JĪVANA YOGA

Yoga Through *Āyurvedic* Cooking

South Indian Recipes



SADVIDYA FOUNDATION

Yoga Through Āyurvedic Cooking

JĪVANA YOGA

This book is not
intended to diagnose, treat or prescribe.
The information found in this book is not meant to be a
substitute for professional medical advice, or treatment.

We dedicate this book
with devotion to our beloved teachers,
Ācārya and Gaṇapatiārya, and their revered
wives Vijayā and Nirmilā, who have imparted
their knowledge through these nourishing
recipes and noble teachings.

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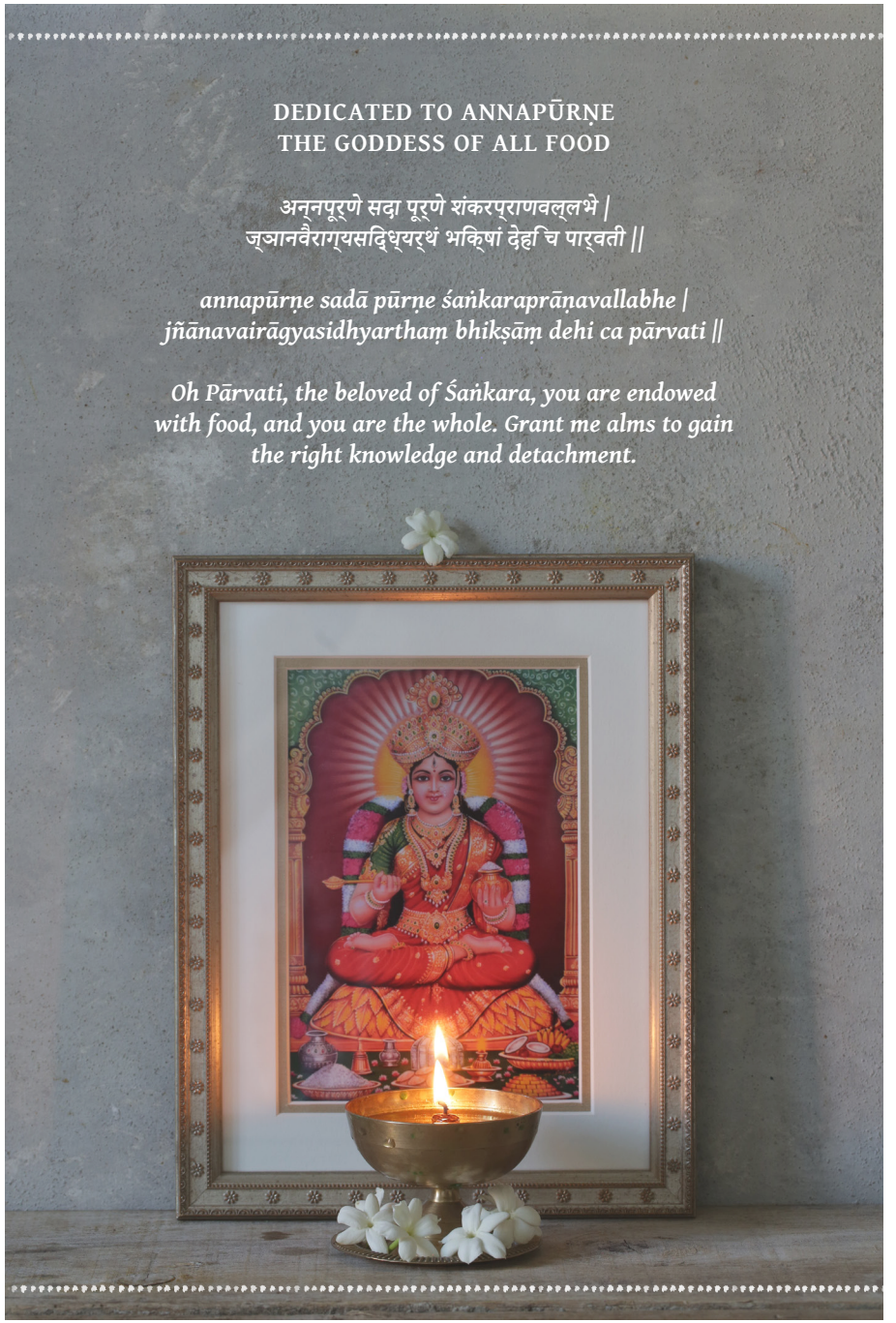
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While Cooking We Hold The Intention:

Whoever eats this food, let it pave their way for Realization and Liberation. Let it support them to become noble beings.

