



Ayurvedic Recipes

All recipes require an electric skillet.

Dedicated to the memory of my loving Mata Ji (Mom).



Photo: Shantanu Pal, Pexels

*“Only the use of wholesome food promotes the growth of the person.”
Ayurveda, 1000 BC*

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Disclaimer

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Photo by Nishant Vyas, Pexels

Kapur Cuisine™

Ayurvedic Dishes



Nutrition & Covid-19

HARVARD, T.H. Chan School of Public Health: “We have known for a long time that nutrition is intricately linked to immunity and to the risk and severity of infections. Poorly nourished individuals are at a greater risk of various bacterial, viral, and other infections... Indeed, consuming good quality diets is always desirable, and this is particularly important during the COVID-19 pandemic.”

<https://www.hsph.harvard.edu/nutritionsource/2020/04/01/ask-the-expert-the-role-of-diet-and-nutritional-supplements-during-covid-19/>

“There’s an important relationship among your nutritional status, immune health, risk of infection, and ability to recover from illness... These foods won’t prevent you from contracting the novel coronavirus or cure the disease, but they have been shown to support immune health.” healthline, Feb 25, 2022. [healthline](#)

- | | | |
|---------------------|-------------------|----------------|
| • Canned Light Tuna | • Flax Seed | • Salmon |
| • Carrots | • Herring | • Sardine |
| • Cashews | • King Mackerel | • Spinach |
| • Cauliflower | • Oyster, Canned | • Sweet Potato |
| • Chia Seeds | • Pumpkin Seeds | • Tomatoes |
| • Collard Greens | • Red Bell Pepper | • Walnuts |

Gut Microbiome and Immunity*

“Our gut is packed with some 60 to 70 percent of the body’s immune cells (microbiome), meaning it functions as the immune system’s “control tower” while still serving as a digestive organ.” Keiko Iguchi, 2/22/19, Newsweek.

As food travels through our gut, the microbiome converts it into chemicals that power our immune system. “Subtle changes in gut health can have a powerful effect on how you look and feel, says Megan Rossi, a research fellow at King's College London and author of *Love Your Gut*. In addition, research has linked an imbalance of gut bacteria to more than 70 chronic diseases.” Here's what you'll get from feeding your bacteria well.

1. You'll lose weight
2. You'll get stronger
3. You'll think more sharply
4. You'll sleep better
5. You'll ease belly woes
6. You'll catch fewer colds
7. You'll just plain feel better

* The information is extracted from “What to Eat to Improve Your Gut Health.” Clint Carter, AARP, December 14, 2020. See [AARP](#).

Mediterranean Diet

The Mediterranean diet may prevent memory loss and dementia. The diet is simple plant-based cooking, with each meal focused on fruits and vegetables, whole grains, beans, and seeds, with a few nuts and a heavy emphasis on extra-virgin olive oil. And say *farewell* to refined sugar and flour. Red meat can make a rare appearance, but usually only to flavor a dish. Instead, meals include eggs, dairy, and poultry in much smaller portions than in the Standard American Diet. In addition, fatty fish – wild salmon, sardines, albacore tuna, lake trout, and mackerel loaded with brain-healthy omega-3 fatty acids – is eaten at least twice a week. Adopting the fare of the sunny region will also help reduce the risk for diabetes, depression, high cholesterol, heart disease, stroke, and some cancers. Sandee LaMotte, CNN, May 5, 2021

DASH Diet

According to the CDC, “Nearly half of adults in the United States have hypertension (high blood pressure), resulting in close to half a million deaths annually.” A serious situation indeed. *U.S. News and World Report* consistently ranks the DASH Diet, developed in the 1990s by the National Institutes for Health (NIH), as the “best overall” diet for managing hypertension. It emphasizes foods lower in sodium and rich in potassium, magnesium, and calcium — nutrients that help lower blood pressure.

It incorporates plenty of vegetables, low glycemic index fruits, whole grains, and beans, minimally processed nuts and seeds, fatty fish, small quantities of lean meats, low-fat dairy products, and avoiding sweets and sugary beverages. Additionally, it may also help you lose weight and lower cholesterol. Listed below are the core ingredients of the DASH diet:

- Almonds – calcium, fiber, magnesium, and manganese.
- Amaranth – fiber, magnesium. And manganese.
- Beans – fiber, magnesium, and potassium.
- Beets and beet greens – fiber, folate, manganese. We prefer baby beets.
- Berries – antioxidants, including anthocyanins.
- Broccoli – flavonoid antioxidants.
- Canned salmon – calcium.
- Carrots – chlorogenic, *p*-coumaric, and caffeic acids.
- Celery – phytochemical called phthalides.
- Chia and flax seeds – potassium, magnesium, and dietary fiber.
- Citrus fruits – vitamins and minerals.
- Edamame – calcium.

- Fatty fish – omega-3.
- Greek yogurt – potassium and calcium.
- Herbs and spices – blood pressure lowering potential.
- Pistachio – potassium.
- Poppy seeds – calcium.
- Potassium – aim for 4,700 mg a day.
- Pumpkin seeds – magnesium, potassium, and arginine.
- Reduce fats – by 1 tablespoon daily.
- Reduce salt – lower daily sodium to 1,500 mg a day.
- Spinach – nitrates, antioxidants, potassium, calcium, and magnesium.
- Swiss chard – potassium and magnesium.
- Tomatoes – potassium and the carotenoid pigment lycopene.
- White beans – calcium.

“Our study represents some of the strongest evidence that (DASH) diet directly impacts cardiac damage, and our findings show that dietary interventions can improve cardiovascular risk factors in a relatively short time period,” Stephen Juraschek, Beth Israel Deaconess Medical Center and Harvard Medical School.

MIND Diet: What to Eat to Reduce Your Risk of Alzheimer's Disease

The following information is extracted from an article by Melinda Wenner Moyer that appeared in Eating Well and from the following sites:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4532650/>, <https://pubmed.ncbi.nlm.nih.gov/28722952/>, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4042564/>, <https://selfhacked.com/blog/mind-diet/>

MIND stands for the **M**editerranean-DASH Intervention for **N**eurodegenerative **D**elay. It combines aspects of the Mediterranean and the DASH (Dietary Approaches to Stop Hypertension) diets to help improve brain function and prevent dementia. The MIND diet combines foods from the Mediterranean and DASH diets to benefit brain health. There are no set guidelines for calorie intake in the MIND diet. Eat more of the ten foods the diet encourages you to eat, and eat less of the five foods the diet recommends you limit.

Foods MIND Diet Encourages

1. **Green, Leafy Vegetables:** Six or more servings per week; serving size 1 cup raw, ½ cup cooked.
2. **All Other Vegetables:** Try to eat another non-starchy vegetable in addition to the green leafy vegetables at least once a day; serving size: 1 cup raw, ½ cup cooked.
3. **Berries:** Eat berries – strawberries, blueberries, raspberries, and blackberries – at least twice a week; serving size: ½ cup.

4. **Nuts:** Five servings of nuts (unfried and unsalted) or more each week; serving size: $\frac{1}{3}$ cup.
5. **Olive Oil:** Use olive oil as your primary cooking oil.
6. **Whole Grains:** At least three servings daily; serving size: $\frac{1}{2}$ cup.
7. **Fish:** Eat fatty fish – salmon, sardines, trout, tuna, and mackerel – at least once a week; serving size: 3 oz cooked.
8. **Beans:** At least four times weekly; serving size $\frac{1}{2}$ cup cooked.
9. **Poultry:** Chicken or turkey at least twice a week; serving size 3 oz cooked.

