4. In a large bowl add parsley, mint, coriander, almonds, tomato, then the brown lentils, once they have cooled.
 5. In a blender mix lemon juice, olive oil, lemon rind, grated ginger, asafoetida, black pepper, salt, and apple juice concentrate. Blend until smooth.
 6. Mix this sauce through your brown lentil salad mix just before serving.

Breads

Cornbread with Plum Chutney

Vegan, gluten-free bread

Serves 8 - 10

Cornbread:

- 2 cups polenta (cornmeal)
 - 1 cup rice or buckwheat flour
 - 1 tablespoon baking powder
 - 1 teaspoon salt and pepper
 - 150 ml sunflower or olive oil
 - 150 ml maple syrup
 - 350 ml rice or soya milk
 - 4 thickly sliced ripe tomatoes
- optional:*
- ½ cup fresh corn
 - 2 tablespoons fresh oregano

Plum Chutney:

- About 600g of ripe plums (red flush are best)
- 200g of palm or date sugar
- 2 teaspoons coriander powder
- ½ teaspoon fresh ground cardamom
- 3 tablespoons oil

1. Preheat oven to 190 degrees Celsius.
2. Combine all dry ingredients in a bowl. In a separate bowl, mix all the wet ingredients together.
3. Pour the wet ingredients into the dry and mix well to make a thick pourable mixture. Wait a minute or two. If it's too thick add more milk.
4. Mix in the fresh corn and oregano, if you are including it.
5. Pour the mixture into a greased deep baking tray or cake tin, and smooth the mixture.
6. Press the slices of tomato over the surface.
7. Bake for 35-40 minutes until firm and slightly golden.

Plum Chutney:

1. De-seed and dice the plums.
2. Heat the oil in a saucepan and sauté the spices in it.
3. Add the plums to the pan and bring the mixture to a boil.
4. Reduce the heat and add the sugar, stirring until it's dissolved.
5. Simmer for 40 minutes or so until the plums have dissolved, the

- chutney has thickened, and the chutney has a nice sheen to it.
6. Remove the saucepan from the heat and let the chutney cool to room temperature. Serve with the cornbread.

Socca - Chickpea bread

A tasty and simple vegan, gluten-free bread. It can also be used as a savoury pancake, slice, or pizza base.

- 1 ½ cups besan flour (chickpea flour)
- 1 teaspoon sea salt
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon ground tumeric
- ¼ teaspoon cracked black pepper
- ¼ teaspoon yellow asafoetida powder
- ¼ cup olive oil
- 1 ¾ cups water

Topping:

- 3 medium tomatoes sliced into thin rings
- 2 tablespoons finely chopped parsley

1. Sift the flour into a bowl and mix in the salt and spices.
2. Add the water a little at a time, whisking to form a smooth paste. Add the olive oil and whisk further. If possible, it's good to leave the mixture at room temperature for 30 minutes - 1 hour at this point.
3. Oil a cake tin or line a deep pizza tray with baking paper. Pour in the batter, then evenly place tomato slices over the top. Bake for 30 minutes or until golden topped. To serve sprinkle with parsley and cut into slices / wedges.

For a tasty pizza base bake without tomato topping for 20 minutes, then add your desired topping and bake for another 15 minutes.

For other variations of this recipe you could add fresh herbs to the mix before cooking like basil, parsley, or dried herbs sliced sundried tomato, or sesame seeds.

Desserts

Pumpkin Pie

Vegan, sugar- and gluten-free.

Makes 1 pie, serves 6-8

Prep time: 2 hours

The crust:

- 2/3 cup buckwheat flour
- 2/3 cup ground almonds
- ¼ cup sunflower oil (or almonds, macadamia, coconut)
- 2 tablespoons tahini (unhulled, organic)
- a few tablespoons cold water

The filling:

- 1 small to medium size pumpkin (dark flesh is better)
- 300 ml coconut cream (no preservatives or emulsifiers)
- 100 ml maple syrup
- 3 tablespoons cornflower
- 1 teaspoon cinnamon (freshly ground)
- 2 teaspoons freshly ground whole allspice berries

The pastry:

1. Combine flour, almonds, oil, and tahini in a food processor and process in short bursts until it combines loosely. Sprinkle in a little water and mix again. Add a little more water, if required, to form a damp mass.
2. Remove dough and knead gently on a floured surface. Press into a pie dish and crimp the edges. Chill until required.

The filling:

1. Split the pumpkin crosswise. Remove seeds and discard the seeds and fibres. Place the pumpkin, cut side down, on a lightly-oiled baking tray. Place in a 200 degree oven and bake for 40 minutes to 1 hour, or until the pumpkin is tender when pierced with a knife.
2. Scrape the pumpkin pulp away from the skin, discard the skin. Place pulp in a food processor with a metal blade. Blend until smooth.
3. Force the pumpkin purée through a sieve, measure 2 cups (500 mls) for the pie, and reserve any remainder for other purposes. Combine the 2 cups purée with the other filling ingredients and beat with a whisk until smooth and creamy.

To assemble and bake the pie:

1. Preheat oven to 180 degrees. Pour the filling into the chilled pastry case and smooth it out. It should be barely 2.5 cm deep.

2. Bake for 40 minutes or until the filling is set.
3. Cool, cut into wedges and serve with berries and Dairy and Sugar free Coconut, Carob, Date & Berry Ice Cream.

Dream Cookies

Vegan, sugar- and gluten-free cookies

Makes 15 cookies

Prep time: 20 - 30 minutes

- 1 cup ground almonds (you can buy ground almonds or blend blanched almonds in a food processor until fine)
 - ¼ cup maple syrup
 - ¼ teaspoon freshly ground cardamom
 - 2 teaspoons water
4. Mix all ingredients together in a bowl of food processor
 5. Shape teaspoons of batter with oiled hands (preferably almond oil) into balls and press flat onto a well oiled baking tray.
 6. Bake in an oven preheated to 180 degrees for 15 - 20 minutes, or until golden brown.
 7. Let them cool for a few minutes, then carefully remove with a spatula to cool on a bench or wooden board.

