



THE SPH NITHYANANDA PARAMASHIVAM

KAILASA'S
**SATTVIC
COOKING**



KAILASA's Sattvic Cooking

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1. *** INTRODUCTION ***

This book is a compilation of Sattvic recipes lovingly contributed by members of the Bay Area Nithyananda Vedic Temple. The recipes are based on dishes cooked by volunteers and served free, in the Anna Mandir, to devotees and visitors to the temple.

Sattvic comes from the sanskrit word “*sat*” which means true or pure.

Sattvic food is clean, fresh and wholesome food that promotes physical health and emotional well being. A sattvic diet keeps the mind clear and calm, improves the quality of meditation and helps us progress on our spiritual path.

Sattvic food is rich in *prana*, the life force in all living things. Sattvic food includes clean water, fresh, organic fruits, vegetables, beans, nuts, grains, honey, milk and milk products – prepared in clean kitchens and good spirits, with love and awareness. Just like what we eat affects our bodies, our minds and our emotions, our thoughts and emotions in turn affect the food we cook and the food we eat.

Sattvic foods are easily digested and meals should be eaten slowly, in moderate portions, leaving us feeling calm and alert, not tired, lethargic or irate.

Foods that are not sattvic include meats, poultry, fish, eggs, alcohol, tobacco, drugs, stimulants like coffee and tea, fermented foods like vinegars, onions, garlic, mushrooms and green chillies. Also not sattvic are canned, frozen, processed and stale foods as well as fresh foods grown using pesticides, herbicides, chemical fertilizers, foods produced with hormones and irradiation and processed foods with chemical dyes and additives.

As Paramahansa Sri Nithyananda explains in his book “Open the door...let the breeze in”, sattvic food “creates the perfect conditions for the brain to start producing alpha waves, which help in meditation.” But swami-ji also says “don’t force vegetarianism on yourself, even if you are going to take up meditation...When your body is ready, it will drop the habit on its own.”



2. *** INGREDIENTS ***

Many of the recipes in this book include frying spices and seasonings. Typically, oil is heated on medium and then spices and seasonings added in a specific order:

- The first ingredients fried are typically whole spices like cinnamon sticks, cloves and cardamom seeds.
- The next ingredients added are seeds, for example mustard seeds and cumin seeds. These seeds are fried until they begin to splutter or make intermittent popping sounds.
- Next come dals like urad dal and channa dal that are fried to a golden brown color.
- Then come bay leaves, curry leaves and dry red chillies.
- These are followed by fresh ingredients like tomatoes.
- And last to be added are powdered spices like asafetida, turmeric, cumin, coriander and red chilli powders.



The table below lists commonly used spices and seasonings along with their alternative names and notes.

Asafetida powder	Hing powder, helps with digestion
Bay leaves	Whole, fried with seasonings.
Black pepper	Whole corns or powdered.
Cardamom pods	Elaichi. Whole seeds or powdered.
Channa dal	Yellow gram dal.
Cilantro	Coriander. Fresh leaves often used as garnish.
Cinnamon	Sticks or powdered.
Cloves	Whole or powdered.
Coriander	Dhania. Seeds or powdered. Cilantro leaves often used as garnish.
Curry leaves	Fresh or dried.
Cumin	Jeera. Regular Jeera has a dark brown color, Kala Jeera is black and Shahi Jeera is smaller than the other varieties. Unless specified, cumin in our recipes calls for Jeera seeds or powder.
Coconut	Dry or fresh grated
Fenugreek	Methi. Fresh, seeds or powdered.
Fennel Seeds	Saunf. Good for digestion.
Ghee	Clarified butter.
Ginger root	Often grated.
Jaggery	Gur. Pure, unrefined sugar cane sugar
Mint leaves	Typically used fresh.
Mustard seeds	Whole seeds fried in seasonings. Also used powdered.
Nigella seeds	Sometimes incorrectly called onion seeds.
Poppy seeds	Khus-khus.
Red Chillies	Dry whole, crushed or powdered.
Sesame seeds	
Saffron	Gives distinct aroma and yellow color to deserts.
Tamarind	Typically soaked and then squeezed to extract juice.
Turmeric powder	
Urad dal	Split white lentils are used for seasonings. From splitting whole black gram, black lentils.

This table lists beans and legumes commonly used in the recipes:

Black eyed peas or beans	Chavli.
Black Chickpeas	Black channa, Kala channa, Bengal gram - more brown in color than black.
Channa dal	Yellow gram. See table above
Garbanzo beans	Chickpeas
Masoor dal	Red Lentils
Moong dal	Yellow Split Moong beans
Toor dal	Split Yellow Lentils
Urad dal	Split White Lentils. See table above



~ Sattvic Cooking ~



3. * RICE DISHES *****





3.1 BLACK EYED BEANS RICE

INGREDIENTS

Seasoning:

2 tsp Butter
1 tsp Mustard seeds
1 tsp Shahi jeera
1 inch Cinnamon stick
3-4 Cloves
1 Bay leaf
3-4 Black pepper corns
1 tbsp Peanuts
1 tsp Cumin powder

1 cup Black eyed peas
2 cups Basmati rice, uncooked
1/2 cup Mint, finely chopped
1 tsp Salt to taste

1 tsp Cilantro, chopped

DIRETCIONS

- 1) Heat oil and fry seasonings until they splutter.
- 2) Add black eye beans, rice, mint, salt and fry for 2 minutes.
- 3) Add 4 cups water and cook till rice is soft.
- 4) Garnish with cilantro



3.2 CABBAGE RICE

INGREDIENTS

1 cup Basmati Rice, uncooked

Seasonings:

2 tbsp Oil
1 tsp Mustard seeds
1 tsp Cumin seeds
1 tsp Coriander seeds
1 tbsp Urad dal
1 tbsp Channa dal
3 Dry Red Chillies
2 tbsp Peanuts
1 pinch Asafetida powder

½ cup Cabbage, grated
1 pinch Turmeric powder
1 tbsp Lemon juice
1 pinch Salt to taste

1 tsp Cilantro, finely chopped

DIRECTIONS

- 5) Cook rice such that each grain of rice is separate and let it cool.
- 6) Heat oil and fry the seasonings until they splutter.
- 7) Add cabbage and fry it for 2 minutes
- 8) Add lemon juice, turmeric and salt.
- 9) Add it to the rice and mix well.
- 10) Garnish with cilantro



3.3 CORIANDER & MINT RICE

INGREDIENTS

1 cup Basmati rice

Grind Masala:

¼ cup Cilantro
¼ cup Mint Leaves
½ inch Ginger
4 Red Chillies

Seasonings:

2 ½ tbsp Oil
2 Cloves
1 inch Cinnamon stick
2 Cardamom
1 Bay leaf

6 tbsp Mixed vegetables - Carrots, beans, peas
1 pinch Salt to taste

DIRECTIONS

- 1) Wash rice and drain.
- 2) Grind masala ingredients.
- 3) Heat oil and fry seasonings.
- 4) Add masala and fry on a medium flame until the aroma comes.
- 5) Add rice and fry for two minutes.
- 6) Add mixed vegetables and salt.
- 7) Add 2 cups water and cook in rice cooker.



3.4 CORN RICE



INGREDIENTS

1cup	Basmati Rice, uncooked
1 tbsp	Kala Jeera
½ tbsp	Shahi Jeera
1 tsp	Jeera
3-4	Red chilies
1 1/2cup	Corn (frozen, yellow)
2-3	Bay leaves
1/2 tsp	Turmeric powder
1 pinch	Salt to taste
handful	Cilantro, chopped for garnish

DIRECTIONS

- 1) Cook rice such that each grain of rice is separate and let it cool.
- 2) Dry roast kala jeera, shah jeera, jeera, red chilies.
- 3) Grind the mixture into a coarse powder.
- 4) Stir fry and cook the corn.
- 5) Heat oil and fry bay leaves for a minute.
- 6) Add corn, turmeric, salt and fry for a couple of minutes.
- 7) Add the ground powder and fry for a minute.
- 8) Add rice and cook on very low heat until it is well mixed.
- 9) Garnish with cilantro.



3.5 EGGPLANT RICE

INGREDIENTS

1 cup Basmati Rice, uncooked
4 Eggplants, small, round
1 tsp Salt

Seasonings:

1 tsp Oil
1 tbsp Chana dal
1 tbsp Urad dal
1 tbsp Coriander seeds
6 Red Chillies
1 inch Cinnamon stick
2 Cloves
1 pinch Asafetida
2 tbsp Coconut, dry

1 tbsp Oil
½ tsp Mustard seeds
3-4 Curry leaves
2 tsp Tamarind, extract juice
1 pinch Turmeric powder

10 Cashew nuts, fried
3-4 stalks Cilantro, finely chopped

DIRECTIONS

1. Cook rice and set aside.
2. Cut eggplants into thin long slices and sprinkle with salt.
3. Heat oil, fry seasonings, then grind mixture into a powder.
4. Heat oil, fry mustard seeds, then add eggplant, tamarind and turmeric. Cook until eggplants are soft.
5. Add rice, 2 tsp ground seasonings
6. Mix well and cook on low for a minute.
7. Garnish with cashews and cilantro.



3.6 KHICHADI

INGREDIENTS

1 cup	Basmati Rice
½ cup	Moong dal
2 tbsp	Ghee
1 tsp	Cumin seeds
1 pinch	Asafetida
¼ cup	French beans, chopped
¼ cup	Cauliflower, cut into florets
¼ cup	Carrots, chopped
¼ cup	Peas
½ tsp	Turmeric powder
4 cups	Water, boiling hot

DIRECTIONS

- 1) Wash rice and dal together, and then drain water.
- 2) Heat ghee and fry cumin and asafetida.
- 3) When cumin seeds splutter, add French beans, cauliflower, carrots and peas. Fry for 2 minutes.
- 4) Add rice and turmeric and continue to stir fry for 2 minutes.
- 5) Add boiling water and salt.
- 6) Cover and cook on low heat until done.
- 7) Serve with 1 tsp ghee.



3.7 MANGO RICE



INGREDIENTS

1 cup Basmati Rice, uncooked
1 pinch Turmeric powder

$\frac{1}{2}$ cup Mango, grated
 $\frac{3}{4}$ tsp Salt to taste

Seasonings:

1 tbsp Oil
 $\frac{1}{2}$ tsp Mustard seeds
 $\frac{1}{2}$ tsp Urad dal
 $\frac{1}{2}$ tsp Channa dal
1 tbsp Cashew Nuts, chopped
2 Red Chillies
 $\frac{1}{2}$ tsp Curry leaves

$\frac{1}{2}$ tsp Red Chilli powder
 $\frac{1}{4}$ tsp Asafetida powder

DIRECTIONS

- 1) Wash rice, add 2 $\frac{1}{2}$ cups water and turmeric. Bring to a boil, then reduce heat and cook until the rice is done.
- 2) Spread rice on a large plate to cool.
- 3) Mix salt and grated mango and spread over the rice.
- 4) Heat oil and fry seasonings.
- 5) Add chilli powder, asafetida and fry for few seconds.
- 6) Mix well with grated mango and cooked rice.



3.8 PEAS RICE

INGREDIENTS

1 cup	Basmati Rice
1 tsp	Ghee
1-2 sticks	Cinnamon
5-6	Cloves
1 tblsp	Butter
$\frac{3}{4}$ cup	Peas
1 pinch	Salt to taste

DIRECTIONS

- 1) Wash rice and drain well.
- 2) Heat ghee and fry cinnamon and cloves.
- 3) Grind into a coarse powder.
- 4) Heat butter, and then add rice and fry until the rice changes color.
- 5) Add the ground powder and fry for a minute.
- 6) Add peas and salt and mix well.
- 7) Add 2 $\frac{1}{2}$ cups of water to the rice. Bring to a boil, then reduce heat and cook until the rice is done.