Foods to Avoid

1. **Butter and Margarine:** Less than one tablespoon daily.
2. **Cheese:** Less than once per week.
3. **Red Meat:** No more than three servings each week.
4. **Fried Food:** No more than once per week; preferably none.
5. **Pastries and Sweets:** No more than four times a week.

T2 Diabetes Management

Here are a few alarming statistics about the U.S.

- Estimated 34.2 million people have diabetes.
- Estimated 7.3 million adults ages 18 years or older have diabetes but are undiagnosed.
- Estimated 88 million adults ages 18 years or older have prediabetes.
- Among adolescents ages 12 to 18 years, more than 1 in 6 have prediabetes.

Prediabetes is a serious health condition where blood sugar levels are higher than normal but not high enough to be diagnosed with type 2 diabetes.

A diet rich in healthy vegetables, fruits, proteins, and antioxidants can help manage blood sugar with significant health benefits. A dietitian can make specific recommendations for individuals based on their profiles. However, certain foods maintain healthy blood sugar levels: Beans, berries, fatty fish, green leafy vegetables, nuts & seeds, and whole grains. Given below is a comprehensive list of these items:

Beans

- | | | |
|------------------|----------------|---------------|
| • Adzuki Beans | • Kidney Beans | • Pinto Beans |
| • Black Beans | • Lentils | • Red Beans |
| • Garbanzo Beans | • Lima Beans | • Soy Beans |
| | • Navy Beans | |

Berries

- Blackberries
- Blueberries
- Raspberries
- Strawberries

Fatty Fish

- Albacore Tuna
- Herring
- Mackerel
- Salmon
- Sardines
- Trout

Green Leafy Vegetables

- Arugula
- Beet Greens
- Bok Choy
- Broccoli
- Cabbage
- Collard Greens
- Dandelion Greens
- Endives
- Kale
- Mustard Greens
- Rapini
- Spinach
- Swiss Chard
- Turnip Greens
- Watercress

Nuts & Seeds

- Almonds
- Chia Seed
- Flax Seed
- Pistachio
- Walnuts

Whole Grains

- Amaranth
- Barley
- Buckwheat
- Bulgur
- Bulgur
- Freekeh
- Millet
- Quinoa
- Rye
- Spelt
- Teff
- Whole Farro
- Whole Grain Sorghum
- Whole Wheat Couscous

Anti-Inflammation

Inflammation refers to the body's reaction to harmful elements that damage it – infections, injuries, and toxins. When something damages our cells, the body releases chemicals that trigger a response from the immune system to heal itself. Ironically, inflammation can be both positive and negative.

- Positive: It helps the body defend itself from infection and injury.
- Negative: Persistent (chronic) inflammation can lead to Alzheimer's, arthritis, cancer, depression, diabetes, and heart disease.

“Western diet — which is typically high in saturated and trans fats, added sugars, and sodium — reportedly increases chronic inflammation... adherence to a Mediterranean-style diet — rich in fruits, vegetables, peas or beans, healthy fats, and fish — may lead to a lower risk.” MedicalNewsToday, January 16, 2022.

We are glad to state that Kapur Cuisine™ incorporates the core values of Mediterranean, DASH, MIND, T2 Diabetes management, and anti-inflammatory diets to prepare wholesome and tasty meals.

Kapur Cuisine™

Simple and refined carbohydrates, with a fast rate of digestion, result in the rapid rise of blood sugar levels, leading to a quick surge in energy followed by a sudden energy crash – the classic blood sugar seesaw. Conversely, complex carbohydrates take longer to digest, resulting in slow, steady, and sustained energy. You have the ideal nutritionally balanced meals when complex carbohydrates are combined with healthy proteins and high-quality fats. Kapur Cuisine™ incorporates preparing wholesome and tasty meals that require minimal cooking skills.

- **Balanced:** Provides a good mix of healthy proteins, complex carbohydrates, vitamins, and trace minerals.
- **Sustainable:** Not regimented or overly restrictive and can be followed easily.
- **Convenient:** Does not require advanced cooking skills; ingredients are readily available and cost-effective.

Electric Skillet

We use an electric skillet with a *glass lid*; a 12" x 12" skillet works well for two to four people; a 12" x 16" skillet for four or more; round skillets are also available. The cooking process is *not suitable* for stovetop cooking.

An essential step to developing good flavor and mouthfeel for vegetables is caramelization; this draws the natural sugars out and creates a sweet, nutty flavor. Typically, caramelization requires a long cooking time stirring and turning, which is not for the faint of heart. However, through experimentation, I found out that if one adds a bit of cooking oil and uniformly sliced vegetables to a heated electric skillet and *covers it* (no stirring), caramelization occurs at the bottom, and steaming occurs on the top. Voilà. Great taste and mouthfeel.

During the total 15 minutes of cooking, the electric skillet is kept covered by its lid for 12 minutes while you **do nothing; no stirring or turning** of the food. As a result, you spend only 3 to 5 minutes of hands-on cooking. This way, very little steam is released from the skillet – what happens in the skillet stays in the skillet. This keeps the flavors intact, resulting in a richer-tasting dish. In conventional stovetop cooking, all ingredients don't get cooked to the same degree. The

different parts of a pan develop various degrees of heat, and uneven stirring of ingredients cooks them unevenly.

Cooking Time

Each dish requires only 15 minutes of *cooking time* using an electric skillet. Additional time is needed to organize the spices, clean, slice, and measure the vegetables, meat, or seafood. The time spent shopping for the ingredients and the "kitchen prep" depends on your kitchen help and planning skills.



Fruit Vendor, my Hometown Patiala, Punjab, India.



Orchid, Duck Flower, My Parent's Garden, Patiala, India

Ayurvedic Cooking

“When diet is wrong, medicine is of no use; When diet is correct, medicine is of no need.” Ayurvedic Proverb.

Johns Hopkins University: “Ayurveda, a natural system of medicine, originated in India more than 1000 BC. The term *Ayurveda* is derived from the Sanskrit words *Ayur* (life) and *Veda* (science or knowledge). Thus, Ayurveda translates to knowledge of life and life balance – body, mind, and consciousness. Based on the idea that disease is due to an imbalance or stress in a person's consciousness...” <https://www.hopkinsmedicine.org/health/wellness-and-prevention/ayurveda#:~:text=Ayurveda%2C%20a%20natural%20system%20of,translates%20to%20knowledge%20of%20life>.

Born around 300 BC, *Acharya Charak* was one of the principal contributors to furthering the art and science of Ayurveda. He is considered the father of Indian medicine and one of the leading authorities on Ayurveda. He studied and practiced medicine at Taxila University, then located in the far north region of India, now in Punjab, Pakistan. He codified Ayurvedic cooking in *Charaka Samhita*, perhaps the oldest cookbook (written in Sanskrit), where he states:

“Wholesome diet is essential for good health and to prevent diseases, while unwholesome food is an important cause of diseases.”