With this intention alone, from beginning to end, cooking should be done. From cleaning and preparing the kitchen to the completion and serving of the food, your heart should be focused like this.

There is one more practice suggested.

Let those cooking, prepare the food while singing, recollecting and feeling the meaning in the sacred literature of those songs and with that, prepare the food.

While Serving We Hold The Intention:

Whoever eats this food, let them be very happy, let it bring harmony to vāta, pitta, kapha in their system. Let them experience the bliss.

With this intention, with a lot of love and affection, being generous, one should serve food.

Ācārya, Bhagavad-gītā

INTRODUCTION TO ĀYURVEDIC COOKING

Food is the fuel for a human body to grow, to live, to survive and thrive. A tiny body of 10 pounds will grow, due to food, to become a 150-pound body.

In both Āyurveda and Yoga, the word for food is *āhāra*, derived from the *Saṃskṛta* root, *hṛ*, which possesses a broad meaning, including not only solid foods, but also earth, water, heat or fire, air and space. In other words, all of the five elements of this universe which support and benefit our growth stem from the root *hṛ*, and thereby, our food, *āhāra*.

This book features South Indian recipes which are based on health principles according to the sisterly sciences of Āyurveda and Yoga. The ancient medical science of Āyurveda guides us in maintaining a healthy condition of the body and its systems in order to support Realization and Liberation. Yoga guides us in how to support the inner system, the mind, and keep it healthy in direct support for Realization and Liberation. Thus, both Āyurveda and Yoga complement each other. Indian cooking evolved out of the principles of these two sciences and that is why it contributes to the balance and fullfilment of our health as a whole. Preparing and consuming these dishes will be most supportive in our quest for our balanced well-being, Realization and Liberation.

DIFFERENT ENVIRONMENTS

Humans live in varied places on this earth with different properties, vegetation, climate, etc., and because of this, foods also vary from place to place. Certain basic foods are common to all human beings, allowing for this traditional Indian cooking to be practiced anywhere with minor changes. As an example, there are some vegetables with similar basic properties, so they may be interchanged within a recipe.

In general, it is recommended to use the foods which are grown in the area in which one lives. Then, from those options, we can select what will best suit our intention, choosing the best quality available, and opting for organic foods wherever possible.

FOOD COMBINATIONS

Each meal should include some cereal or grain, vegetables and fruits. One of the most important features of a meal is variety, both in the six tastes (sweet, salty, sour, pungent, bitter and astringent) and ingredients used. The right combination of dishes offered in a meal is no less important than the chosen foods. A meal should support our constitutional makeup for proper growth and the maintenance of our whole system.

Each person's constitution possesses different characteristics, such an inclination for physical work, talkativeness, sleeplessness, or deep thought. Food should support an individual's natural tendencies and constitution. Certain foods may not suit an individual's nature and might strain or damage the system.

In India, many of the traditional dishes and food pairings have been established and approved by yogis since ancient times. Likewise, new combinations accepted by yogis may become part of this living tradition. Carrot is an example of non-traditional Indian ingredient that has been cross-checked by yogis and introduced to Āyurvedic cooking. It is important to note that forming new food combinations is a great responsibility due to the unpredictable properties created by new food combinations.

THE THREE BASIC ENERGIES AND FOOD

There are three basic energies in the universe called guṇas, or specifically, sattva, rajas, and tamas. Each of these three will be dominant in our system at different periods of the day. Each appropriately supports different activities in our life. When tamas is dominant, it supports our sleep. Rajas wakes us from sleep and provides energy for our extroverted activities, such as our profession. When sattva dominates, it helps to focus and calm our mind and body, and ultimately, brings about yogic experiences. To progress on the yogic path, sattva must be the dominant energy in our system. This is made possible by eating sattvic food. But what is sattvic food?