3.9 RICE STICKS



INGREDIENTS

1 pkg Rice sticks

Seasonings:

3tbsp Oil
1tsp Mustard seeds
1 tbsp Channa dhal
1/2 tbsp Urad dhal
6 Red chillies
4 Curry leaves

1/2 tsp Garam masala powder
1 cup Peas, fresh cooked or frozen
2 tbsp Lemon juice
Few Cilantro, chopped finely

DIRECTIONS

- 1) Cook rice sticks as per directions on the package and set aside.
- 2) Heat oil and fry seasonings until they brown.
- 3) Add garam masala powder and fry for a few minutes.
- 4) Add peas, stir well and then add the lemon juice and salt.
- 5) Add rice sticks and mix gently till the rice sticks are coated with the ingredients.
- 6) Garnish with cilantro.



3.10 SHAHI SAFFRON RICE

INGREDIENTS

2 cups Basmati Rice
2 tsp Milk
2 pinches Saffron threads

Seasonings:

½ Butter stick
4 Cloves
1 tsp Cumin seeds
2 Cardamom pods
1 inch Cinnamon stick
1/4 tsp Fennel seeds (saunf)
6 Black peppercorns
3 Bay leaves

3 cups Water
1 pinch Salt to taste

1 tsp Cashew nuts, chopped and roasted
1 tsp Raisins
1 tbsp Cilantro, finely chopped

DIRECTIONS

- 1) Wash rice, soak for 15mins, then drain.
- 2) Soak saffron in 2 tsp of hot milk
- 3) Heat butter and fry the seasonings for 20 seconds.
- 4) Put rice into a rice cooker and add 3 cups of water.
- 5) Dissolve saffron strands in the rice and water.
- 6) Add seasonings and salt and cook rice.
- 7) Garnish with cashews, raisins and cilantro.



3.11 SPICY TOMATO RICE



INGREDIENTS

Seasonings:

- | | |
|---------|------------------------------|
| 1 inch | Cinnamon stick |
| 3-4 | Cloves |
| 1 tsp | Mustard seeds |
| 1 tsp | Kala Jeera |
| 1 tsp | Shahi Jeera |
| 1 | Bay leaf |
| 3-4 | Pepper corns |
| 1 tbsp | Peanuts |
| | |
| 1 tbsp | Mint leaves, chopped |
| 3 | Large ripe tomatoes, chopped |
| 2 cup | Basmati Rice, uncooked |
| ½ tsp | Garam masala powder |
| 1 tsp | Coriander powder |
| 1 tsp | Red Chilli powder |
| 1 pinch | Turmeric powder |
| 1 pinch | Salt to taste |
| | |
| 1 tsp | Cilantro, finely chopped |

DIRECTIONS

- 1) Heat oil and fry seasonings until they splutter.
- 2) Add mint, tomatoes, uncooked rice, garam masala, coriander, chilli, turmeric and salt. Fry for 2 minutes.
- 3) Add 4 cups water and cook until rice is soft and cooked.
- 4) Garnish with cilantro.



3.12 TAMARIND RICE



INGREDIENTS

For Paste:

- | | |
|----------|------------------------------|
| 1 slab | Tamarind, soaked for 2 hours |
| 3 inches | Ginger, chopped |
| 2 tbsp | Turmeric powder |
| 6-7 | Dry Red Chillies, halved |
| 1 pinch | Salt to taste |

- 1) Extract thick juice from tamarind and set aside.
- 2) Add ginger, turmeric, chillies and salt.
- 3) Cook till the mixture becomes thick and remove from heat when all the water has evaporated.

For Rice:

- | | |
|--------|----------------|
| 2 cups | Rice, uncooked |
| 8 tbsp | Oil |

Seasonings:

- | | |
|--------|---------------|
| 1 tsp | Mustard seeds |
| 2 tbsp | Peanuts, raw |
| 1 tbsp | Urad dal |
| 1 tbsp | Chana dal |
| 3-4 | Curry leaves |

DIRECTIONS

- 1) Cook rice, transfer to a large bowl and then add 2 tbsp oil.
- 2) Heat oil and brown seasonings.
- 3) Add seasonings to the rice.
- 4) Add 4 tbsp tamarind paste and mix thoroughly.

TIP: You may not use up all the tamarind paste; remaining paste can be kept refrigerated for 10 days.



3.13 VEN PONGAL RICE

INGREDIENTS

1 cup	Basmati Rice, washed
½ cup	Moong Dal, washed
½ inch	Ginger, chopped
1 tsp	Cumin seeds
1 tsp	Black pepper corns
1 tsp	Black pepper powder
2 tbsp	Cashews
3 tbsp	Ghee
1 tsp	Salt to taste

DIRECTIONS

- 1) Mix rice and 3 cups of water in the rice cooker.
- 2) Add dal, ginger, cumin seeds and whole black pepper and cook the rice.
- 3) Heat ghee and brown the cashews.
- 4) Add cashews, curry leaves, black pepper and salt to rice and mix well.

Serve while hot.



3.14 YOGURT RICE



INGREDIENTS

1 cup	Basmati Rice, washed
2 cups	Buttermilk
2 cups	Yogurt
½ cup	Sour cream
1 tsp	Salt to taste

Seasonings:

4 tbsp	Oil
½ tsp	Mustard seeds
2 tbsp	Chana dal
2 tbsp	Urad dal
2-3	Dry Red Chillies
½ inch	Ginger, finely chopped
3-4	Curry leaves
5-6 stems	Cilantro, finely chopped
1	Cucumber, finely chopped OR
¼	Green mango, finely chopped

DIRECTIONS

- 1) Cook 1 cup rice with about 3 cups of water and set aside.
- 2) Wait 10 minutes and while still warm, mix buttermilk, yogurt, sour cream and salt into the rice.
- 3) In a separate pan, heat oil and fry seasonings. Stir frequently until the dals get brownish in color.
- 4) Add seasonings to the rice.
- 5) Garnish with cilantro.

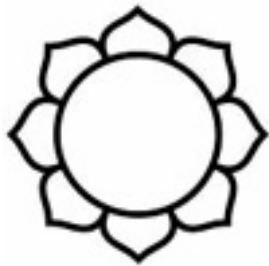
TIP: For a different taste, add either finely chopped cucumbers with the skin or finely chopped green mango.



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4. * DALS & RASAMS ******





4.1 BLACK EYED PEAS (Alsandhalu) RASAM

INGREDIENTS

½ cup	Black eyed peas, soaked for 6 hours
2	Tomatoes, chopped
4 cups	Water
1 pinch	Turmeric
1 pinch	Salt to taste

For Powder:

2 tsp	Toor dal
2 tsp	Channa dal
¼ tsp	Black pepper corns
2 tsp	Coriander seeds
2	Dry Red Chillies

Seasonings:

2 tbsp	Oil
1 tsp	Mustard seeds
1 tsp	Cumin seeds
2-3	Curry leaves
1 pinch	Asafetida powder
1 tsp	Dry coconut
1 tbsp	Cilantro, finely chopped

DIRECTIONS

- 1) Pressure cook black eyed peas with 1 ½ cups water, then blend and set aside.
- 2) Cook tomatoes with water and turmeric.
- 3) Add mashed black eyed peas and salt.
- 4) Make a fine powder by roasting all the powder ingredients and then grinding them.
- 5) Add the powder to the beans and cook for 5 minutes.
- 6) Heat oil and fry seasonings until they splutter.
- 7) Garnish with coconut and cilantro.



4.2 CHANNA DAL

INGREDIENTS

1 cup Channa dal
¼ tsp Turmeric powder

Seasonings:

2 tbsp Ghee
1 tsp Cumin seeds
½ tsp Black pepper, crushed
½ inch Ginger, chopped
2 Dry Red Chillies, chopped into 4-5 pieces
5-6 Curry leaves
1 tbsp Grated Coconut

¼ tsp Garam masala
1 pinch Salt to taste

DIRECTIONS

- 1) Wash and cook dal until it is tender.
- 2) Add turmeric powder.
- 3) Heat ghee and fry seasonings until coconut turns gold in color.
- 4) Pour seasonings over the dal.
- 5) Add garam masala, salt and mix well.
- 6) Boil for five minutes.

Serve with rice or chapattis.



4.3 DAL & TOMATO RASAM

INGREDIENTS

¼ cup Toor dal
1 pinch Turmeric powder

Seasonings:

1 tsp Oil
½ tsp Mustard seeds
½ tsp Cumin seeds
2 Dry Red Chillies, crushed to bits
½ tsp Black pepper, crushed
5-6 Curry leaves
1 pinch Asafetida powder

2 Tomatoes, chopped
½ lime ball size Tamarind, soaked for juice
1 pinch Salt as needed

1 tbsp Cilantro, chopped

DIRECTIONS

- 1) Wash the dal and cook in 1 ½ cup boiling water.
- 2) Add turmeric powder.
- 3) Heat oil and fry seasonings.
- 4) Add seasonings to the cooked dal.
- 5) Add tomatoes, tamarind juice and salt.
- 6) Add 2 cups water and boil well.
- 7) Remove from heat, then garnish with cilantro.



4.4 KADDU KA DALCHA

INGREDIENTS

1 cup	Channa dal, cooked
1 tbsp	Tamarind paste
3 cups	Pumpkin (kaddu), chopped
1	Large Tomato, chopped
1 tsp	Jaggery
1 tsp	Turmeric powder
1 tsp	Red Chilli powder
1 pinch	Salt to taste

Seasonings:

2 tbsp	Oil
1 inch	Cinnamon stick
5	Cloves
1	Bay leaf
5 tsp	Black pepper corns
2	Dry Red Chillies
½ tsp	Mustard seeds
½ tsp	Cumin seeds
½ tsp	Shahi Jeera
1 pinch	Asafetida powder
¼ tsp	Turmeric powder
2 tsp	Cilantro, chopped

DIRECTIONS

- 1) Grind channa dal into a paste.
- 2) Add tamarind paste and 2 glasses of water.
- 3) Add pumpkin, tomatoes, jaggery, turmeric, red chilli powder and salt, and then bring the dal to a boil.
- 4) Heat oil and fry seasonings until they splutter.
- 5) Add seasonings to the dal.
- 6) Garnish with cilantro



4.5 MASOOR DAL

INGREDIENTS

1 tbsp Oil
3 pinches Asafetida powder
2 Bay leaves

Seasonings:

1 cup Whole lentils
1-2 Tomatoes, chopped
1 tsp Cinnamon powder
1 tsp Cumin powder
1 tsp Chilli powder
1 pinch Salt to taste

1 handful Cilantro, chopped

DIRECTIONS

- 1) Heat oil, add asafetida and bay leaves.
- 2) Add seasonings and mix well.
- 3) Add 3 cups water and pressure cook for 3-4 whistles.
- 4) Garnish with cilantro.



4.6 METHI MOONG DAL

INGREDIENTS

1 cup Moong dal

Seasonings:

2 tbsp Oil

1 tsp Mustard seeds

1 tsp Cumin seeds

2-3 Dry Red Chillies

1 pinch Asafetida powder

1 bunch Fenugreek, chopped finely

1 Tomato, chopped into small pieces

1 ½ tsp Salt to taste

1 tbsp Cilantro, finely chopped

DIRECTIONS

- 1) Wash dal. Soak in water for 1 hour.
- 2) Heat oil, fry seasonings until they splutter.
- 3) Add fenugreek and fry for 1 minute.
- 4) Add dal, tomatoes, 3 cups water and cook until it is soft.
- 5) Add salt to taste and garnish with cilantro.



4.7 OKRA & TOMATO SAMBAR



INGREDIENTS

1/8 slab	Tamarind, soaked
1 cup	Toor Dal
½ tsp	Turmeric powder
10-12	Fresh Okra, washed and sliced lengthwise

Seasonings:

2 tbsp	Oil
½ tsp	Mustard seeds
½ tsp	Cumin seeds
½ tsp	Urad dal
½ tsp	Asafetida powder
2 small	Tomatoes, chopped
2 tbsp	Sambar powder
1 pinch	Salt to taste
4-5 stems	Cilantro, chopped

DIRECTIONS

- 1) Extract Tamarind juice.
- 2) Pressure cook dal with 3 cups water, a drop of oil and turmeric.
- 3) Mash well and set aside.
- 4) Heat oil and fry seasonings.
- 5) Add okra and fry for a few minutes.
- 6) Add tomato and fry for a few more minutes.
- 7) Add tamarind juice, sambar and salt.
- 8) Cook for 5 minutes and then add dal.
- 9) Add cilantro and simmer for 5 minutes.