Ayurveda emphasizes disease prevention and encourages health maintenance through close attention to life balance – the right thinking, lifestyle, and *diet* with a specific focus on herbs and spices.

Within Charaka's Ayurvedic recipes, measurements and cooking times were often not specified for the ingredients. The assumption was that the cooks using the recipes were well-trained, experienced, and understood the cooking process – measurements, cooking times, and the necessary cooking techniques. For example, a recipe might read as follows:

Aphrodisiac Buffalo Meat Soup: Ghee, black gram, goat's testicles, plus soup of buffalo meat. Cook the above in the buffalo soup. It should be filtered. Sour fruit, ghee. Fry all of the above together. A bit of salt, coriander, cumin, and ginger. Put these seasonings in the soup. It is ready.

Within the Ayurvedic cooking context, ingredients must be fresh, in-season, preferably grown in the area where we live (shop Farmers Markets), and prepared lovingly and mindfully. My dear Mata Ji (mom), an eclectic cook, often combined Ayurvedic dry heat braising with steaming to cook many memorable vegetarian dishes. Six components of Ayurvedic cooking ingredients: astringent,

bitter, pungent, salty, sour, and sweet. We know about salty and sweet; let's look at the following:

- Astringent
 - Bay leaf, coriander, fennel, nutmeg, saffron, and turmeric.
- Bitter
 - Arugula, citrus peel, dandelion greens, eggplant, kale, karela (bitter gourd), green tea, methi (fenugreek), and red wine.
- Pungent
 - Daikon radish, garlic, ginger, peppers, and scallions.
- Sour
 - Citrus, pomegranate, imli (tamarind), and star fruit.

Our Ayurvedic dishes are highly nutritious, visually appealing, aromatic, and delectable. Each contains:

- High-quality cooking oil.
- High-quality meats and seafood.
- Variety of fresh seasonal vegetables.
- Variety of therapeutic herbs and spices.
- Nutrient nuts and seeds.

Caution: Traditional Ayurvedic practice of adding metals, minerals, and gems – arsenic, gold, lead, opium, mercury – to specific medicinal preparations. Such products pose *serious* health risks and can cause life-threatening illnesses.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6060866/> **We do not use any Ayurvedic medical ingredients in our cooking.**

Eating Meat

The perennial question, “Is it OK to eat meat within the Ayurvedic tradition?” Here are a few references:

- In the oldest Hindu sacred text, the Rig Veda, bull meat was consumed. *Rig Veda: HYMN LXXXVI, 13 & 14.* 1500 BC
- Ayurveda refers to eating a variety of meats. 1000 BC.
- Charaka Samhita, Handbook on Ayurveda, states, “No other food excels meat for promoting bulk of the body.” Su27#86. 6th Century AD.
- Ancient Indian texts mention eating buffalo, cow, fish, goat, and ox meat. <https://www.pdfdrive.com/the-myth-of-holy-cow-by-dn-jha-d30170330.html>
- Guru Nanak (1469 AD –1539 AD), founder of the Sikh religion, cooked meat at an important Hindu festival in Kurukshetra, Punjab. He certainly did not waste it having cooked it; the meat was served to his followers, and he probably ate it himself. Sixth Guru, Hargobind, and the tenth Guru,

Gobind Singh, were accomplished and avid hunters. The game was undoubtedly cooked and put to good use. https://www.sikhs.org/meat_au.htm

- His Holiness, Dalai Lama, eats meat occasionally, especially when traveling overseas. https://www.thestar.com/news/world/2010/10/16/the_dalai_lama_is_a_meateater.html

Vedic Scholar Charak, 6th Century AD

"No other food excels meat in producing nourishing effects in the body; good quality meats promote strength – alleviate diseases, promote intellect, good voice, physical power, and senses." He further asserts, "Do not consume meat daily; instead, have it moderately. A small portion of meat, about ¼ cup, eaten with vegetables and whole grains is an appropriate amount." Also, meat not raised on 'pasture graze' is *inappropriate* for consumption." Here are examples of fresh food from India regarding the need to eat fresh, in-season, local ingredients.



On the left is a vegetable pushcart vendor who pedals around the neighborhood every morning selling fresh, in-season vegetables. Can't get any fresher! On the right is a neighborhood meat store in my hometown Patiala, Punjab, where the butcher vends goat and lamb meat butchered that morning.

When shopping for Ayurvedic cooking, your first option should be nearby farmers' markets and local butcher shops. For Ayurvedic cooking, choose organic, pasture-raised, hormone-free meat and wild-caught seafood. *Of course, eating meat is a personal decision based on religious practices and individual needs.* In India, goat meat is typically a bit more expensive than lamb meat. How do you tell a goat from a lamb in the photo? Write to: gkapur@familygs.org

Ayurvedic Ingredients

Beans

We recommend 1 cup of cooked beans; this serves 2. We prefer home-cooked beans; if store-bought, no added sodium or low sodium, drained and rinsed.

1. Black Beans.
2. Black Eyed Peas.
3. Garbanzo Beans.
4. Kidney Beans.
5. Beans of your choice.

Braising Liquid

1. Beer (Surā in Ayurveda) for all adult cooking
2. Black leaf tea (discard leaves)
3. Broth, low sodium
4. Buttermilk
5. Half & Half (calms the spiciness)
6. White wine (Mridvika in Ayurveda) for all adult cooking

Bread – Chapati

Also known as roti and phulka, it is an unleavened flatbread made using whole wheat flour of a special 'chapati' grind. Chapati may be served with a light coating of oil, ghee, or butter; also served 'dry.'



Whole Wheat Chapati

Cooking chapatis at home requires a lot of practice, which can be challenging for home cooks. Available in Indian food stores and many supermarkets, follow the heating and serving instructions on the respective packages. Also available from Indian restaurants. Whole wheat or corn tortillas can be a decent substitute.

Note: If you plan to serve chapati, don't add beans or grain to the dish, as this would result in too much starch.

Lettuce Boat Alternative



To make your Ayurvedic meal lighter, replace chapattis with lettuce leaves – Romain and Butter Lettuce leaves work well. To serve, spoon a few tablespoons of the cooked dish into the center of a lettuce leaf, taco style.

Condiments

Given the variety of regional cuisines, there are scores of condiments – achar and chutneys. Here we will list the more commonly used condiments from northern India, the focus of our recipes.

- Coriander Chutney
- Mango Achar (Pickle)
- Mango Chutney
- Mint Chutney
- Mixed Vegetable Pickle
- Tamarind (Indian Imli) Chutney

These are available in Indian food markets and some supermarkets. The spiciness and heat (from chilis) can differ significantly, and you may have to try a few varieties before settling on your favorites. We do not make specific brand recommendations here; if you would like to know about our family's favorites, please write to me at gkapur@familygs.org.

Raita (Yogurt & Vegetable Mixture)

Raita is often served with a meal to calm the palate and for its digestive properties. The following will typically serve four.



- 1 cup plain, low-fat yogurt
- ½ medium cucumber, peeled, grate only the flesh, discard seeds
- ½ medium carrot, peeled, grated
- ¼ cup water
- 1 tablespoon fresh cilantro or mint leaves, minced

In a bowl, combine all ingredients except cilantro or mint leaves; stir well. Cover and refrigerate. Garnish with cilantro or mint leaves before serving.

