

Ayurvedic Cooking Class

Fountainhead Health Retreat

Nimbu Pani

4 limes, $\frac{3}{4}$ cup sugar, $\frac{3}{4}$ cup water, 6 cup water, crushed ice.

Squeeze lime. Boil water and sugar together for 5 mins and take off heat. Pour lime juice into each cup along with 2 T sugar syrup water. Top with crushed ice. Garnish with thin lime strands

Rice & Steamed Asparagus

T ghee, 2 cups rice, 4 cups water, 6 asparagus stalks.

Bring water to a boil. Meanwhile heat ghee in a pot and add rice. Saute rice until white. Pour boiling water into rice and boil for 1 min. Cover, lid slightly ajar, and simmer on low heat for 15-20 mins. Place asparagus onto rice and cover for at least 5 mins.

Mung Dahl

2 cup mung dahl (soaked o/night), 7 cup water, T fresh minced ginger, 1 chopped red chilli, 2 T ghee, 2 T ground coriander, 1 t mustard seeds, 2 t cumin seeds, ½ t asafoetida.

Place dahl, water, ginger chopped red chilli and ground coriander in a pot a bring to the boil, then simmer. When dahl is soft, heat ghee in a pot and add mustard seeds. When mustard seeds start to pop add cumin seeds and brown them, add asafoetida to the spices and stir and remove from the heat. Pour the spices and all the ghee into the dahl pot and mix well. Cover, remove from the heat.

Quinoa Roti

2 cups Quinoa flour, water, extra flour for rolling.

Combine flour and water until you get a pliable dough mix. Let dough sit for as long as possible, minimum 1 hr. Divide the dough into 12 pieces and form into small balls with your hands. Using the extra flour roll out the balls into circular shapes about 2 ml thick. Place rolled dough onto a hot hotplate and cook until you see little bubbles appear. Turn the roti over and cook for another minute. Pick up roti with tongs and place over a high open flame. Manoeuvring the roti over the flame watch as it puffs up. Quickly turn the roti to the other side and cook for about 20 seconds. Don't let the roti burn. You can spread some sunflower oil over the roti or keep it dry.

Spinach & Chickpeas

1 ½ cup chickpeas soaked o/night, 2 bunches of fresh spinach, t chopped fresh ginger, 1 hot chilli seeded and minced, 1 t ground coriander, ½ t sweet paprika, ½ t ground cumin, ½ t turmeric, 1 T ghee. ½ t garam masala.

Boil chickpeas in water until soft. Chopped spinach. Place ginger, chili, coriander, paprika, cumin and tumeric in mortal & Pestal grind, by adding a little water make a paste. Heat the ghee and add spice paste and sauté for 2 mins then add spinach. When Spinach has reduced add chickpeas and cook for a further 10 mins. Add the garam masala and cook for a further 5 mins.

Eggplant, Potato & Cabbage.

1 eggplant salted and cut into small cubes, 3 potatoes peeled, cubed and steamed, 1 small cabbage (3 cups) well chopped, 2 T sunflower oil, 1 T ghee, 2 t cumin seeds, 1 frsn red chilli minced, ½ t asafoetida, ½ t turmeric, 2 cups stock, ½ t ground coriander.

Heat the sunflower oil and shallow fry the eggplant until golden and remove from the oil and set aside on paper to drain. Heat the ghee and sauté the cumin seeds until golden brown. Add the chilli, asafoetida, and turmeric. Add the cabbage and stir fry until cabbage reduces. Add the stock and ground coriander and bring to the boil. Add the potatoes and eggplant and simmer for 15 mins.

Chutney

4 fresh tomatoes, 1 T ghee, 1 bay leaf, t mustard seeds, ½ cup sugar.

Blanche and peel and chop tomatoes. Heat ghee in a pot and sauté mustard seeds and bay leaf until seeds pop. add chopped tomatoes and reduce for 3 mins. Add sugar and cook until starts to stick on the bottom of the pot. Remove from heat and cover.

Silver Laddu

95 ml ghee, 1 cup besan flour, 1 T chopped walnuts, ¼ t nutmeg, ¼ t cardamom, ½ cup icing sugar, silver paper.

Melt ghee over low heat. Add besan flour, walnuts, nutmeg and cardamom. Cook until flour turns golden brown (10-15 mins). Remove from the heat and add icing sugar, mix well. spread mix to cool on a plate to cool then roll into balls. Carefully garnish with silver.