4.8 RAW MANGO DAL (Mamidikaya Pappu)

INGREDIENTS

1 cup Toor Dal

Seasonings:

2 tbsp Oil

1 tsp Mustard seeds

1 tsp Cumin seeds

2-3 Dry Red Chillies

1 pinch Asafetida powder

1 Raw mango, cut into small cubes

1 tsp Turmeric powder

1 pinch Salt to taste

1 tbsp Cilantro, finely chopped

DIRECTIONS

- 1) Pressure cook dal with 2 cups water, for 2 whistles.
- 2) Heat oil and fry seasonings until they splutter.
- 3) Add raw mango and cook until soft.
- 4) Add turmeric, salt, dal and simmer for a minute.
- 5) Garnish with cilantro.



4.9 SPINACH DAL

INGREDIENTS

1 ½ cup	Toor dal, washed
1 bunch	Fresh Spinach, chopped finely
2	Tomatoes, chopped into small pieces

1 ½ tsp	Salt to taste
---------	---------------

Seasonings:

2 tbsp	Ghee
1 tsp	Mustard seeds
1 tsp	Cumin seeds
1 tsp	Urad dal
2-3	Dry Red Chillies

DIRECTIONS

- 1) Pressure cook dal, spinach and tomatoes with 4 ½ cups water.
- 2) Mash dal thoroughly and then add salt.
- 3) In another pan, heat ghee and fry seasonings until they brown.
- 4) Add seasonings to the dal.
- 5) Cook for a few minutes until the dal gets a little thick.



4.10 SPINACH & DILL DAL

INGREDIENTS

Seasonings:

1 tbsp	Oil
½ tsp	Cumin seeds
1-2	Dry Red Chillies, crushed, to taste
3-4 pinches	Asafetida powder
1	Small Green Pepper, finely chopped
1 small bunch	Dill leaves, chopped
3-4	Spinach leaves, chopped
1 sprig	Mint leaves, finely chopped
1	Small Tomato, finely chopped
½ tsp	Coriander powder
½ tsp	Turmeric powder
1 pinch	Salt to taste
1 cup	Moong dal, soaked for 15 minutes, then drained
1tbsp	Ghee
1 tbsp	Lemon juice to taste

DIRECTIONS

- 1) Heat oil and fry seasonings until they splutter and brown.
- 2) Add green pepper, dill, spinach, mint and tomato.
- 3) Add coriander, turmeric, salt and stir fry for a couple of minutes.
- 4) Add dal and 2 cups of water.
- 5) Mix well, then bring to a boil and simmer on medium heat for 15 minutes or until the dal is done. If using pressure cooker allow 1 whistle.
- 6) Add ghee & lemon juice before serving.



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5. ***VEGETABLE DISHES***





5.1 BANANA FLOWER CURRY (Arati Puvvu Kura)

INGREDIENTS

2 cups Banana flowers, finely chopped
1 tsp Turmeric powder
1 pinch Salt to taste

1 tsp Rice
2 tsp Mustard seeds
3 Dry Red Chillies

2 tsp Tamarind paste

Seasonings:

2 tsp Ghee
1 tsp Urad dal
2 Dry Red Chillies, broken into pieces
1 sprig Curry leaves
1 tsp Mustard seeds
1 tsp Cumin seeds
1 tsp Asafetida

1 tbsp Cilantro, finely chopped

DIRECTIONS

- 1) Boil water, add banana flowers, salt and turmeric and cook until tender. Remove from the heat, drain the water and set aside.
- 2) Soak rice and mustard seeds in the water for 15 minutes. Add red chillies and grind into a coarse paste.
- 3) Heat ghee and fry seasonings until they splutter and brown.
- 4) Add banana flower and ground paste and fry for 5 minutes.
- 5) Add tamarind paste and cook for few minutes
- 6) Garnish with Cilantro.



5.2 BELL PEPPER & TOFU CURRY

INGREDIENTS

1tbsp	Oil
4	Red or Green Bell peppers, cut into strips
1lb	Extra Firm Tofu, well drained and wrapped in towel to absorb all the moisture
1tbsp	Lime juice
1tsp	Crushed black pepper to taste
1 pinch	Salt to taste

DIRECTIONS

- 1) Heat oil in a pan until it smokes.
- 2) Add peppers and fry for a couple of minutes.
- 3) Add tofu, lime juice, black pepper, salt and fry until the peppers are still crunchy.



5.3 CABBAGE & GARBANZO BEANS



INGREDIENTS

Seasonings:

1 tsp Mustard
1 tsp Cumin seeds
1 tsp Urad Dal
2 Dry Red Chillies

2 cups Cabbage, finely chopped
1 cup Garbanzo beans, soaked overnight
1 pinch Salt to taste
1 tsp Cilantro, finely chopped

DIRECTIONS

- 1) Pressure cook garbanzo beans for 1 whistle.
- 2) Heat oil and fry seasonings until they splutter.
- 3) Add cabbage, garbanzo beans and salt and cook for few minutes
- 4) Garnish with cilantro.

Deleted: . . . Cumin seeds¶
1 tsp . . .

Deleted: seeds

Deleted: 1 pinch . Asafetida powder

Deleted: 1 pinch .

Deleted: 1 . . . Ridge gourd

Deleted: 1 tbsp . Oil¶
1 bunch . Mint leaves¶
¶
2 tbsp . Tamarind paste¶
4 . Red Chillies¶
1 pinch . Turmeric powder¶

Deleted: ¶
Seasonings:¶
4 tbsp . Oil¶
1 tbsp . Urad dal¶
1 tbsp . Channa Dal . ¶
1 tsp . . Coriander seeds¶

Deleted: Peel ridge gourd and save the skin.



5.4 CHANNA MASALA

INGREDIENTS

1 cup Garbanzo Beans

Seasonings:

1 tsp Mustard seeds

½ tsp Cumin seeds

1 tsp Urad dal

1 inch Ginger, chopped

2 tbsp Channa Masala powder

1 tbsp Garam Masala powder

½ tbsp Red Chilli powder

4 Tomatoes, chopped

3 tbsp Sour cream

5-6 stems Cilantro, chopped

DIRECTIONS

- 1) Soak garbanzo beans in water overnight.
- 2) Cook garbanzo beans until they are soft to the touch and set aside.
- 3) Heat oil and fry seasonings until the splutter.
- 4) Add channa masala, red chilli and garam masala powder and fry until everything is mixed well.
- 5) Add the tomatoes and fry until they are cooked.
- 6) Add garbanzo beans and 1 ½ cup water.
- 7) Crush 2 tbsp of the beans to make the gravy thick. Cook for 5 minutes.
- 8) Add sour cream and chopped cilantro.
- 9) Mix well and remove from heat.

Serve with pooris, naan or chapathis.



5.5 DRY GREEN BEANS



INGREDIENTS

½ lb Green Beans, chopped

Seasonings:

1 tsp Oil
¼ tsp Mustard seeds
1 tsp Urad dal
2 Dry Red Chillies

1 pinch Salt, as needed
1 tbsp Coconut, fresh grated

DIRECTIONS

- 1) Wash the green beans, cut the ends and chop into fine pieces.
- 2) Heat oil in a frying pan and fry the seasonings.
- 3) Add beans, sprinkle water, close the pan with a lid and cook until beans are soft.
- 4) Add salt and coconut.
- 5) Stir well, and then remove from heat.

TIP: Replace green beans with other vegetables like cabbage, chayote squash or carrots.



5.6 MASALA CAPSICUM



INGREDIENTS

- | | |
|--------------|-----------------------------------|
| <u>1 cup</u> | <u>Peanuts</u> |
| <u>1 cup</u> | <u>Sesame seeds</u> |
| 2 | <u>Green bell pepper</u> , cubed |
| 2 | <u>Red bell pepper</u> , cubed |
| 2 | <u>Yellow bell pepper</u> , cubed |

Seasonings:

- | | |
|--------------|--------------------------|
| <u>1 tsp</u> | <u>Mustard seeds</u> |
| <u>1 tsp</u> | <u>Cumin seeds</u> |
| <u>1 tsp</u> | <u>Tamarind paste</u> |
| <u>1 tsp</u> | <u>Red chilli powder</u> |
| 1 pinch | <u>Salt to taste</u> |

- | | |
|--------------|---------------------------------|
| <u>1 tsp</u> | <u>Cilantro, finely chopped</u> |
|--------------|---------------------------------|

DIRECTIONS

- 1) Roast Peanuts and sesame seeds and grind them into a fine paste.
- 2) Heat oil and fry seasonings until they splutter.
- 3) Add bell peppers and fry for 5 minutes.
- 4) Add peanut and sesame paste, tamarind, red chilli powder and salt. when well cooked.
- 5) Garnish with cilantro.



5.7 MASALA POTATO (Aloo Gol Matol)



INGREDIENTS

6 Small Potatoes, peeled

For Masala:

1 tsp Cumin seeds

1tsp Coriander seeds

1 tsp Fennel seeds

2 Dry Red Chillies

1 tsp Black Pepper corns

2 tsp Oil

1 pinch Salt to taste

2 tsp Lemon Juice

1 tsp Cilantro, finely chopped

DIRECTIONS

- 1) Roast masala ingredients and grind into a powder.
- 2) Poke holes in the potatoes with a fork.
- 3) Heat oil in heavy sauce pan and fry potatoes with a closed lid for 10 minutes.
- 4) Add masala powder and salt and fry till potatoes are cooked.
- 5) Add lemon juice and fry for 2 minutes.
- 6) Garnish with cilantro.



5.8 MASALA SNAKE GOURD (Pudalangai)

INGREDIENTS

For Masala:

3 Dry Red Chillies
¼ cup Toordal
1 tsp Cumin seeds
¼ tsp Channa dal

½ cup Channa Dal
1 Snake Gourd, slit, de-seed and cube
1 pinch Salt to taste

Seasonings:

1 tsp Mustard seeds
1 tsp Cumin seeds
2 Dry Red Chillies
1 sprig Curry leaves
1 pinch Asafetida
¼ tsp Turmeric powder

DIRECTIONS

- 1) Roast all Masala ingredients and grind into a fine powder and set aside.
- 2) Boil chana dal till it is half cooked.
- 3) Add snake gourd and salt.
- 4) Cook until tender.
- 5) Heat oil and fry seasonings until they splutter.
- 6) Add channa and snake gourd mixture and fry until the water evaporates.
- 7) Add ground masala and fry for a few minutes.



5.9 OKRA IN YOGURT SAUCE (Dahi Bhendi)

INGREDIENTS

Seasonings:

½ tsp Mustard seeds

½ tsp Cumin seeds

½ tsp Urad dal

1 Dry Red Chilli

4 Curry leaves

1 pinch Asafetida

20 Fresh Okra, washed, dried and cut into ½ inch rings

1 pinch Turmeric

½ tsp Red Chili powder

¼ tsp Garam masala powder

½ tsp Coconut powder

1 pinch Salt to taste

1 cup Yogurt

1 tsp Cilantro, finely chopped

DIRECTIONS

- 1) Heat oil and fry seasonings until they splutter.
- 2) Add okra and fry till it is cooked.
- 3) Add turmeric, red chili powder, garam masala, coconut powder and fry for 2 minutes.
- 4) Add yogurt and cook for 2 more minutes.
- 5) Garnish with Cilantro.