Cooking Oil

During the past few years, there has been quite a buzz about the benefits of ghee and virgin coconut oil. If you use these routinely, we advise you to consult with a qualified physician or other qualified health professionals for nutritional pros and cons; don't rely on *anecdotal evidence* from friends on the internet.

Our cooking oil preference is Extra Virgin Olive Oil (EVOO); we recommend California EVOO, avocado oil, or canola (preferably expeller). Occasionally, you may prefer ghee (Indian clarified butter) for traditional Ayurvedic cooking.

Note: For 'low fat' cooking, reduce the oil to 1 teaspoon in the recipes below.

Cup or Weight Measurement

Measuring ingredients by cup size can be quite a trick. For example:

- 1 cup broccoli = 2.5 oz
- 1 cup carrots = 2 oz
- 1 cup cauliflower = 2.25 oz to 2.75 oz
- 1 cup celery = 4 oz
- 1 cup spinach = well, it depends on whether packed or not!
- 1 cup Swiss chard = 3 oz

Also, with some ingredients, the size of the cut can make a difference. For example, a cup of minced carrots may weigh more than carrots cut into larger pieces, similar to cauliflower.

Weighing is a more accurate and convenient way to measure portion size. Good quality digital scales are available for less than \$15 and last a long time.

Dish Frequency

For non-vegetarians, we suggest two meat, two seafood, and three vegetarian dishes during the week. Occasionally, replace a meat dish with a seafood or vegetarian dish.

Herbs

- Cilantro
- Mint
- Another herb of your choice



Fresh herbs can be expensive. We suggest you grow your herbs; once planted, most will revive for the next growing season. *Harvest herbs by snipping the top leaves as needed, and wash and pat dry the leaves before use. The preferred method is to tear the leaves to release the essential oils; if using a knife, roll the leaves and slice through.* Fresh herbs should be added to the dish towards the end and cooked for a few seconds as prolonged cooking reduces the flavor. Dry herbs are typically added while the dish is being cooked. One teaspoon of dry herb equals one tablespoon of fresh herb. The following herbs are easy to grow at home:

Cilantro: All plant parts, leaves, and stems are edible. Most people perceive the taste of coriander leaves as faint lemon/lime with a tart aftertaste; some people find cilantro not to their liking. It's a good idea to check with your guests. Seeds are typically known as coriander seeds—plant seeds, about ¼ deep, about 6 inches apart in well-drained, moist soil. To harvest cilantro all season, make

successive sowings every 2 to 3 weeks starting in late spring. From the time of sowing, cilantro can be harvested in about 3 to 4 weeks.

Mint: The most common variety for cooking is Spearmint. Mint is best planted in a container by itself as it spreads fast and will suffocate other plants.

Drying Herbs

Harvest the herbs, leave the sprigs whole; don't pull the leaves off the stem. Heat the oven to 175F. While the oven is preheating, arrange herb sprigs in a single layer on a cookie sheet and set it in the oven; leave the door slightly open; this helps with the drying process.

Set the timer for 10 minutes, and check the herbs; if not dry, continue and check in 5-minute increments (20 minutes should be sufficient). When the leaves feel dry, remove the baking sheet from the oven, and let the herbs cool. To remove the dried herbs from the stems, run your fingers along the stem; the dried leaves will fall into the cookie sheet. Store the dried herbs in an airtight jar in a cool dark space.

Ginger Root

For its aroma, spicy taste, and nutrition, peeled and grated fresh ginger root is the mainstay in Indian kitchens; dry ginger powder is a decent substitute. Those not accustomed to its taste may find it too potent and not palatable. Please don't overdo it with ginger; it can be unsettling to your stomach.

Immune System Support Supplements

According to Melissa Majumdar, Academy of Nutrition and Dietetics, "There are no specific supplements that will help protect against coronavirus (or any other virus) and anyone claiming that is being investigated by the FTC and the FDA." KCRA3, May 27, 2020. However, there are ways to keep your immune system functioning optimally – fill your plate with immune-boosting foods rich in natural vitamins, minerals, and antioxidants.

Meat, Paneer, Seafood

Whenever possible, shop for grass-fed meats, free-range poultry, and wild-caught seafood. Look for organic – no antibiotics, hormones, GMOs, or preservatives. To make meat slicing easy, freeze the meat for about 20 minutes. Keeping with the current Ayurvedic tradition, we have not included beef and pork in the recipes below.

1. Chicken: Skinless and boneless chicken breast, defatted, sliced into uniform bite-size pieces.
2. Goat: Boneless goat meat (preferably leg) pieces flattened with a tenderizing mallet to break up the muscle fibers resulting in tender meat. Slice into uniform *thin* bite-size pieces. Goat meat is a healthy alternative to beef and chicken because it contains fewer calories, fat, and cholesterol.*
3. Lamb: Boneless lamb, sliced into uniform *thin* bite-size pieces.*
4. Paneer: A fresh cheese from cow or buffalo milk, common in India. It is made by curdling low-fat or full-fat milk with yogurt and/or lemon juice. Slice into uniform bite-size pieces. Available in Indian food markets and many supermarkets. Paneer is a good source of protein for lacto-vegetarians.
5. Pork: Tenderloin, sliced into uniform bite-size pieces.
6. Seafood: Seafood of your choice, sliced into uniform bite-size pieces. We recommend seafood high in Omega-3: Alaska Pollock, Albacore Tuna, Anchovies, Atlantic Herring, Atlantic Mackerel, Black Cod, Herring, Mackerel, Mussels, Sardines, Trout, and Wild Salmon

* Goat and lamb have a slightly natural gamey taste, primarily fat. Therefore, remove as much fat as possible before cooking. Also, fennel seeds and nutmeg added to the Ayurvedic Spice Mix temper the taste of these meats.

Meat & Environmental Effect

Researchers have learned that beef has the most adverse effect on greenhouse gas and water footprint. Replacing beef with poultry or pork would reduce greenhouse gas emissions by nearly 50% and lower the water scarcity footprint by about 30%.

WOF

When meat or seafood is cooked, cooled, refrigerated or frozen, and then thawed, it can develop WOF – Warmed Over Flavor, at times quite unappetizing; this is primarily due to oxidation. A simple solution is to splash the leftovers with a generous squeeze of fresh lime before refrigeration.

Nuts

When cooking for special occasions, cooks often garnish the finished dish with a small quantity of nuts to enhance the dish's appearance, taste, and protein.

1. Slivered almonds (unsalted).
2. Raw or dry roasted (unsalted) pistachios, chopped or crushed.
3. Raw or dry roasted cashews (unsalted), chopped or crushed.

4. Raw or dry roasted walnuts (unsalted), chopped or crushed.

Papar or Papadum



Papar or Papadum – spiced lentil wafers available from Indian food stores; some can be very spicy. These can be deep-fried or roasted; we don't recommend frying – too greasy.

Stovetop Roasting: Turn the electric or gas burner to medium. Using a tong, roast each papar holding it about 1 inch above the burner; turn and rotate frequently. Papar can burn and char quickly, and it's important to turn and rotate the papar every few seconds to roast evenly. Your first few papars may char and burn in spots, discard them; it gets better as you practice.

Rice & Grain

Washing the rice or grain thoroughly before cooking is recommended.