Over the ages, yogis have analyzed many varieties of foods and determined their intrinsic qualities. Each variety will be partly sattvic, rajasic, and tamasic. Each will have a certain balance of these three basic energies. Some foods, such as milk and ghee, are inherently sattvic. They have a naturally calming effect. Other foods, such as onions and garlic are inherently rajasic. They cause vigilance and

their influence will also allow us to attend to many duties at once. They also increase the activity in the mind. They are good for a soldier or farmer, but hinder meditation practice. There are other foods, such as mushrooms, which are predominantly tamasic. If we eat enough of them, we will feel sleepy. Mushrooms may disturb our rajasic activities, such as our profession, and our sattvic activities, including meditation. To the extent that the main quality of a food is sattvic, it will help our meditation. If the main quality is rajasic or tamasic, it will hinder our practice, and it is best to avoid it.

Beyond the inherent characteristics of food, properties will change based on the way we prepare and combine food. Certain combinations of food provoke tamas. If we mix yogurt with a dish using black gram dāl, it becomes tamasic, and will provoke sleep. Or, if we prepare and store food for a long time before consuming it, the food becomes tamasic. This is one reason it is best to eat freshly prepared food.

SATTVIC FOODS

The recipes introduced in this cookbook are traditional, time-tested and based on Āyurvedic principles. If used in an ideal way they will directly support health. For a yogic practitioner, they will support one's yoga practice by keeping the mind calm and quiet. Each dish can be considered *"sattvic āhara"*, suitable for all yoga practitioners, paving the way for one's Realization and Liberation. That is why the role of sattvic food is so remarkable. The greatness of these preparations is not only being sattvic in nature, but they are also delicious!

Sattvic foods support us to lead a calm and peaceful life. Wheat and rice are the main sattvic foods and one of these, based on the local climate, should be our main food. At a high elevation, and in cooler climates, wheat is preferable; as one moves closer to the equator, rice is preferable. A highly recommended sattvic supplement for each meal is one teaspoon of ghee.

For those who have not nourished themselves on these foods throughout their lives, it is recommended these dishes be gradually introduced, thereby developing a certain balance in the body. One should not over consume any given dish due to taste alone, as this may cause disturbances in the system.

CONSTITUTIONS

Vāta, *pitta* and *kapha* are the three energies that constitute the human body. Their varying combinations are classified into seven: vāta, pitta, kapha, vāta-kapha, vāta-pitta, pitta-kapha and vāta-pitta-kapha.

Food articles are also classified into vāta-dominant, pitta-dominant, kapha-dominant. Following Āyurveda, one should always use foods that are suitable for one's constitution. A person's constitution is reflected in how one naturally utilize their mind and body.

Here are a few basic examples of these three energies, though not exhaustive.

KAPHA ENERGY

When kapha is the prominent energy in the body, the skin will be fair with a shiny smoothness to it. The body will be proportionate from head to toe, with an over all striking appearance. There is minimal tendency toward strenuous physical work and sweating. In general, appetite and thirst will be minimal compared to other constitutions. A kapha dominant personality will maintain a balanced mental condition, calmness, quietness and a developed intellect. Kapha prominence is often reflected in a long life span, wealth and high reproductive potency.

PITTA ENERGY

Those who are pitta dominant will be vigorous by nature. A strong appetite and thirst allows them to consume large quantities of food and liquids. Little hair and early signs of aging are also part of pitta prominence. Those with dominant pitta will exhibit less resilience to bear the miseries offered by life, but at the same time they will display an adventurous side. They are likely to possess moderate body strength, moderate wealth, moderate wit and a moderate life span. Pitta prominence will also result in less reproductive potency, a greater production of bodily wastes, and an increased tendency to sweat.

VĀTA ENERGY

Vāta dominant people will have dry skin, hair and nails, as well as a lean body with prominent veins. This group will be fairly extroverted and more talkative. Vāta dominance will also reflect a tendency to commence new endeavors, employing a quick decision process. They can be emotionally unstable, with a weaker memory and a greater sensitivity to words. Relative to others, they will have less body strength, less resilience to the cold and a shorter life span. They may possess a smaller number of children and will generally possess minimum wealth.

UNDERSTANDING ONE'S CONSTITUTION

These days it is rare to find someone with a single-energy dominant constitution, constitutions are most often a combination of two energies. One can try and understand a dual energy constitution by identifying the dominant energy. For instance, a vāta dominant person will be very talkative, while a kapha dominant will be the complete opposite. When two qualities are found together these unique traits will manifest at different times.