5.10 POTATO & SPINACH CURRY (Aloo Methi Palak)

INGREDIENTS

Seasonings:

1 tsp Mustard seeds
1 tsp Cumin seeds

1 cup Fenugreek leaves, finely chopped
1 cup Spinach, finely chopped
2 Potatoes, cubed

1 tsp Red Chilli powder
1 tsp Cilantro
1 pinch Salt to taste

DIRECTIONS

- 1) Heat oil and fry seasonings until they splutter.
Add fenugreek, spinach and potatoes and fry for 2 minutes.
- 2) Add chilli powder, salt, 1 cup water and let the vegetables cook.
- 3) Garnish with Cilantro



5.11 SPICY ACHARI ALOO



INGREDIENTS

Seasonings:

2-3 tbsp Oil
1tsp Mustard seeds
1tsp Cumin seeds
1tsp Sesame seeds
1tsp Fenugreek seeds
1tsp Fennel seeds
1tsp Nigella seeds (sometimes called onion seeds)

1 pinch Asafetida
1tsp Turmeric
1tsp Red Chilli powder

1lb Potatoes, boiled, peeled & cubed
1 pinch Salt to taste

1 handful Cilantro, chopped

DIRECTIONS

- 1) Heat oil and fry seasonings until they splutter.
- 2) Add asafetida, fry a bit and then add turmeric and red chilli powder.
- 3) Add potatoes and salt and fry until roasted golden brown.
- 4) Garnish with cilantro.



5.12 STUFFED EGGPLANTS

INGREDIENTS

Seasonings:

2 tsp	Oil
1 tsp	Mustard seeds
1 tbsp	Coriander seeds
1 tsp	Methi seeds
4 tbsp	Channa Dal
4 tbsp	Urad dal
6	Dry Red Chillies

½ tsp	Asafetida powder
2 tsp	Salt to taste

10 tbsp	Oil
15	Small Eggplants

DIRECTIONS

- 1) Heat oil and fry seasonings until golden brown.
- 2) Add asafetida powder, fry for a few seconds and turn off the stove.
- 3) Add salt, then powder the mixture coarsely.
- 4) Slit eggplants into four just on the end (not where the stalk is), then wash thoroughly.
- 5) Heat oil in a nonstick pot with a lid. Stuff each eggplant with the powder and drop it in the oil. Cover with lid on and leave it on a low flame. Stir once every few minutes carefully making sure that the eggplants remain full. After 10 minutes when the eggplants are soft, remove the lid.
- 6) When the eggplants have browned, add any remaining powder and cook for a few more minutes.



5.13 STUFFED KARELA



INGREDIENTS

1 tbsp Sesame seeds, roasted and powdered

8 medium Karela, scraped lightly, then split down one side

For stuffing:

1 tbsp Tamarind paste

1 tsp Red Chilli powder

½ tbsp Cumin powder

½ tbsp Coriander powder

½ inch Ginger, grated

2 tbsp Besan

1 tsp Turmeric powder

1 pinch Salt to taste

2 tbsp Oil as needed

½ tsp Mustard seeds

DIRECTIONS

- 1) Mix powdered sesame seeds with stuffing ingredients and just enough water to make a dough with chapatti dough like consistency.
- 2) Stuff the karela with this dough.
- 3) Heat oil and fry mustard seeds until they splutter.
- 4) Shallow fry karela until they are cooked.



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6. *** RAITAS ***





6.1 BOONDI RAITA

INGREDIENTS

Seasonings:

1 tbsp	Urad dal
1 tbsp	Channa dal
1 tsp	Cumin seeds
1 tsp	Mustard seeds
1 pinch	Asafetida powder
1 tsp	Fresh grated ginger

2 cups	Yogurt
1 cup	Boondhi

DIRECTIONS

- 1) Heat oil and fry the seasonings.
- 2) After seasonings cool, add yogurt and boondhi.



6.2 BEETS RAITA

INGREDIENTS

Seasonings:

- | | |
|-----------|--------------------------|
| 1 tbsp | Urad dal |
| 1 tbsp | Channa dal |
| 1 tsp | Cumin seeds |
| 1 tsp | Mustard seeds |
| 1 pinch | Asafetida powder |
| 2 | Dry Red Chillies |
| | |
| 2 cups | Beets, fresh grated |
| 2 cups | Plain yogurt |
| 2 pinches | Black pepper powder |
| 1 pinch | Salt to taste |
| | |
| 2 tsp | Cilantro, finely chopped |

DIRECTIONS

- 1) Heat oil, fry seasonings until they sputter, then set aside to cool.
- 2) Add beets, yogurt, black pepper and salt.
- 3) Garnish with cilantro.



6.3 CUCUMBER RAITA

INGREDIENTS

1 Cucumber, grated
2 cups Yogurt
1 tsp Salt to taste
5-6 stems Cilantro, finely chopped

DIRECTIONS

Mix all the ingredients.

TIPS:

- * Use sour cream for a richer taste.
- * Use 1 grated carrot or chopped tomato instead of cucumber.
- * Add carrots and tomatoes in addition to cucumber.
- * Use chopped instead of grated cucumbers and carrots.



6.4 RADISH RAITA



INGREDIENTS

Seasonings:

1 tbsp	Urad dal
1 tbsp	Channa dal
1 tsp	Cumin seeds
1 tsp	Mustard seeds
1 pinch	Asafetida powder

2 cups	Radish, fresh grated
2 cups	Plain yogurt
1 tsp	Mustard powder
1 pinch	Salt to taste

DIRECTIONS

- 1) Heat oil, fry seasonings until they splutter, then set aside to cool.
- 2) Mix in the remaining ingredients



6.5 SPINACH RAITA

INGREDIENTS

½ cup Peanuts

Seasonings:

1 tbsp Urad dal

1 tbsp Chana dal

1 tsp Cumin seeds

1 tsp Coriander seeds

1 tsp Mustard seeds

1 pinch Asafetida powder

1 tsp Fresh grated ginger

4 cups Spinach, finely chopped

3 cups Plain yogurt

1 pinch Salt to taste

DIRECTIONS

- 1) Roast peanuts and then grind them into coarse powder.
- 2) Heat oil and fry seasonings.
- 3) Add spinach and take off the stove so that the spinach is not well cooked. Set aside to cool.
- 4) Add yogurt, peanut powder and salt.



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7. * SALADS *****





7.1 BLACK EYED PEAS SALAD (Alasanda Guggulu)

INGREDIENTS

1 cup Black eyed peas, soaked in water overnight, drained

Seasonings:

1 tsp Oil
1 tsp Mustard seeds
1 tsp Cumin seeds
2 Dry Red Chillies

½ cup Corn, fresh kernels sliced
½ Tomato, diced into small cubes
1 pinch Salt to taste
1 pinch Turmeric
1 tsp Lemon juice
1 tsp Cilantro, finely chopped

DIRECTIONS

- 1) Cook Black-eyed peas with little salt until tender, then drain.
- 2) Heat oil and fry seasonings until they splutter.
- 3) Add tomatoes, corn, beans and fry for 2 minutes.
- 4) Add turmeric and salt and fry for 2 more minutes.
- 5) Add lemon juice and toss well.
- 6) Garnish with cilantro.



7.2 CAPSICUM SALAD



INGREDIENTS

- 1 cup Green Peppers, Red Peppers, Yellow Peppers, chopped
- 1 cup Carrots, chopped
- 1 cup Cucumber, chopped
- 1 cup Cabbage, chopped

Dressing:

- 1 tbsp Olive oil
- 3 tbsp Lime juice
- ¼ tsp Black pepper powder
- 1 tsp Salt to taste
- 1 tbsp Cilantro, chopped

DIRECTIONS

- 1) Mix all the chopped vegetables.
- 2) Mix the dressing and set aside.
- 3) Just before serving, mix the vegetables and dressing.



7.3 MOONG DAL SALAD (Vadapappu)

INGREDIENTS

½ cup	Yellow Moong dal - soaked in water for about 4 hours.
½ cup	Cucumber, peeled and finely chopped
1 tsp	Black Pepper Powder
1 tsp	Cilantro, finely chopped
1 pinch	Salt to Taste
1 tsp	Coconut, fresh grated

DIRECTIONS

- 1) Rinse dal, drain and put into a bowl.
- 2) Mix in all the remaining ingredients and garnish with coconut.



7.4 PINEAPPLE & COCONUT SALAD

INGREDIENTS

4 tsp	Coconut, fresh grated
2	Dry Red Chillies
½ tsp	Mustard
4 cups	Pineapple , cubed
1 cup	Mango, raw, cubed
1 cup	Green apple, cubed
1 cup	Red Grapes
2 tsp	Sugar
1 pinch	Salt to Taste

DIRECTIONS

- 1) Grind coconut, red chillies, mustard into a fine paste.
- 2) Put cubed fruits into a large bowl.
- 3) Add paste, sugar, salt and toss well.



7.5 RADISH SALAD (Kosambari)

INGREDIENTS

7-8 Small Red Radish, grated
2 tbsp Coconut, fresh grated
2 tsp Lemon Juice

Seasonings:

1 tsp Oil
1 tsp Mustard seeds
1 tsp Cumin seeds
2 Dry Red Chillies
1 sprig Curry leaves, finely chopped

1 cup Cilantro, finely chopped
1 pinch Salt to taste

DIRECTIONS

- 1) Put grated radish in a bowl, and then add coconut and lemon juice.
- 2) Heat oil and fry seasonings until they splutter.
- 3) Add seasonings to the radish mix.
- 4) Garnish with cilantro.
- 5) Add salt just prior to serving so that the salad does not get soggy.



7.6 SPICY FRUIT CHAAT

INGREDIENTS

For Chat Masala:

- 1 tsp Sugar
- ½ tsp Salt
- 2 tsp Lemon juice
- 1 tsp Cumin powder
- 1 tsp Mint, finely chopped
- ½ tsp Cayenne pepper powder
- ½ tsp Black pepper powder
- ½ tsp Dry Ginger powder (soonti)

- 1 cup Apples, cubed
- 1 cup Pineapple, cubed
- 1 cup Green Grapes, de-seeded and cut into halves
- 1 cup Red Grapes, de-seeded and cut into halves
- 1 cup Banana, cubed
- 1 cup Orange, de-seeded and cubed

DIRECTIONS

- 1) Mix all chat masala ingredients well.
- 2) Mix all cubed fruit in a large bowl.
- 3) Add chat masala and mix well.



7.7 SPROUTED MASOOR DAL & PEANUTS SALAD

INGREDIENTS

2 cups Masoor dal, sprouted by soaking in water overnight.

Seasonings:

1 tsp Oil
½ tsp Mustard seeds
½ tsp Cumin seeds
1 tsp Urad Dal
1 Dry Red Chilli
1 sprig Curry Leaves

1 pinch Salt to Taste
2 tsp Peanuts, roasted then ground into a powder
1 tsp Lemon juice
1 tsp Cilantro, finely Chopped

DIRECTIONS

- 1) Boil water, add dal and cook 2 minutes; then drain and set aside.
- 2) Heat oil and then fry seasonings until they splutter and brown.
- 3) Add dal and salt and fry for 2 minutes.
- 4) Add powdered peanuts, lemon juice, cilantro and toss well.



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8. *** DESSERTS ****





8.1 RAVA (Sooji) CAKE



INGREDIENTS

1 Banana
1 cup Sugar
1 tbsp Ghee

Batter:

1/4 cup Milk
1 cup Yogurt
5 drops Vanilla essence
1 pinch Salt to taste
1/4 tsp Baking soda
1 cup Rava (sooji)

3 tbsp Nuts eg cashews & raisins (optional)

DIRECTIONS

- 1) Mash the banana in a bowl.
 - 2) Add sugar and ghee. Mix well.
 - 3) Add batter ingredients and stir into a smooth batter.
 - 4) Set aside for 4-5 hrs.
 - 5) Preheat oven to 375° F.
 - 6) Pour batter into a greased cake mold.
 - 7) Add raisins and cashews and lightly press them into the batter.
 - 8) Bake at 375° F for 20 - 30 mins. Keep checking to prevent the cake from burning.
- TIP – Enhance taste, substitute ½ cup sugar with ½ cup condensed milk.



8.2 BARFI – BESAN BARFI

INGREDIENTS

1 cup besan flour
1 cup milk
1 cup fresh grated coconut
1 cup ghee
3 cups sugar

DIRECTIONS

- 1) Heat the milk and pour into a measuring cup
- 2) heat the ghee and milk, sugar, coconut and sugar, keep it for 5 min or everything is well mixed.
- 3) add Besanflour .Make sure it mixes very well and becomes a nice batter Keep stirring through out the procedure and maintain the heat in a medium rate.
- 4)When the mixture starts separating out from the ghee, remove from the heat(Similar to mysorepaak)
Now pour this into a thali (with a little bit of ghee spread on it) .
- 5)Cut it to small squares while hot.