- Amaranth, Basmati rice, brown rice, wild rice, barley, buckwheat, bulgur, freekeh, millet, quinoa, rye, spelt, teff, whole-wheat couscous, whole farro, whole-grain sorghum, and wild rice.

Start cooking the grain of your choice before turning on the electric skillet, or cook it ahead of time, let it cool, and refrigerate. Some of the grains take a longer cooking time. In our recipes, we recommend 1 oz uncooked grain per serving.

Salt

- Himalayan
- Kosher Salt

Spices

Don't be daunted by the number of spices; we use small quantities, and you can choose which to exclude from a given dish. Experimentation will guide you to develop the right mix for your palate's delight. Buy the spices in small quantities and store them in a cool, dry place.

Note: The only hot spices in the list below are black pepper and cayenne. The other spices add their own individual flavor and taste; they are not hot.

1. Bay Leaf (substitute for the Indian curry leaf)
2. Black Pepper
3. Cardamom
4. Cayenne

5. Cilantro
6. Cinnamon
7. Coriander Seed Powder
8. Cumin Seeds
9. Fennel Seeds
10. Garlic
11. Ginger
12. Hing (Asafoetida)*
13. Indian Curry Leaf (preferred fresh, dry leaves are less fragrant; substitute bay leaf)
14. Paprika
15. Saffron**
16. Tamarind (Indian: Imli)***
17. Turmeric Powder

Turmeric is integral to Ayurvedic cooking because of its immune system-bolstering capabilities. When using turmeric, add a small quantity of black pepper. The active compound piperine in black pepper enhances the absorption of the active compound curcumin in turmeric by up to 2,000%. Curcumin from turmeric and long-chain fatty acids fish (salmon, tuna, mackerel, herring, and sardines) have been shown to reduce markers of inflammation throughout the body. When using turmeric, beware of turmeric tablets, capsules, gummies, and drinks; consult reputable and well-qualified nutrition professionals.

***Hing:** Or asafoetida is an ancient spice widely used for its therapeutic properties. It is the dried gum oleoresin exuded from the rhizome of *Ferula*, an herb native to India, Iran, and Afghanistan. It has a **strong, pungent smell and an acquired taste**. Limit your use to a pinch (1/8 teaspoon); use a spoon, not your fingers (the pungent odor will persist). Buy it in powder form in the smallest container. If your palate does not agree, don't use it in your cooking. Never store it in your refrigerator.

****Saffron:** A fragrant and colorful spice derived from the flower of *Crocus sativus* (saffron crocus). The vivid crimson stigma, called threads, are hand-harvested, then dried. Saffron is the costliest spice, prone to adulteration. Buy from a trusted source, don't buy in powder form. Because of its cost, saffron is used for important occasions – weddings, important birthdays, religious feasts, and serving special guests. When using, pick a small pinch of saffron with *absolutely dry* fingers, gently crush the delicate stems and add about two tablespoons of warm water in a small bowl; let steep for about 5 minutes. Drizzle the saffron threads and water over the ingredients in the last cooking step of the recipe.

*****Tamarind (Indian: Imli):** It is an edible pod-like fruit; the pulp has a slightly sweet, very sour, and tangy taste. The steps to transform the dry fruit pods into syrup are complicated; you can buy tamarind as paste and syrup from Asian food stores and many supermarkets. Buy the smallest container, taste about 1/8 teaspoon, and see how you like the sweet, sour, and tangy flavor. You may need to dilute the paste or syrup with water, stir well and serve it like ketchup in a small dish. While enjoying your meal, one would occasionally dip a bite of food in the tamarind sauce and relish the delectable sour and sweet palate-tingling taste.

Ayurvedic Spice Mix, One Serving

This mix will be used in the recipes below.

- 1 teaspoon coriander seed powder
- ½ teaspoon paprika
- ½ teaspoon turmeric powder
- ½ teaspoon salt
- ¼ teaspoon cayenne
- ¼ teaspoon black pepper, coarse ground
- ¼ teaspoon cardamom seeds, crushed
- ¼ teaspoon cinnamon powder
- ¼ teaspoon cumin seeds, crushed
- ¼ teaspoon fennel seeds, crushed
- ¼ teaspoon nutmeg (preferably freshly grated)
- 1/8 teaspoon hing (optional) – see *note above

In a small bowl, combine all ingredients, and stir well. *We suggest you prepare several batches of the Ayurvedic Spice Mix and store it in a dry, dark space; they are always on hand.*

Spinach, Cabbage, or Methi (Fenugreek)

Each dish specifies 2 oz of fresh spinach; if unavailable, substitute with any thinly sliced cabbage, mustard, or 1 oz of fresh methi (fenugreek) leaves, or omit.

Vegetables

“Our results have shown that by simply eating half a cup of cooked (one cup raw) nitrate-rich vegetables each day – such as kale, arugula, chard and spinach, beetroot, parsley, Chinese cabbage, celery, radishes and turnips – people may be able to significantly reduce their risk of cardiovascular disease.” Researcher Catherine Bondonno.

We recommend 8 oz or more vegetables per serving; here is a link describing vegetable seasonality: [Seasonality](#).

Fresh in-season vegetables, five or more different types, sliced into uniform bite-size pieces; if fresh vegetables are not available, use thawed frozen. We strongly recommend that you try vegetables *new* to you:

Artichoke Hearts in Water: Folate, fiber, vitamins C, K, antioxidants. 🌱

Arugula: Fiber, vitamin K.

Asparagus: Folate, selenium, vitamin K, thiamin, and riboflavin. 🌱

Beet Root & Greens: Vitamin K, copper, manganese, iron, and calcium,

Beets: Fiber, folates, manganese, potassium. We prefer baby beets.

Bell Pepper: Vitamin C, K1, E, A, folate, and potassium.

Bok Choy: Antioxidants, Vitamin A, Vitamin C.

Broccoli & Broccolini: Vitamins B, B12, and folate. 🌱

Brussels Sprouts: Dietary fiber, folate, and Vitamin E. 🌱

Cabbage: Vitamins C and K.

Carrots: Beta carotene, fiber, vitamin K1, and potassium. ✓

Cauliflower: Fiber, vitamin C, and folate.

Celery: Vitamin A, C, K, potassium, folate, and choline.

Chard: Fiber, vitamins A, C, E, K, Copper, Magnesium, Manganese, Iron, Potassium.

Chick Peas (Cooked): Fiber, Folate, and manganese.

Collard Greens: Fiber, Vitamin A, C, Potassium.

Dandelion: Fiber, vitamins A, C, and K.

Edamame: Fiber, vitamin k, choline, folate, magnesium, manganese. 🌱

Eggplant: Vitamin K, C, B, manganese, potassium, niacin, copper, and magnesium. We recommend Japanese eggplant; slice it thin.

Endive: Potassium, calcium, magnesium, folate, vitamin A, K.

Fennel Bulb: Vitamin C, potassium, phosphorus, calcium, and folate.

Figs*: Fiber, vitamins A, C, K.

Garlic: Calcium, vitamin B, and thiamin.

Ghia (Bottle Gourd): Fiber, vitamin C, riboflavin, zinc, thiamine, iron, magnesium, and manganese. Available in Indian grocery stores.

Grapes (Preferably Red):** Vitamin C and K.

Green Beans: Fiber, vitamins A, C, protein, and folate.