Rich Carob Beetroot Cake

Vegan and sugar-free – quite a rich treat!

Prep time: 20 – 30 minutes

- 3 medium beetroots
- 375g / 3 cups wholemeal or spelt flour
- 1 cup carob powder
- 3 teaspoons baking powder
- 2 cups dates
- 1 cup of raisins
- 1 ½ cups vegetable oil (almond, rice, or sunflower)
- 125 ml - ½ cup rice milk
- 2 tablespoons natural vanilla extract

Carob Icing

- 100g carob buttons
- 300g silken tofu
- 3 teaspoons natural vanilla extract
- 3 tablespoons maple syrup

1. Wash the unpeeled beetroots, then steam for 30 minutes or until soft. Leave to cool, then remove skin and purée in a food processor or blender. There should be about 2 cups of beetroot purée.
2. Preheat the oven to 170 degrees Celsius (325 degrees Fahrenheit)
3. Lightly grease a medium cake tin with vegetable oil.
4. In a small pot mix the dates and raisins. Add sufficient water to just cover them and place on a medium heat until the dates and raisins are soft and the water is absorbed. Let cool, then process to a purée.
5. Sift the flour, carob powder, and baking powder into a bowl.
6. In a separate bowl blend the oil, milk, beetroot, dates, raisins, and vanilla.
7. Add the wet ingredients to the dry ingredients and stir gently until combined.
8. Pour into the cake tin and bake for 1 ½ hours or until the center is cooked and a skewer comes out clean. Allow to cool for 15 minutes then turn on to a wire cooling rack.
9. To prepare the icing, pour the carob buttons into a small heat proof bowl sitting in a saucepan of simmering water and gently heat until melted.
10. Put all the icing ingredients into a food processor or blender and blend until it has a smooth consistency and colour.
11. Spoon the mix into a bowl and put it in the fridge to cool.

12. Cover the cake with carob icing.
13. Serve with fresh strawberries.

Banana, Date, and Carob Muffins

Delicious vegan sugar- and gluten-free muffins

Makes 8-12 muffins

- 1 cup brown rice flour
 - 1 cup buckwheat flour
 - 1/3 cup ground almonds
 - 1/4 cup carob powder
 - 4 teaspoons baking powder
 - 1 tablespoon arrowroot
 - 2 very ripe medium bananas
 - 1/2 cup chopped pitted dates
 - 1/2 cup almond oil (macadamia or sunflower oil could be used)
 - 1/2 cup maple syrup
 - 1 teaspoon natural vanilla extract
 - 1 cup rice milk
1. Preheat the oven to 180 degrees Celsius and grease muffin trays.
 2. Mix the flours, almonds, and powders in a bowl.
 3. Add the dates and distribute evenly through the dry mix.
 4. In a separate bowl combine the oil, syrup, vanilla, rice milk, and mashed bananas.
 5. Add this to the dry ingredients and mix well. It is important that the mix is moist - if it is too thick add more rice milk.
 6. Spoon batter into prepared muffin tins and bake for 30-40 minutes, until golden. Cool for 5 minutes in tins, then remove and allow to cool before serving.

Carrot Cake

A vegan, whole grain and naturally sugar-free version of one of Campak Gaur's favourite cakes!

- 2 cups of spelt flour or whole wheat flour
 - 2 teaspoons baking powder
 - 1 teaspoon baking soda
 - 1 ¼ cups water
 - 1 cup dates
 - 1 cup raisins
 - 2 teaspoons cinnamon
 - 2 teaspoons ground ginger
 - ½ teaspoon ground cloves
 - ½ teaspoon ground cardamom
 - ½ teaspoon ground nutmeg
 - 1 cup grated carrot
 - ½ cup orange juice
1. Preheat oven to 190 degrees Celsius / 375 degrees Fahrenheit and grease cake pan.
 2. In a small bowl, mix together the flour, baking powder, and baking soda and set aside.
 3. Combine the water, dates, raisins, cinnamon, ginger, cloves, cardamom, and nutmeg in a small saucepan.
 4. Bring to boil, reduce heat, and gently simmer for 5 minutes.
 5. Put shredded carrot in a large bowl and pour hot water mixture over them. Allow to cool.
 6. Add the orange juice and mix well.
 7. Add the dry ingredients to the wet ingredients and stir well to combine.
 8. Pour the batter into a lightly greased cake pan.
 9. Bake at 190 degrees Celsius / 375 degrees Fahrenheit for 45 minutes to 1 hour, or until a toothpick inserted in the centre comes out clean.

Rice Dream

Vegan, sugar- and gluten-free dessert, or breakfast! It's a great way to turn the evening's plain cooked grain, whether rice, quinoa, buckwheat, or millet, into a yummy sweet dish. It takes very little time to prepare and can be eaten any time.

- 1 cup cooked brown or white rice (or any other cooked grain)
 - 1 ½ cup of milk (soy, rice, almond, or oat)
 - ¼ cup sultanas
 - ¼ roughly chopped almonds
 - ½ teaspoon ground cinnamon
 - ¼ teaspoon ground cardamom
 - ¼ teaspoon nutmeg
 - 2 tablespoons maple syrup or to desired sweetness
1. Put all ingredients into a saucepan and bring gently to a slow simmer.
 2. Continue to cook on a very low heat, stirring constantly until thick and creamy. This will take about 10-15 minutes. The mix can easily burn so remember to keep stirring!
 3. If you feel the mix is too thick just add more liquid - water or milk.