8.3 BARFI - CASHEW

INGREDIENTS

2 cups	Cashews, raw
1 ½ cup	Sugar
½ cup	Water
½ cup	Ghee

DIRECTIONS

- 1) Powder cashews in a coffee blender and set aside.
- 2) In a non stick pan, boil sugar and water until the syrup thickens.
- 3) Add ¼ cup ghee, cashew powder and then remaining ghee.
- 4) As soon as the mixture stops sticking to the sides of the pan, quickly pour it into a greased 9 x 9 inch square pan.
- 5) Cool for a few minutes, and then mark into small squares as deep as possible, so that you can cut into squares after it completely cools.



8.4 BARFI - COCONUT

INGREDIENTS

1 cup	Grated fresh coconut
1-1 1/4	Sugar
1cup	Water
2 tbsp	Ghee

DIRECTIONS

- 1) Mix all the ingredients in a heavy bottomed pan.
- 2) Cook on medium heat until the mixture leaves the sides of the pan.
- 3) Pour mixture into a greased plate.
- 4) Cut into diamond shapes while still warm.



8.5 HALWA - BUTTERNUT SQUASH



INGREDIENTS

1 Butternut squash, peeled and grated

5 cups Milk
2 cups Sugar

1 stick Butter, unsalted

½ cup Almonds, powdered
1 pinch Cardamom powder

1 tsp Nuts

DIRECTIONS

- 1) Heat milk, add sugar and boil until it is reduced down to 4 cups, then set aside.
- 2) Heat butter and stir fry the squash until it cooks.
- 3) Add reduced milk, almond powder and cardamom powder.
- 4) Simmer and thicken for 10 minutes.
- 5) Pour onto a plate and garnish with nuts.



8.6 HALWA - CARROT

INGREDIENTS

4 tbsp Ghee
8 cups Carrots, grated
4 cups Milk
2 cups Sugar
2-3 strands Saffron or ½ tsp Cardamom powder for flavoring
¼ cup Almonds or Cashew nuts, roasted

DIRECTIONS

- 1) Heat ghee and fry carrots.
- 2) Add milk and cook carrots until very soft.
- 3) Add sugar, and then simmer until sugar dissolves and the syrup thickens.
- 4) Add saffron or cardamom powder.
- 5) Garnish with almonds or cashew nuts.
- 6) Serve hot or cold.



8.7 KHEER - ALMOND & CARROT

INGREDIENTS

½ cup	Almonds, soaked and peeled
1 ½ cup	Carrots, cut and boiled
1 cup	Sugar
6 cups	Milk
2	Cardamom
2 tbsp	Ghee
5-6 strands	Saffron
2 tbsp	Cashew nuts, chopped

DIRECTIONS

- 1) Grind almonds into a paste.
- 2) Add carrots and grind again.
- 3) Put into a thick bottomed vessel and add sugar.
- 4) Stir constantly on low heat and bring to a boil.
- 5) Add milk, continue to stir and bring to another boil.
- 6) Add cardamom, 1 tbsp ghee and saffron strands.
- 7) Stir for one more minute, and then remove from the heat.
- 8) In another pan, heat 1 tbsp ghee and roast cashew nuts.
- 9) Stir into the kheer.



8.8 KHEER - DATES (Kajura Payasam)

INGREDIENTS

1 cup	Dates
2 cups	Milk
2 tsp	Ghee
1/2 cup	Bambino brand Vermicelli (optional)
1-2 tbsp	Jaggery, powdered, to taste
1 tsp	Cardamom powder
3-4 tbsp	Cashews

DIRECTIONS

- 1) Seed and chop dates, set aside a few pieces for garnish.
- 2) Blend remaining dates and 1 cup milk to a smooth paste.
- 3) Heat ghee in a heavy bottomed pan and roast vermicelli.
- 4) Add 1 cup milk and cook vermicelli.
- 5) Add jaggery, cardamom and dates paste.
- 6) Bring the mixture to a boil, adding more milk if the mixture is too thick and boiling again.
- 7) Garnish with date pieces and cashews.
- 8) Serve hot.



8.9 KHEER - MOONG DAL



INGREDIENTS

1 cup	Moong dal
½ cup	Sugar
½ cup	Jaggery
3 cups	Milk
2 pieces	Cardamom
4-5	Cashews, chopped
2 tbsp	Ghee

DIRECTIONS

- 1) Dry roast dal until it becomes gold in color.
- 2) Wash dal well, add 3 cups water and pressure cook.
- 3) Transfer dal into a heavy bottomed vessel.
- 4) Add sugar, jaggery and milk and boil well.
- 5) Add cardamom and 1 tbsp ghee and mix well.
- 6) Fry the cashews in 1 tbsp ghee and add them to the mix.



8.10 KHEER - POHA COCONUT

INGREDIENTS

2 tsp	Ghee
5	Cashews
5	Almonds
1 cup	Poha
1 cup	Coconut milk
1 tsp	Coconut, grated
1 cup	Sugar
4 cups	Milk
3	Cardamoms, powdered

DIRECTIONS

- 1) Roast cashews and almonds in ghee and set aside.
- 2) Wash poha, then drain and set aside.
- 3) Boil milk in a heavy bottom pan.
- 4) Add poha, coconut milk, grated coconut and sugar and let it cook for 2 minutes.
- 5) Garnish with cashews and almonds.



8.11 KHEER - TAPIOCA

INGREDIENTS

1 cup	Tapioca (Sago, Sabudana)
2 cups	Milk
1 cup	Sugar to taste
3-4 strands	Saffron (optional)
½ tsp	Cardamom Powder
1 pinch	Nutmeg Powder
½ cup	Cashews, almonds, walnuts, raisins (optional)

DIRECTIONS

- 1) Wash Tapioca, then drain and set aside.
- 2) Boil milk in a heavy bottom pan.
- 3) Add tapioca and cook until it is soft and can be easily pressed between fingers.
- 4) Add sugar and mix until the sugar dissolves completely.
- 5) Add saffron, cardamom and nutmeg powder.
- 6) Garnish with fried nuts and raisins.
- 7) Serve hot.



8.12 KHEER - VERMICELLI



INGREDIENTS

1 cup	Vermicelli, roasted
¾ cup	Sugar
3 cups	Whole milk
1 tbsp	Ghee
1 tbsp	Cashews
½ tsp	Cardamom powder

DIRECTIONS

- 1) Cook the roasted vermicelli in water, then drain.
- 2) Add sugar and milk and cook for 15 minutes.
- 3) Add cardamom powder and remove from heat.
- 4) Heat ghee and brown the cashews.
- 5) Add to vermicelli

TIP: Serve warm or refrigerate and serve cold.



8.13 LADDU - BESAN



INGREDIENTS

10	Cashew nuts, sliced
5	Raisins
½ cup	Ghee
1 cup	Besan flour, sieved
1 cup	Sugar, finely powdered
5	Cardamoms, powdered
1 pinch	Kapooram – edible camphor

DIRECTIONS

- 1) Fry cashew nuts and raisins in some ghee and set aside.
- 2) Heat ghee in a thick bottom pan on a low flame.
- 3) Add besan flour and stir continuously. Occasionally add ghee. Keep stirring until the flour becomes golden brown and ghee separates. Remove from fire.
- 4) Add powdered sugar, cardamom, kapooram, cashew nuts and raisins. Mix well.
- 5) Shape into small balls when still warm.



8.14 LADDU- RAVA



INGREDIENTS

1 tbsp	Ghee
1 cup	Rava
1 cup	Sugar
1 tsp	Coconut, dry, grated
2 tsp	Cardamom powder
5	Cashews, roasted
½ cup	Milk, heated

DIRECTIONS

- 1) Heat ghee, add rava and fry until it is golden brown.
- 2) After it has cooled, add sugar, coconut, cardamom and cashews.
- 3) Add hot milk to the mixture and make round balls like laddu.



8.15 PAK - COCONUT MYSORE

INGREDIENTS

1cup	Besan
1cup	Ghee
1cup	Fresh grated coconut
1cup	Milk
3cups	Sugar

DIRECTIONS

- 1) Mix all the ingredients in a heavy bottomed pan.
- 2) Cook on medium heat until the mixture leaves the sides of the pan.
- 3) Pour mixture into a greased plate.
- 4) Cut into pieces.

8.16 PAK - MYSORE

INGREDIENTS

1 cup	Besan flour, sifted
1 cup	Ghee, melted & at room temperature
$\frac{3}{4}$ cup	Sugar to taste
2	Cardamom pods, seeds powdered

DIRECTIONS

- 1) Roast flour on a hot griddle for 2-3 minutes stirring constantly. Set aside.
- 2) Melt $\frac{1}{2}$ cup ghee in a pan.
- 3) In another pan, cook sugar and 1 cup of water until the syrup becomes sticky, but not stringy.
- 4) Add roasted flour to the syrup, stirring constantly. Take off the flame for a second while you get the melted ghee ready.
- 5) Pour ghee in a steady stream into the syrup while stirring.
- 6) Stir in another $\frac{1}{2}$ cup ghee. Cook until the mixture turns light brown and becomes porous and spongy like bread.
- 7) Sprinkle the cardamom powder over the mixture and pour immediately into a 9" shallow cake pan. The mixture sets within a minute.
- 8) With a sharp knife cut into 1 $\frac{1}{2}$ inch diamond shapes immediately.



8.17 DOUBLE KE MEETA



INGREDIENTS

6 slices White bread
1 cup Ghee

For Syrup:

2 cups Sugar
3 cups Water
3 Cardamom pods, seeded and powdered
4 drops Lime juice
5-6 strands Saffron

8 cups Milk

1 cup Cashew nuts and Almonds, chopped into pieces

DIRECTIONS

- 1) Cut bread slices into halves (triangles) and dry overnight.
- 2) Heat ghee and fry bread slices until golden brown.
- 3) Boil syrup ingredients until the mixture thickens and then set aside.
- 4) Make condensed milk by slowly boiling milk until it is reduced to $\frac{1}{4}$ of the original amount.
- 5) Roast cashew and almond pieces in ghee.
- 6) Dip the fried bread in the sugar syrup, place in tray and pour the condensed milk over the bread.
- 7) Garnish with roasted nuts



8.18 CASHEW & PISTA ROLLS

INGREDIENTS

For Cashew Rolls:

- 1 cup Cashew nuts, soaked in warm water for 2 hours
- ½ cup Milk
- ½ cup Sugar
- ½ stick Butter
- ½ tsp Cardamom powder

For Pistachios Rolls:

- 1 cup Pistachios, soaked in warm water for 2 hours
- ½ cup Milk
- ½ cup Sugar
- ½ stick Butter
- ½ tsp Cardamom powder
- 2-3 drops Green food coloring (optional)

Edible Silver paper (optional)

DIRECTIONS

Make Cashew Rolls:

- 1) Wash cashews, then grind with milk into smooth paste. Set aside.
- 2) Dissolve sugar into ¼ cup water and cook into a stringy syrup.
- 3) Add butter and cashew paste.
- 4) Cook on medium flame, stirring continuously. Set aside to cool.
- 5) Divide into 2 and shape each portion into a cylindrical roll.

Make Pistachio Rolls:

- 6) Wash pistachios, peel the skin, then grind with milk into a smooth paste. Set aside.
- 7) Dissolve sugar into ¼ cup water and cook into a stringy syrup.
- 8) Add butter and pistachios paste.
- 9) Cook on medium flame, stirring continuously. Set aside to cool.
- 10) Divide into 2 and shape each portion into a cylindrical roll.

Use greased rolling pin and wax paper to make the Rolls:

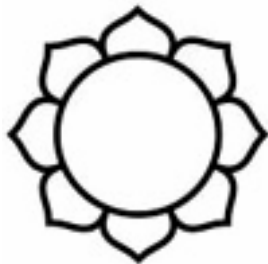
- 11) Roll each portion into a rectangle.
- 12) Starting from one edge, roll the dough tightly.
- 13) Cut into 2" lengths and dip the edge into pistachio powder.
- 14) Roll with silver paper for decoration.