Green Peas: Fiber, protein, vitamin A, and K. ✓ 🌱

Kale: Vitamin K, fiber, potassium, folic acid, and vitamin C.

Kerala (Bitter Melon, Goya)*:** Vitamin B-6, C, and magnesium.

Kohlrabi: Vitamin B, phosphorous, potassium, and calcium.

Leek: Vitamins A, B, C, K, iron, and manganese.

Long Green Beans: Fiber, vitamin C, protein.

Lotus Root: Fiber, vitamin B, C, riboflavin, potassium.

Mango: Vitamin A, C, B, and potassium.

Methi** (Fresh Fenugreek Leaves):** Fiber, thiamin, riboflavin, vitamin B.
Mushrooms: Vitamin B, copper, potassium, phosphorus, and iron. ⚡
Mustard Greens: Vitamins A, C, and K.
Okra: Fiber, Vitamin C and K.
Onion: Fiber, vitamin B, C, folate, manganese, calcium, and potassium.
Pumpkin (Kaddu): Fiber, vitamin A, antioxidants. ✓
Red Grapes: Antioxidants, vitamins C and K.
Scallop Squash: Fiber, vitamin A, and C.
Spinach: Vitamin A and K. ⚡
Sugar Peas, Snow Peas: Fiber, protein, vitamins A, C, and K.
Sweet Potato: Fiber, vitamins A, B6, C, manganese, and potassium.
Swiss Chard: Fiber, vitamins A, C, and K, manganese, and magnesium.
Tinda*** (Indian Squash):** Fiber, vitamin C, and potassium.
Tomato: Vitamin A, C, and K.
Turnip & Turnip Greens: Vitamin C, fiber.
Watercress: Potassium, vitamin A, C.
Zucchini: Vitamin C, B6, A, manganese, riboflavin, and potassium.
Vegetables of your choice.

⚡ **High** in protein.

✓ **High** carbohydrate vegetable.

* **Figs:** When figs are in season, usually May through August, occasionally, I add four or five chopped figs to the vegetable mix for the recipe. Trim off the stem and a thin slice off the bottom, then give a rough chop to the figs.

** **Grapes:** Occasionally, I add 8 to 10 red grapes, sliced, to the vegetable mix for the recipe.

*** **Karela:** Use a smaller size, trim ends, split lengthwise, discard seeds, slice thin. It can be a **strong bitter** taste.

**** **Methi:** Prized by Indians as very healthy, it has a pleasant slightly bitter taste. You need to handpick the leaves and discard the stems (too tough and quite bitter). Available in Indian food stores.

***** **Tinda:** Small, round, green squash; available in Indian grocery stores.

Vegetable Greens

They're packed with nutrients and earthy flavor and add vibrant color to the finished dish.

- Beet Greens
- Celery Leaves
- Turnip Greens
- Carrot Greens
- Radish Greens

Avoid greens with any yellow spots. Discard the tough stems. Wash, drain, and chop the tender leaves, and dry them well using a salad spinner. Now you can add these to any of the recipes below.

Yogurt

Plain yogurt calms the palate from spicy foods, adds additional nutrition, and acts as a digestive.

- Preferably homemade using organic milk. If readily available, try non-homogenized milk (make sure it is pasteurized).

If buying, pick plain yogurt with "Live and Active Cultures" on the label or *L. bulgaricus* and *S. thermophilus* in the ingredient list. Some companies heat-treat yogurt *after culturing* to make it more shelf-stable and reduce tartness. The company must say so on the label if a product has been heat-treated after culturing. Don't buy this stuff; it's not 'real' yogurt.

Nutrition Note

<https://www.eatthis.com/healthy-eating/> "80% of Americans Are Deficient in This Mineral That Controls Sugar Cravings, Elizabeth Millard, January 17, 2021. A research review published in the journal Open Heart called the situation "a public health crisis." According to the Mayo Clinic, "Chronically low levels could increase your chances of having high blood pressure, heart disease, type 2 diabetes, and osteoporosis." "...it also plays a critical role in bone health, heart function, digestion, sleep, cellular health, and even mood and energy levels." Elizabeth Millard, Eat This, Not That!

The mineral is *magnesium*.

Good sources: Nuts, seeds, beans, dried fruits (without added sugars), and dark leafy greens.

Cooking Prep

It is essential to have all ingredients for a recipe easily accessible, measured, and ready before plugging in the electric skillet. Avoid searching, washing, and slicing the ingredients after you have plugged the skillet and then may have to scramble. It can get stressful. Not good!

Finished Dish

Each recipe results in a fully cooked meal. To reduce the number of serving dishes, serve directly from the skillet (turn the skillet temperature to low).

Mindful Ayurvedic Cooking

Mindful means learning to be fully present and engaged in the moment without distraction and being thankful for what you have been provided. Take time to appreciate those who labored hard to produce and deliver the bounty to your kitchen. Turn off the television and social media; playing enjoyable background music will calm your thoughts and help you prepare a wholesome and delectable meal. Diligently avoid political and 'bad news' talk; try telling a good joke or an enjoyable vignette. Offer sincere thanks for the nourishment you are about to receive – a phrase that comes to mind:

- **English:** I humbly receive this.
- **Hindi:** Main inaayat se ise praapt karta hoon.

Don't take it for granted. Be grateful.



Carrots, India

Edible Flowers, Beautiful Garnish

Cheerful and vibrant, edible flowers provide a burst of flavor and color to the finished dish. Make sure the flowers are organically grown and free of dirt and insects. Start with a small quantity, see if they suit your palate, and adjust accordingly.

- **Borage** produces small, blue, star-shaped flowers.
- **Chamomile** flowers lend a slightly sweet, earthy flavor.
- **Dandelion** produces highly nutritious flowers.
- **Honeysuckle** is a fragrant flower with a savory aroma and sweet flavor.
- **Lavender** is a violet flower with a distinctive aroma.
- **Nasturtium** is a brightly colored flower with a savory and peppery flavor.
- **Pansies** come in many colors and have a mild, fresh, and lightly floral flavor.
- **Purslane** produces nutrient-rich flowers.
- **Roses petals** have a floral and slightly sweet flavor; the ones with the sweetest fragrance are likely to have the most flavor.
- **Because of their large size, summer squash flowers** need to be chopped. If you're picking from a plant, harvest the male flowers so that the plant still produces squash. The male flowers have a long thin stem and typically grow around the outer edges of the plant.



Borage



Lavender



Purslane



Nasturtium



Pansy



Chamomile



Summer Squash



Dandelion



Honeysuckle

Ayurvedic Recipes

[Video](#)

Feel free to garnish the finished dish with a small quantity of unsalted almonds, cashews, pistachios, or walnuts, and edible flowers.

These are zero added sugar recipes.

1. Ayurvedic Vegetables & Chicken, Serves 2

Wash your hands thoroughly. When preparing the ingredients, handle the chicken the last (place it in a bowl), and wash your hands thoroughly.