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9. *** SNACKS ***





9.1 CHATPATTA CORN

INGREDIENTS

Seasonings:

2 tsp Oil

1 tsp Mustard seeds

2 Dry Red Chillies

4 cups Sweet corn kernels

3 tbsp Coconut, fresh grated

2 tsp Lime juice

1 pinch Salt to taste

1 tbsp Cilantro, chopped finely

DIRECTIONS

- 1) Heat oil and fry seasonings until they splutter.
- 2) Add corn and stir fry on high. Let the water dry up.
- 3) Add coconut, lime juice, salt and mix well.
- 4) Garnish with cilantro.



9.2 CHANNA SUNDAL

INGREDIENTS

1 cup Black Channa

Seasonings:

2 tsp Oil

½ tsp Urad dal

½ tsp Mustard seeds

4 Dry Red Chillies

¼ tsp Asafetida

5-6 Curry leaves

2 tbsp Coconut, finely chopped

1 tsp Salt to taste

DIRECTIONS

- 1) Soak black channa in water over night.
- 2) Strain channa, add fresh water and pressure cook until tender.
- 3) After cooling, strain.
- 4) Heat oil and fry seasonings.
- 5) Add curry leaves, coconut, salt and channa. Mix well.



9.3 PUFFED RICE HOT MIXTURE

INGREDIENTS

For mixed powders:

<u>1 tsp</u>	<u>Red Chilli powder, to taste</u>
<u>1 tsp</u>	<u>Coriander powder</u>
<u>1 tsp</u>	<u>Cumin powder</u>
<u>2 tsp</u>	<u>Aamchur powder</u>
<u>2 tsp</u>	<u>Granulated sugar</u>
<u>1 pinch</u>	<u>Salt to Taste</u>

Seasonings:

<u>4 tsp</u>	<u>Oil</u>
<u>½ tsp</u>	<u>Mustard seeds</u>
<u>1 pinch</u>	<u>Asafetida</u>
<u>½ tsp</u>	<u>Turmeric</u>
<u>10-12</u>	<u>Curry leaves</u>
<u>½ cup</u>	<u>Peanuts (or cashew nuts, or a mix of both)</u>
<u>½ cup</u>	<u>Coconut curls</u>
<u>6 cups</u>	<u>Puffed rice or puffed wheat</u>

DIRECTIONS

- 1) Mix powdered ingredients together.
- 2) Heat oil and fry seasonings until peanuts brown.
- 3) Add coconut curls, and when they start to turn golden brown, remove from the heat, and cool.
- 4) Stir in mixed powders and then stir in puffed rice until the grains are coated with the spice and oil mix.
- 5) Cool completely before serving or store in an air tight container for several days.



9.4 SPROUTED MOONG CHAT

INGREDIENTS

1 cup Whole Moong dal, sprouted by soaking
12 hours in summer, 24 hours in winter
1 large Potato, boiled and cubed

Seasonings:

1 tsp Mustard
1 tsp Cumin seeds
2 Dry Red Chillies
½ tsp Black pepper powder
½ tsp Cumin powder
½ tsp Kala namak
1 pinch Salt to taste

1 lemon
1 tbsp Cilantro, finely chopped

DIRECTIONS

- 1) Heat oil and fry seasonings until they splutter.
- 2) Add potatoes and sprouted moong and fry for 3 minutes.
- 3) Garnish with lemon and cilantro.



9.5 VADA - DAHI VADA

INGREDIENTS

2 cups + ½ tsp	Urad dal
3-4	Dry Red Chillies
1 tsp	Salt to taste
5-6 stems	Cilantro, finely chopped
4 cups	Buttermilk
1 tsp	Turmeric
1 pinch	Salt to taste
3 cups	Oil as needed for deep frying
½ tsp	Mustard seeds

DIRECTIONS

- 1) Soak 2 cups dal for 2 hours.
- 2) Drain dal, add 2-3 chillies and salt.
- 3) Mix into a thick dough using a blender and using as little water as possible. Set aside.
- 4) Mix in finely chopped cilantro.
- 5) Pour buttermilk into a large vessel, and then add salt and turmeric.
- 6) Heat oil and fry mustard seeds until they pop.
- 7) Brown ½ tsp urad dal and 2 red chillies and then add this to the buttermilk and stir well.
- 8) Heat oil. Then take a little bit of the dough, make it into a ball, flatten it on a wax paper, make a hole in the center.
- 9) Deep fry in hot oil. Remove when it is golden brown.
- 10) Soak in buttermilk for 1 hour.



9.6 VADA - MASALA VADA

INGREDIENTS

1 cup	Channa dal
3	Dry Red Chillies
¼ inch	Ginger, chopped
1 tbsp	Cilantro, chopped
½ tsp	Salt to taste
2 cups	Oil as needed for deep frying

DIRECTIONS

- 1) Soak the channa dal in water for an hour.
- 2) Wash dal, drain the water and grind dal into a coarse paste.
- 3) Mix in red chillies, ginger, cilantro and salt.
- 4) Heat oil in a frying pan.
- 5) Take a lime size ball of the dough, flatten it in the palm of your hand and place it in the hot oil. Fry 3-4 balls at a time.
- 6) When both sides are evenly fried, remove from the oil and drain.



9.7 VADA - BASIC MEDHU VADA

INGREDIENTS

2 cups	Urad dal
1 tsp	Black Pepper, crushed
1 tsp	Salt to taste
3 cups	Oil as needed for deep frying

DIRECTIONS

- 1) Soak dal for 1-2 hours.
- 2) Drain dal, add salt and pepper.
- 3) Mix into a thick dough using a blender and using as little water as possible.
- 4) Heat oil. Take a little dough, make it into a ball, flatten it on a wax paper, and make a hole in the center.
- 5) Deep fry in hot oil. Remove when it is golden brown.



9.8 VADA - SPICY MEDHU VADA

INGREDIENTS

2 cups	Urad dal
3-4	Dry Red Chillies
1 inch	Ginger
1 tsp	Salt
5-6 stems	Cilantro, finely chopped
3 cups	Oil as needed for deep frying

DIRECTIONS

- 1) Soak dal for 1-2 hours.
- 2) Drain dal, add chillies, ginger and salt.
- 3) Mix into a thick dough using a blender and using as little water as possible.
- 4) Mix in finely chopped cilantro.
- 5) Heat oil. Then take a little bit of the dough, make it into a ball, flatten it on a wax paper, make a hole in the center.
- 6) Deep fry in hot oil. Remove when it is golden brown.



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10. *** CHUTNEYS ***





10.1 AMLA MURABBA (Gooseberry Spread)

INGREDIENTS

1 cup	Amla or gooseberry, washed and grated
½ cup	Water
1 ¼ cups	Sugar
2-inch	Cinnamon stick
1 tsp	Cardamom powder

DIRECTIONS

- 1) Dissolve sugar into water.
- 2) Add amla and cinnamon and cook until the amla is clear and the juice thickens into a jam.
- 3) Remove the cinnamon stick, add cardamom and mix well.
- 4) Cool and serve with bread or roti.



10.2 BERAKEYA THOKKU (Ridge Gourd Skin) PACHADI

INGREDIENTS

- 1 Ridge gourd
- 1 tbsp Oil
- 1 bunch Mint leaves

- 2 tbsp Tamarind paste
- 4 Dry Red Chillies
- 1 pinch Turmeric powder
- 1 pinch Salt to taste

Seasonings:

- 4 tbsp Oil
- 1 tsp Cumin seeds
- 1 tsp Mustard seeds
- 1 tsp Coriander seeds
- 1 tbsp Urad dal
- 1 tbsp Channa Dal
- 1 pinch Asafetida powder

DIRECTIONS

- 1) Peel ridge gourd and save the skin.
- 2) Chop ridge gourd into small pieces and cut skin into $\frac{1}{4}$ inch pieces.
- 3) Heat oil and fry the skin and mint leaves. Set aside to cool.
- 4) Add tamarind, red chillies, turmeric, salt and grind into a paste.
- 5) Put paste into a serving bowl and add the chopped ridge gourd pieces.
- 6) Heat oil and fry seasonings until they splutter.
- 7) Cool seasonings and drizzle over ridge gourd.



10.3 COCONUT CHUTNEY (for Ven Pongal)



INGREDIENTS

1 tsp	Oil
3 tbsp	Urad dal
3-4	Dry Red Chillies
½ tsp	Asafetida powder
½	Coconut
1 tsp	Salt to taste
1	Tamarind, small piece

Seasonings:

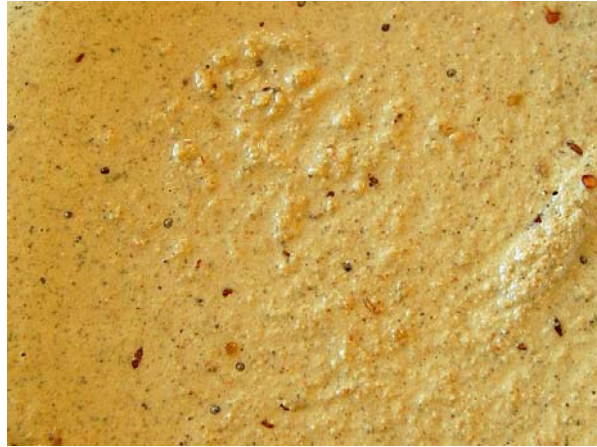
1 tsp	Oil
3tbsp + ½ tsp	Urad dal
½ tsp	Mustard seeds
3-4	Curry leaves

DIRECTIONS

- 1) Heat 1 tsp oil, fry 3 tbsp urad dal and 2 red chillies until they brown.
- 2) Turn off the stove and add asafetida.
- 3) Blend dal, coconut, salt and tamarind to a smooth paste with water.
It can be a thick paste or watery to go with the Ven Pongal.
- 4) Heat 1 tsp oil and fry seasonings until they brown.
- 5) Add seasonings to the coconut paste.



10.4 COCONUT CHUTNEY (for Iddlis, Dosas)



INGREDIENTS

For paste:

- | | |
|--------|-------------------|
| ½ | Fresh Coconut |
| 3 | Dry Red Chillies |
| 3 tbsp | Channa Dal, fried |
| ½ tsp | Salt to taste |

Seasonings:

- | | |
|-------|---------------|
| 1 tsp | Oil |
| ½ tsp | Mustard seeds |
| ½ tsp | Urad dal |
| 1 | Red Chilli |
| 3-4 | Curry leaves |

DIRECTIONS

- 1) Blend all the ingredients into a smooth paste.
- 2) Heat oil and fry seasonings until they brown.
- 3) Add seasonings to the coconut paste.

TIP: Blend chopped cilantro into the paste for a different taste.



10.5 GINGER CHUTNEY (Allam Pachadi)

INGREDIENTS

Seasonings:

1 tsp	Oil
2 tsp	Urad dal
10	Dry Red Chillies
2 inches	Ginger, grated

1 tsp	Tamarind paste
1 tsp	Jaggery
1 pinch	Salt to taste

DIRECTIONS

- 1) Heat oil and brown seasonings.
- 2) Mix in remaining ingredients and grind into a paste.



10.6 MANGO CARROT CHUTNEY

INGREDIENTS

Seasonings:

4 tbsp	Oil
1 tsp	Mustard seeds
1 tbsp	Urad dal
1 tbsp	Channa dal
1 tsp	Coriander seeds
1 tsp	Cumin seeds
1 pinch	Asafetida powder
1	Raw Mango, grated
2	Carrots, grated
2 tbsp	Tamarind paste
1 tsp	Mustard powder
2 tsp	Red Chilli powder
1 pinch	Salt to taste
1 pinch	Turmeric

DIRECTIONS

- 1) Heat oil and fry mustard seeds. When they splutter add all other seasonings. Set aside to cool.
- 2) Mix remaining ingredients.
- 3) Add to seasonings after they have cooled.