Have Ready

1 tablespoon cooking oil	½ cup cooked beans or grain or rice (optional)
1 cinnamon stick	
2 bay leaves	2 oz (about 2 cups) fresh spinach or 2 oz (about 2 cups) thin sliced cabbage or 1 oz fresh methi leaves
16 oz or more vegetables sliced into uniform bite-size pieces	1 tablespoon seeds or chopped nuts (Optional)
1 serving Ayurvedic Spice Mix, divided	Chopped herbs for garnish (optional)
4 tablespoons braising liquid, divided	
6 oz chicken sliced into uniform bite-size pieces	

1. Heat the electric skillet to 350F.
2. To the skillet, drizzle cooking oil, add cinnamon stick and bay leaves.
3. Add vegetables to the pan, and sprinkle half of the Ayurvedic Spice Mix over the vegetables. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
4. Lift the lid away from yourself, set it aside. Using a spatula or a large spoon, stir and turn the vegetables, push them away towards the skillet's end (or side), drizzle half of the braising liquid over the vegetables.
5. Add chicken to the skillet, spread pieces evenly in a single layer. Sprinkle the remaining half of the Ayurvedic Spice Mix. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
6. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir, and turn the chicken. Combine the vegetables with the chicken, stir, and turn. Drizzle the remaining braising liquid. If using, add cooked beans or grain, or rice to the skillet.
7. Stir and turn to coat the ingredients with the spices.
8. Add spinach or cabbage leaves, or methi to the skillet. Cover the skillet and let **cook for 2 minutes; do not lift the lid. Do not stir.**
9. Lift the lid away from yourself, set it aside. Discard cinnamon stick and bay leaves.
10. Stir and turn the mixture, garnish with nuts, and chopped herb of your choice.

2. Ayurvedic Vegetables & Goat, Serves 2

Wash hands thoroughly. When preparing the ingredients, handle goat meat the last (place it in a bowl), and wash your hands thoroughly.

Have Ready

We'll be adding two additional spices: Fennel seeds and nutmeg.

1 tablespoon cooking oil	6 oz goat sliced into uniform <i>thin</i> bite-size pieces
1 cinnamon stick	½ cup cooked beans or grain or rice (optional)
2 bay leaves	2 oz (about 2 cups) fresh spinach or 2 oz (about 2 cups) thin sliced cabbage or 1 oz fresh methi leaves
16 oz or more vegetables sliced into uniform bite-size pieces	1 tablespoon seeds or chopped nuts (optional)
1 serving Ayurvedic Spice Mix, divided	Chopped herbs for garnish (optional)
½ teaspoon fennel seeds, crushed	
¼ teaspoon nutmeg (preferably freshly grated)	
4 tablespoons braising liquid, divided	

1. Heat the electric skillet to 350F.
2. To the skillet, drizzle cooking oil, add cinnamon stick and bay leaves.
3. Add vegetables to the pan, sprinkle half of the Ayurvedic Spice Mix, fennel seeds, and nutmeg over the vegetables. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
4. Lift the lid away from yourself, set it aside. Using a spatula or a large spoon, stir and turn the vegetables, push them away towards the skillet's end (or side), and drizzle half of the braising liquid over the vegetables.
5. Add goat to the skillet, spread pieces evenly in a single layer. Sprinkle the remaining half of the Ayurvedic Spice Mix. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
6. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the goat. Combine the vegetables with the goat, stir, and turn. Drizzle the remaining braising liquid. If using, add cooked beans or grain, or rice to the skillet.
7. Stir and turn to coat the ingredients with the spices.
8. Add spinach or cabbage leaves, or methi to the skillet. Cover the skillet and let **cook for 2 minutes; do not lift the lid. Do not stir.**
9. Lift the lid away from yourself, set it aside. Discard cinnamon stick and bay leaves.
10. Stir and turn the mixture, garnish with nuts, and chopped herb of your choice.

3. Ayurvedic Vegetables & Lamb, Serves 2

“Weekly consumption of lamb, but not other red meats, was shown to improve long-term cognitive prowess.” Journal of Alzheimer’s Disease. [JAD](#)

Wash hands thoroughly. When preparing the ingredients, handle the lamb the last (place it in a bowl), and wash your hands thoroughly.

Have Ready

We’ll be adding two additional spices: Fennel seeds and nutmeg.

1 tablespoon cooking oil	6 oz lamb sliced into uniform <i>thin</i> bite-size pieces
1 cinnamon stick	
2 bay leaves	½ cup cooked beans or grain or rice (optional)
16 oz or more vegetables sliced into uniform bite-size pieces	2 oz (about 2 cups) fresh spinach or 2 oz (about 2 cups) thin sliced cabbage or 1 oz fresh methi leaves
1 serving Ayurvedic Spice Mix, divided	1 tablespoon seeds or chopped nuts
¼ teaspoon fennel seeds, crushed	Optional
¼ teaspoon nutmeg (preferably freshly grated)	Chopped herbs for garnish (optional)
4 tablespoons braising liquid, divided	

1. Heat the electric skillet to 350F.
2. To the skillet, drizzle cooking oil, add cinnamon stick and bay leaves.
3. Add vegetables to the pan, sprinkle half of the Ayurvedic Spice Mix, fennel seeds, and nutmeg over the vegetables. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
4. Lift the lid away from yourself, set it aside. Using a spatula or a large spoon, stir and turn the vegetables, push them away towards the end of the skillet, drizzle half of the braising liquid over the vegetables.
5. Add lamb to the skillet, spread pieces evenly in a single layer. Sprinkle the remaining half of the Ayurvedic Spice Mix. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
6. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the lamb. Combine the vegetables with the lamb, stir, and turn. Drizzle the remaining braising liquid. If using, add cooked beans or grain, or rice to the skillet.
7. Stir and turn to coat the ingredients with the spices.
8. Add spinach or cabbage leaves, or methi to the skillet. Cover the skillet and let **cook for 2 minutes; do not lift the lid. Do not stir.**
9. Lift the lid away from yourself, set it aside. Discard cinnamon stick and bay leaves.
10. Stir and turn the mixture, garnish with nuts, and chopped herb of your choice.

4. Ayurvedic Vegetables & Paneer, Serves 2

Wash hands thoroughly.

Have Ready

1 tablespoon cooking oil	½ cup cooked beans or grain or rice (optional)
1 cinnamon stick	
2 bay leaves	2 oz (about 2 cups) fresh spinach or 2 oz (about 2 cups) thin sliced cabbage or 1 oz fresh methi leaves
16 oz or more vegetables sliced into uniform bite-size pieces	1 tablespoon seeds or chopped nuts (Optional)
1 serving Ayurvedic Spice Mix, divided	Chopped herbs for garnish (optional)
4 tablespoons braising liquid, divided	
6 oz paneer sliced into uniform bite-size pieces	

1. Heat the electric skillet to 350F.
2. To the skillet, drizzle cooking oil, add cinnamon stick and bay leaves.
3. Add vegetables to the pan, sprinkle half of the Ayurvedic Spice Mix over the vegetables. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
4. Lift the lid away from yourself, set it aside. Using a spatula or a large spoon, stir and turn the vegetables, push them away towards the skillet's end (or side), and drizzle half of the braising liquid over the vegetables.
5. Add paneer to the skillet, spread pieces evenly in a single layer. Sprinkle the remaining half of the Ayurvedic Spice Mix. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
6. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the paneer. Combine the vegetables with the paneer, stir, and turn. Drizzle the remaining braising liquid. If using, add cooked beans or grain, or rice to the skillet.
7. Stir and turn to coat the ingredients with the spices.
8. Add spinach or cabbage leaves, or methi to the skillet. Cover the skillet and let **cook for 2 minutes; do not lift the lid. Do not stir.**
9. Lift the lid away from yourself, set it aside. Discard cinnamon stick and bay leaves.
10. Stir and turn the mixture, garnish with nuts, and chopped herb of your choice.

5. Ayurvedic Vegetables & Seafood, Serves 2

Wash hands thoroughly. When preparing the ingredients, handle the seafood the last (place it in a bowl), and wash your hands thoroughly.

Have Ready

1 tablespoon cooking oil	½ cup cooked beans or grain or rice (optional)
1 cinnamon stick	
2 bay leaves	2 oz (about 2 cups) fresh spinach or
16 oz or more vegetables sliced into uniform bite-size pieces	2 oz (about 2 cups) thin sliced cabbage or 1 oz fresh methi leaves
1 serving Ayurvedic Spice Mix, divided	1 tablespoon seeds or chopped nuts (Optional)
4 tablespoons braising liquid, divided	Chopped herbs for garnish (optional)
8 oz seafood sliced into uniform bite-size pieces	

1. Heat the electric skillet to 350F.
2. To the skillet, drizzle cooking oil, add cinnamon stick and bay leaves.
3. Add vegetables to the pan, sprinkle half of the Ayurvedic Spice Mix over the vegetables. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
4. Lift the lid away from yourself, set it aside. Using a spatula or a large spoon, stir and turn the vegetables, push them away towards the skillet's end (or side), and drizzle half of the braising liquid over the vegetables.
5. Add seafood to the skillet, spread pieces evenly in a single layer. Sprinkle the remaining half of the Ayurvedic Spice Mix. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
6. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the seafood. Combine the vegetables with the seafood, stir, and turn. Drizzle the remaining braising liquid. If using, add cooked beans or grain, or rice to the skillet.
7. Stir and turn to coat the ingredients with the spices.
8. Add spinach or cabbage leaves, or methi to the skillet. Cover the skillet and let **cook for 2 minutes; do not lift the lid. Do not stir.**
9. Lift the lid away from yourself, set it aside. Discard cinnamon stick and bay leaves.
10. Stir and turn the mixture, garnish with nuts, and chopped herb of your choice.

6. Ayurvedic Vegetables, Serves 2, Vegan

Wash your hands thoroughly.

Have Ready

- | | |
|---------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| 1 tablespoon cooking oil | ½ cup cooked beans or grain or rice (optional) |
| 1 cinnamon stick | 2 oz (about 2 cups) fresh spinach or 2 oz (about 2 cups) thin sliced cabbage or 1 oz fresh methi leaves |
| 2 bay leaves | 1 tablespoon seeds or chopped nuts (Optional) |
| 16 oz or more vegetables sliced into uniform bite-size pieces | Chopped herbs for garnish (optional) |
| 1 serving Ayurvedic Spice Mix | |
| 4 tablespoons braising liquid, divided | |

1. Heat the electric skillet to 350F.
2. To the skillet, drizzle cooking oil, add cinnamon stick and bay leaves.
3. Add vegetables to the pan, sprinkle Ayurvedic Spice Mix over the vegetables. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
4. Lift the lid away from yourself, set it aside. Using a spatula or a large spoon, stir and turn the vegetables and drizzle half of the braising liquid.
5. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
6. Lift the lid away from yourself, set it aside. Drizzle the remaining braising liquid. If using, add cooked beans or grain, or rice to the skillet.
7. Stir and turn to coat the ingredients with the spices.
8. Add spinach or cabbage leaves, or methi to the skillet. Cover the skillet and let **cook for 2 minutes; do not lift the lid. Do not stir.**
9. Lift the lid away from yourself, set it aside. Discard cinnamon stick and bay leaves.
10. Stir and turn the mixture, garnish with nuts, and chopped herb of your choice.



Photo by Mareefe, Pexels

Ayurvedic Dessert



Yogi Laddu -- Truffles

Each recipe below makes six to eight Yogi Laddus. All ingredients must be minced fine. Laddus can be frozen; thaw at room temperature for a couple of hours before serving. Don't use the microwave to thaw; the ingredients will become mushy. To add a bit of tang, use one teaspoon of lemon, lime, or orange zest in the mixture.

1. Almond Yogi Laddu

- 4 tablespoons almonds, unsalted, unfried, minced
- 1 tablespoon raw pumpkin seeds, minced
- 1 tablespoon dried cranberries, minced
- 6 to 8 pitted dates, minced
- 4 dried figs, minced
- ½ teaspoon freshly grated nutmeg
- 1 generous teaspoon honey, room temperature
- 1 tablespoon sesame seeds

In a bowl, combine all ingredients except sesame seeds; let the mixture rest for 5 minutes. Moisten your hands and shape the mixture into one-inch balls. Roll each ball in sesame seeds to coat evenly.

2. Cashew Yogi Laddu

- 4 tablespoons cashew, unsalted, unfried, minced
- 1 tablespoon raw pumpkin seeds, minced
- 1 tablespoon dried cranberries, minced
- 6 to 8 pitted dates, minced
- 4 dried figs, minced
- ½ teaspoon freshly grated nutmeg
- 1 generous teaspoon honey, room temperature

1 tablespoon sesame seeds

In a bowl, combine all ingredients except sesame seeds; let the mixture rest for 5 minutes. Moisten your hands and shape the mixture into one-inch balls. Roll each ball in sesame seeds to coat evenly.

3. Pistachio Yogi Laddu

4 tablespoons shelled pistachio, unsalted, minced

1 tablespoon raw pumpkin seeds, minced

1 tablespoon dried cranberries, minced

6 to 8 pitted dates, minced

4 dried figs, minced

½ teaspoon freshly grated nutmeg

1 generous teaspoon honey, room temperature

1 tablespoon sesame seeds

In a bowl, combine all ingredients except sesame seeds; let the mixture rest for 5 minutes. Moisten your hands and shape the mixture into one-inch balls. Roll each ball in sesame seeds to coat evenly.

4. Walnut Yogi Laddu

4 tablespoons raw walnuts, minced

1 tablespoon raw pumpkin seeds, minced

1 tablespoon dried cranberries, minced

6 to 8 pitted dates, minced

4 dried figs, minced

½ teaspoon freshly grated nutmeg

1 generous teaspoon honey, room temperature

1 tablespoon sesame seeds

In a bowl, combine all ingredients except sesame seeds; let the mixture rest for 5 minutes. Moisten your hands and shape the mixture into one-inch balls. Roll each ball in sesame seeds to coat evenly.



Historic Harrapa Laddus, 2600 BC

Multi-grain, high-protein Laddus found in ancient Harrapan excavation, Rajasthan, India.

Help EndLocalHunger™

At FamilyGreenSurvival, Inc., a 501c3 non-profit, our mission is to EndLocalHunger™ through the donation of healthy BagOfLife® meals to those facing hunger in our community. Your donation in any amount would be most helpful; every \$ provides a person facing hunger two healthy and tasty BagOfLife® meal servings. Thank you.

DONATE
Thank You



Sadhu in Saffron

We would appreciate learning about your experience with Kapur Cuisine™ cooking. Your comments and suggestions are most welcome. Please write to:

gkapur@familygs.org