10.7 PEANUT CHUTNEY

INGREDIENTS

1 cup	Peanuts
6	Dry Red Chillies
1 cup	Channa dal
1 cup	Coconut, fresh grated
2 tsp	Tamarind paste
1 pinch	Salt to taste

Seasonings:

4 tbsp	Oil
1 tbsp	Urad dal
1 tbsp	Channa dal
1 tsp	Coriander seeds
1 tsp	Cumin seeds
1 tsp	Mustard seeds
1 pinch	Asafetida powder

DIRECTIONS

- 1) Roast Peanuts and red chillies.
- 2) Roast channa dal.
- 3) Grind roasted peanuts, chillies, channa dal. Add coconut, tamarind and salt and grind to a fine paste.
- 4) Heat 4 tbsp of oil and fry mustard seeds. When they splutter fry all the other seasonings. Set aside to cool.
- 5) Add seasonings to the paste after they have cooled.



10.8 TOMATO GINGER CHUTNEY



INGREDIENTS

1 tbsp Oil
1 tsp Cumin seeds
2 tbsp Ginger, grated
2 Tomatoes, finely chopped

1 tsp Tamarind paste
½ tsp Jaggery

½ cup Sesame seeds

Seasonings:

4 tbsp Oil
1 tsp Mustard seeds
1 tbsp Urad dal
1 tbsp Channa dal
1 tsp Coriander seeds
1 tsp Cumin seeds
1 pinch Asafetida powder

DIRECTIONS

- 1) Heat oil and fry Cumin seeds.
- 2) Add ginger, tomatoes and fry until tomatoes are soft.
- 3) Add tamarind and jaggery.
- 4) After the mixture has cooled, blend into a paste.
- 5) Roast sesame seeds, grind into a powder and add to the paste.
- 6) Heat 4 tbsp of oil, fry mustard seeds. When they splutter, add the remaining seasonings.
- 7) Cool seasonings and mix into the paste.



10.9 TINDORA CHUTNEY (Dondakaya Pachadi, Indian Ivy Gourd)

INGREDIENTS

2 tbsp	Oil
6	Dry Red Chillies
1 cup	Coconut, fresh grated
2 cups	Tindora

1 tsp	Tamarind paste
1 pinch	Salt to taste

Seasonings:

4 tbsp	Oil
1 tbsp	Urad dal
1 tbsp	Channa dal
1 tsp	Cumin seeds
1 tsp	Mustard seeds
1 pinch	Asafetida powder
1	Red Chilli
4-5	Curry leaves

DIRECTIONS

- 1) Cut tindora into halves.
- 2) Heat oil, and then fry red chillies, coconut and tindora until soft.
- 3) Add tamarind paste and salt, and then grind into a paste.
- 4) Heat oil and fry the seasonings until they splutter.
- 5) Add seasonings to the tindora paste.



10.10 RED SORREL CHUTNEY (Gongura Pachadi)

INGREDIENTS

1 bunch	Red Sorrel leaves, washed
7	Dry Red Chillies
1 tsp	Fenugreek seeds
1 tsp	Cumin seeds
1	Tomato
1 tsp	Urad dal
1 tsp	Channa dal

Seasonings:

1 tsp	Oil
1 tsp	Mustard seeds
½ tsp	Jeera seeds
½ tsp	Urad dal
1 sprig	Curry leaves

DIRECTIONS

- 1) Separate the sorrel leaves from the stalks.
- 2) Heat oil and fry seasonings until they splutter and brown.
- 3) Add sorrel, tomato and salt and cook.
- 4) Blend into a paste.



10.11 IDLY KARAM PODI

INGREDIENTS

1 tsp	Oil
8	Dry Red Chillies
1 cup	Channa dal
½ tsp	Mustard seeds
1 pinch	Fenugreek (methi) seeds
1 tsp	Black pepper corns
½ cup	Urad dal
1 tsp	Coriander seeds
1 tsp	Tamarind
1 pinch	Salt to taste
3-4	Curry leaves
1 pinch	Asafetida powder
1 tsp	Ghee

DIRECTIONS

- 1) Heat oil, roast all ingredients except Asafetida, until they splutter.
- 2) Add asafetida and remove from heat.
- 3) Grind into a powder.
- 4) Mix with hot melted ghee before serving.



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11. * DRINKS *****





11.1 SWEET LASSI

INGREDIENTS

2 cups	Water
½ cup	Plain yogurt
2 tbsp	Sugar
2 drops	Rose water

DIRECTIONS

- 1) Blend all ingredients in a blender for 1-2 minutes.
- 2) Serve cold.

11.2 PACHAK LASSI

INGREDIENTS

2 cups	Water
½ cup	Plain yogurt
1 inch	Fresh ginger
½ tsp	Cumin powder
1 pinch	Salt to taste
1/2 tbsp	Cilantro, chopped

DIRECTIONS

- 1) Blend all ingredients in a blender for 1-2 minutes.
- 2) Garnish with cilantro.

11.3 MANGO LASSI

INGREDIENTS

1 cup	Plain yogurt
½ cup	Mango pulp
1 cup	Crushed ice
3 tbsp	Sugar

DIRECTIONS

- 1) Put all the ingredients into a blender and blend for 1-2 minutes.
 - 2) Thin to desired consistency by adding water.
 - 3) Serve chilled.
- Serves 4.



11.4 GINGER CHAI

INGREDIENTS

1 inch	Ginger, grated or crushed
2 tsp	Jaggery
2 cups	Water

DIRECTIONS

- 1) Add ginger and jaggery to water and reduce mixture down to 1 ½ cups.
- 2) Filter and serve hot.

11.5 MASALA CHAI

INGREDIENTS

4 cups	Water
1 inch	Cinnamon stick, crushed
1 tsp	Fennel seeds
1 inch	Ginger, grated or crushed
3 cups	Milk
5 tsp	Tea dust or powder
4	Cardamom pods, seeds removed and powdered
7 tsp	Sugar

DIRECTIONS

- 1) Boil water with cinnamon, fennel and ginger.
- 2) Add Milk, tea dust and boil for 2 minutes.
- 3) Add cardamom and sugar.
- 4) Filter and serve hot.



11.6 ROSE DRINK (Gulab Sharbat)

INGREDIENTS

?? cups	Water
2 cups	Rose petals, crushed
1 tsp	Cardamom powder
½ cup	Pomegranate Juice
1 cup	Lemon juice
1 cup	Sugar

DIRECTIONS

- 1) Bring water to a boil, then add rose petals and cardamom, remove from heat and set aside for 12 hours.
- 2) Filter the tea and add pomegranate juice, lemon juice and sugar.
- 3) Serve chilled with ice cubes.

11.7 RAW MANGO DRINK (Aam Paana)

INGREDIENTS

4 cups	Mango, raw, peeled and finely chopped
8 cups	Water
½ tsp	Cumin powder
¼ tsp	Red Chilli powder
3 tsp	Sugar
½ tsp	Salt
2 tsp	Mint leaves, finely chopped
12	ice cubes, crushed

DIRECTIONS

- 1) Cook raw mangoes till soft, then blend into a fine paste.
- 2) Mix remaining ingredients, adding crushed ice cubes before serving.



11.8 PANAKAM

INGREDIENTS

4 cups	Water
½ cup	Jaggery, grated
1 pinch	Dry Ginger powder
6	Black pepper corns, crushed
2	Cardamom pods, seeds removed and powdered

DIRECTIONS

- 1) Dissolve jaggery in water.
- 2) Add remaining ingredients and mix well.
- 3) Filter and serve chilled.



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12. *** SOUPS ****





12.1 CAULIFLOWER SOUP (Phul Gobi Shorba)

INGREDIENTS

1 cup	Cauliflower, cubed
1 quart	Milk
3 cups	Water
10	Cashews
1 tsp	Black Pepper powder
1 tsp	Sugar
1 pinch	Salt to taste
¼ Stick	Butter
1 tsp	Cumin powder
1 tsp	Cilantro, finely Chopped

DIRECTIONS

- 1) Cook cauliflower with milk, water and cashews. Cool, then blend the mixture.
- 2) Add salt, sugar and pepper and bring to a boil.
- 3) Add butter and garnish with cumin and cilantro and serve hot.



12.2 CELERY, TOMATO & CARROT SOUP

INGREDIENTS

2 stalks	Celery, chopped
2 large	Tomatoes, chopped
2	Carrots, chopped
1 pinch	Salt to taste
½ tsp	Black pepper powder

DIRECTIONS

- 1) Cook celery, tomatoes and carrots.
- 2) Cool, then blend in a blender until smooth. Add water as needed.
- 3) Add salt and pepper and cook for 5 minutes.



12.3 LENTIL APRICOT SOUP

INGREDIENTS

1 tbsp Oil
1 pinch Asafetida powder
1 cup Lentils
4-5 cups Water

1 Tomato

Seasonings:

1tsp Cumin powder
1/4tsp Coriander powder
1/2 cup Dried apricots, minced
1tsp Chili powder
1 pinch Black pepper to taste
1 pinch Salt to taste

1 tbsp Yoghurt
1 tbsp Cilantro, chopped

DIRECTIONS

- 1) Heat oil and add asafetida.
- 2) Add lentils and water and bring it to a boil.
- 3) Lower heat and simmer for 15-20 min.
- 4) Drop tomato in boiling water for a minute, then put it in ice cold water for a minute. Peel the skin & chop the tomato.
- 5) Add tomato and seasonings to the lentils.
- 6) Add water and simmer for 15 minutes or until the lentils are soft.
- 7) Garnish with yogurt and cilantro.



12.4 TOMATO SOUP

INGREDIENTS

2 lb	Tomatoes
2-3 tbsp	Moong dal
1tsp	Rasam powder
1 tsp	Salt to taste

DIRECTIONS

- 1) Pressure cook tomatoes and moong dal.
- 2) Puree in a blender.
- 3) Strain to remove seeds & peel.
- 4) Pour the mixture into a pan, then add rasam powder and salt.
- 5) Add water to get the desired consistency. Bring to a boil and simmer for 5-7 minutes.

Serve with butter & croutons.



12.5 TOOR DAL SHORVA



INGREDIENTS

½ cup Toor dal, washed and drained

Seasonings:

2 tsp Ghee
1 inch Cinnamon stick
1 tsp Mustard seeds
1 tsp Coriander powder
1 tsp Cumin powder
1 tsp Black pepper powder
1 sprig Curry leaves
1 tsp Ginger, grated

1 cup Mixed vegetables (chopped cauliflower, carrots, green beans)
2 tsp Yogurt
2 tsp Lemon juice
1 pinch Salt to taste
1 tsp Cilantro (Finely chopped)

DIRECTIONS

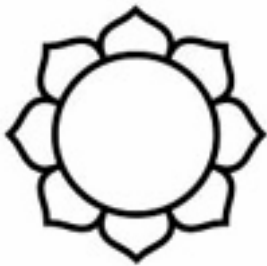
- 1) In a pressure cooker, heat oil.
- 2) Add seasonings until they splutter and brown.
- 3) Add dal and fry for 2 minutes.
- 4) Add 2 cups water and pressure cook for 2 whistles, till the dal is soft.
Cool dal, then blend until smooth.
- 5) Add more water and bring to a boil.
- 6) Add mixed vegetables and cook.
- 7) Add yogurt, lemon juice and salt and mix well
- 8) Garnish with Cilantro and Serve Hot



~ Sattvic Cooking ~



13. * PASTAS *****





13.1 PASTA IN WHITE BEAN SAUCE

INGREDIENTS

1lb	Fusili Pasta
1 pinch	Asafetida powder
1/3 cup	Dry Canelli beans, soaked overnight and cooked
1 tbsp	Lime Juice
1 tbsp	Brown Sugar
1 sprig	Fresh Oregano or 1 tsp Dry Oregano
1 pinch	Salt to taste
1 pinch	Black Pepper, crushed
½ cup	Water
1 tblsp	Olive oil

DIRECTIONS

- 1) Cook pasta according to directions.
- 2) Heat oil; add asafetida, beans, lime juice, brown sugar, oregano salt & pepper. Cook until beans are done, about 5 minutes.
- 3) Add water and blend in a food processor.
- 4) Toss mixture with pasta



13.2 TOFU ASPARAGUS PASTA

INGREDIENTS

1 lb	Penne Rigate
½ lb	Tofu
1 lb	Asparagus, cut into 1 inch pieces
½ cup	Milk (or soy milk)
1 pinch	Asafetida powder
1 tbsp	Olive oil
1 pinch	Nutmeg powder
½ tsp	Black pepper, crushed
1 pinch	Salt to taste

DIRECTIONS

- 1) Cook pasta as per directions.
- 2) Puree tofu and milk in a blender.
- 3) Heat oil and add asafetida.
- 4) Add asparagus and stir until cooked.
- 5) Add pureed tofu, salt and pepper.
- 6) Simmer for 5 minutes.
- 7) Add nutmeg and toss with pasta.



About The SPH Nithyananda Paramashivam

The Supreme Pontiff of Hinduism ("SPH"), Jagatguru Mahasannidhanam ("JGM"), His Divine Holiness ("HDH") Bhagavan Sri Nithyananda Paramashivam, is recognized as the 1008th living incarnation of Paramashiva as per Sanatana Hindu Dharma ("Hinduism") and by His predecessors of enlightened masters and adepts.

The SPH Nithyananda Paramashivam is reviving Hinduism as the 1008th Acharya Mahamandaleshwar (the head for all spiritual leaders) of Atal Akhada (ancient apex body of Hinduism), coronated as Mahamandaleshwar (Supreme Spiritual Head) of Maha Nirvani Akhada (largest apex monastic order) and the youngest Mahamandaleshwar, ordained as the 233rd Guru Mahasannidhanam (Pontiff) of Thondai Mandala Aadheenam, ordained as the 293rd Guru Mahasannidhanam (Pontiff) of Shyamalapeeta Sarvajnaapeetam, ordained as the 23rd Guru Mahasannidhanam of Dharmamukthi Swargapuram Aadheenam, and coronated as the 203rd Emperor of Suryavamsa Surangi Samrajyam.

The Srimad Karana Agama, Purva bhaga, Patala 71, Sakalotpatti vidhi, Sloka 8 & 9 (Sacred Ancient Hindu scripture) declares:

इत्येवं निष्कलं प्रोक्तं परं भावमिति स्मृतम्।
सृष्टिस्थं लोकरक्षार्थं लोकस्योत्पत्तिकारणम्।।
साधकानां हितार्थं तु स्वेच्छया गृह्णते तनुः।

In this way (Shiva) who is Nishkala - without any body and parts, who is the Ultimate Supreme Being, who is established in the Creation, who is the Cause of the creation of the Universe, assumes a body out of His Free Will for the protection of the Universe, and for the welfare of the Spiritual seekers and Devotees.

The SPH Nithyananda Paramashivam is the reigning spiritual emperor of 17 ancient traditional Hindu kingdoms and the reviver of the most ancient, most peaceful, still-living and long-lasting demonstrable system that shows the possibility of peaceful co-existence amongst people. Following the coronation to establish KAILASA worldwide at the age of 16, for the past 27 years, The SPH Nithyananda Paramashivam, as the face of the unified Hindus, has been single-handedly, tirelessly inspiring the dispossessed Hindu Diaspora to reclaim their Hindu centric freedom and stand unified for the centuries-old Hindu genocide.



About The SPH Nithyananda Paramashivam

The 1008th living incarnation of Paramashiva, The SPH Nithyananda Paramashivam stands as the unifying force for the 2 billion born and practicing Hindu diaspora worldwide and established the Hindu State, KAILASA for the persecuted Hindus in over 100 countries.

The SPH Nithyananda Paramashivam has made resolute efforts towards recognizing and legitimizing the Hindu genocide which has been receiving scant consideration by global leaders and international bodies, The SPH Nithyananda Paramashivam founded KAILASA United Nations. For the past 27 years, this international body has been responsible in building relations, bridging dialogs, inspiring leaders, uniting nations towards acknowledging the Hindu policies which are universal, life positive as referenced from the ancient text of Hinduism. This is the 'ahimsa' (non-violent) way of bringing acknowledgment to the horrors of the Hindu genocide, the untold facts of the darkest act of mankind on Earth to the most contributing civilization - KAILASA.

KAILASA is an apolitical nation whose vision is enlightened living for all. Towards this goal, KAILASA is the only Hindu nation on planet Earth today bringing legitimacy to the principles of Hinduism. Social principles, economic principles, judicial principles, Hindu medical principles, and Hindu economic principles. KAILASA is The SPH Nithyananda Paramashivam's response to humanity's global problems of poverty, hunger, illiteracy, disease, violence and global warming and the continuing ethnocide and genocide of over 80 million Hindus worldwide since 7 centuries.

Over the last 50 years, the effects of meditation and its significant impact on stress, crime rates, violence, political decision making and even war in local and global consciousness is well established. Unfortunately, in the last two hundred years, forcibly we are made to believe Hinduism is a functional principle only for enlightenment and spirituality. It is absolutely dysfunctional for the political, social, economical system. Making Hindu family structure, Hindu social structure dysfunctional is the greatest crime done against humanity.



About The SPH Nithyananda Paramashivam

Sanatana Hindu Dharma has faced both historical and ongoing religious persecution and systematic violence, in various forms including assassination attempts on living incarnations, targeted elimination of Hindu pontiffs through bio war and lawfare, cyberbullying, Hindu phobia, forced conversions, documented massacres, demolitions, desecration and grabbing of worship temples and monasteries, looting of Hindu temples properties, destruction of Hindu educational institutions, elimination of well known Hindu libraries, the gross violation to the freedom to practice the Hindu school of liberated thinking (Sankhya), Hindu schools of living enlightenment (Jeevan Mukthi), gross violations of the right to freedom of religion that includes violations of the right to life, personal Hindu integrity or personal Hindu liberty, mass execution, looting and enslavement.

Hinduism was once practiced freely in over 56 nations across the continent from Afghanistan, India, Nepal, Burma, Sri Lanka, all the way to Singapore, Malaysia, and Cambodia and Indonesia, and in 200 states, 1700 samasthanas (provinces) and 10,000 sampradayas (traditions). Over several centuries the combined forces of foreign invasion, political upheaval, colonialism and religious persecution systematically ended millennia of Hindu Swarajya, or self-rule. Today Hindu temples remain in a few countries but the Hindus who worshiped in them have been ethnically cleansed.

The revival of Hinduism through the civilizational nation of KAILASA globally irked vested interests of atheistic terrorist militant elements, caste supremacist terrorists and other anti-Hindu forces who executed a massive persecution and genocide on SPH and His followers on 2 March 2010 that continued for the next whole decade and comprised of over 70 assassination attempts, over 250 sexual assaults on SPH and his monks and disciples, lawfare of 120 false cases over 10 years, massive hate propaganda in electronic media of over 14,000 hours and print media of over 25,000 articles in 5 years, destruction of heritage properties worth over 27 million USD, and the continuing ethnocide and genocide of over 80 million Hindus worldwide since 7 centuries. Specifically, the lawfare involved:



About The SPH Nithyananda Paramashivam

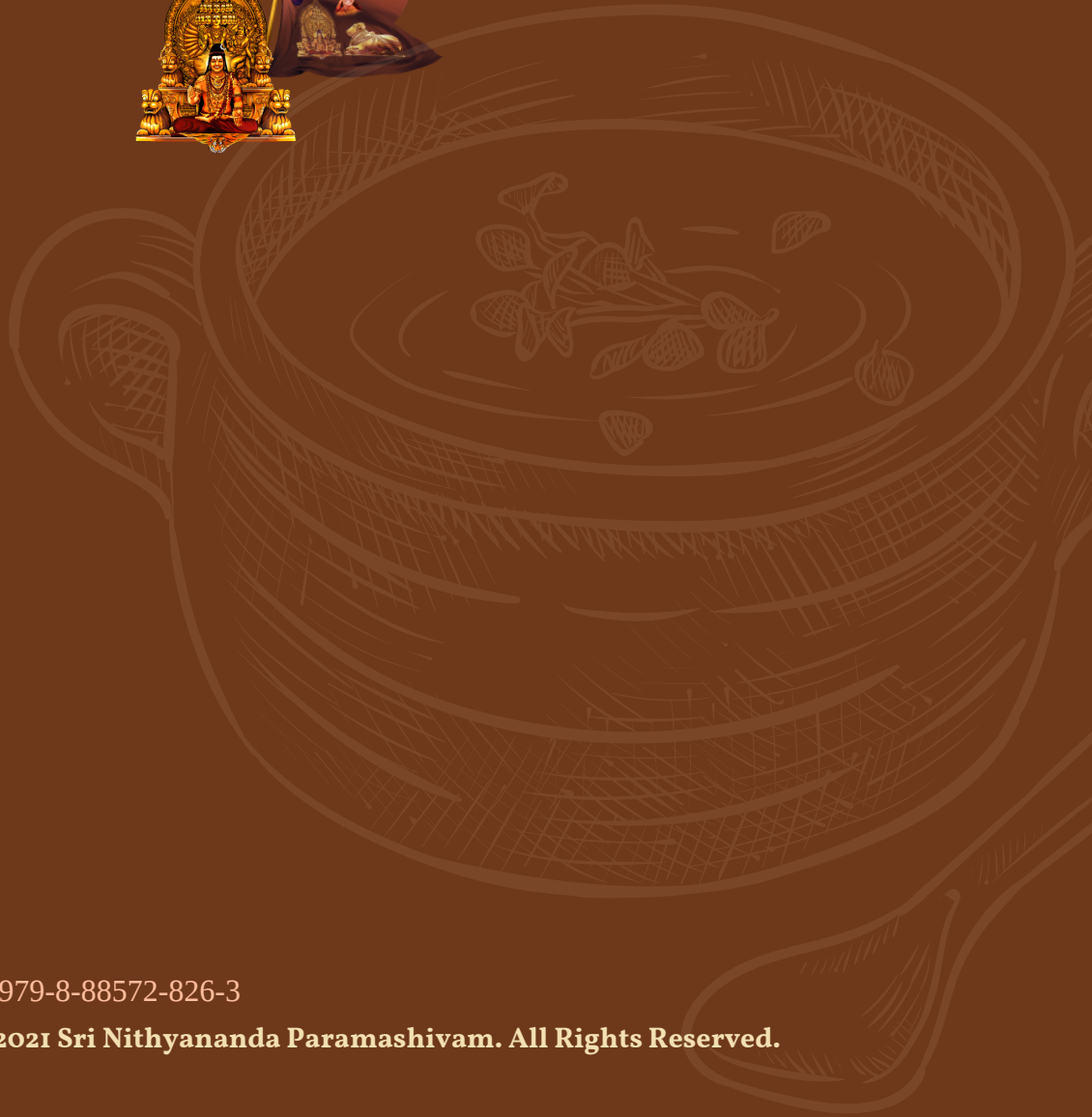
Delegitimizing SPH by hate propaganda, disenfranchising Him of His civil and human rights, prejudicing Him from fair representation and fair trial

Repeated illegal imprisonment, with brazen torture, custodial assassination attempts, supported by system justification in various forms, including the common processes of bureaucracy, indifference, self-deception, diffused responsibility and has resulted in continued systemic complicity with torture, murder and genocide

Well-planned multi-layer false hate propaganda by the 'fourth estate' media sustained by moral disengagement, leaving the broader public in a state of willful ignorance, motivated denial, out-group victim-blaming, dehumanization and bystander apathy to even genocide.

The SPH Nithyananda Paramashivam stands in solidarity with the untold, multi-level - social, political, intellectual, religious, cultural, linguistic, economic, legal, digital - persecution done to Hinduism and faced by Hindus and Hindu minorities worldwide for the past several thousands of years continues through the modern day. The SPH Nithyananda Paramashivam has been recently acknowledged by the United Nations for the persecution of The SPH and the KAILASA global community, especially the affected women and children.

The KAILASA with de facto spiritual embassies operating across over 100 countries and having presence across the globe as the largest spiritual knowledge source on Hinduism is spiritually governed with the life positive, all-inclusive, universal policies sourced from Hinduism revived by the SPH Nithyananda Paramashivam. Having enriched and enreached more than one billion individuals over the past 27 years the KAILASA raises the voice to protect Hindus, defend Hindus and preserve the Hindu narrative for the world.



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