Understanding your constitution, much like cooking, requires deep knowledge and experience in this field. A valuable aid in determining one's constitution is to consult with an Āyurvedic expert or a Vedic astrologer who can study an individual thoroughly. The information here regarding constitutions is for one's broader general understanding, and is not intended as a strict method for determining the exact constitution.

By design, this book concentrates on recipes which are suitable for all constitutions. In cases where a dish supports one constitution more than another, there is no harm caused if it is consumed in the amounts and intervals recommended.

WHY VEGETARIAN?

Non-violence, *ahiṃsā* is the most important policy for a happy life.

Violence towards the self, or towards others, will generate misery. Misery causes suffering on both sides. It is not only the victim who suffers from misery but also the aggressor, either in this birth or in the next.

Without violence, life is not possible in this world. While walking, working, eating

or even breathing, violence is found. The yogic approach is that minimal violence brings a happier life.

In this sense, one should encourage less violence by using vegetation as one's food rather than non-vegetarian. There is a gradation when it comes to the impact of violence on vegetation, animals and human beings. Due to the structure of a plant's body, plants do not react as emotionally to violence as animals do. In like manner, animals cannot react to violence as humans do. Therefore, violence directed towards vegetation causes less suffering than violence toward animals and humans. However, it is important to understand that vegetation possesses life and should be used on the basis of need, and not more. It is recommended not to overeat or waste food, and to show gratitude for the support rendered by vegetation. The yogic path is possible only through exercising non-violence. A calm mind is dependent on sattvic food, and sattvic food is found where there is non-violence.

GARLIC AND ONION

Garlic and onion are not introduced in any of these recipes. Though these two vegetables possess medicinal properties, they are considered extremely rajasic and tamasic. (Among the two, garlic is considered more so). Both rajasic and tamasic energies provoke the mind, and unlike sattvic foods, do not support calming of the mind. Those who are completely extroverted may not find these foods disturbing to their activities. In some cases, garlic and onion may even support an extroverted lifestyle. Aspirants who intend to experience yogic achievements will find garlic and onion very disturbing to their yoga practice. For centuries, sages have avoided these vegetables in order to maintain the sattvic nature of their yogic diet. Over the past fifity years or so, deterioration in the traditional yogic lifestyle, throughout India and beyond, has brought about the mass consumption of garlic and onion.

In order to introduce healthy recipes and benefit yoga practitioners, onion and garlic are not included in this cookbook. However, in traditional Indian cooking, asafoetida is used for its similar taste and health-supporting properties. Asafoetida is used in very small quantities in these recipes. Although it is less disturbing than onion or garlic in small amounts, it is not sattvic.

THE IMPACT OF FOOD ON THE MIND IS SIGNIFICANT

The Upanishads - the basic literature of yoga - reveals this truth:

> ***"If there is purity of food, there is purity of sattva.***
> ***If sattva is purified, the memory will become clear and without flaw.***
> ***If the memory is without flaw, all granthis, knots, in the astral path***
> ***will be opened."***

This truth paves the way for Realization and Liberation. This is why sattvic food is so precious. Indian cooking evolved with sattvic food at its very core, apparent through meaningful food combinations and vegetarianism.

Those who consume these dishes will certainly experience their special taste, and energy, and therefore be able to appreciate this unique cooking.

We hope this book supports your ambition to become better acquainted with traditional Indian cooking. It is our hope that by gaining a better understanding of food while enjoying these delicious dishes, you will experience the great impact of food on the body, mind, and the senses.

We hope these recipes offer clear guidance to all, and our wish is that the yoga community will appreciate this endeavor with heart. Enjoy!

We wish you good luck,
Ācārya

For further detail regarding a yogic lifestyle one can refer to "The Sacred Tradition of Yoga" by Dr.K. L. Śaṇkaranārāyaṇa Jois.

WHAT IS FOOD?

Let us ask ourselves again, What really is food? We are given many different kinds of nourishment for the health and growth of our body and mind. We understand through the principle of mitāharā, anything we receive from the external universe is food. This means that food is not only what we ingest with our mouths but also includes the air we breathe, light, sound and even knowledge. All of this is āhāra—food—in one sense.

In order to cultivate a calm and quiet life, we should be very careful and discriminate in choosing what we "eat" in this sense.

The Sacred Tradition of Yoga
Dr Śaṇkaranārāyaṇa Jois

ESSENTIALS TO GET STARTED

SPOON MEASUREMENTS ARE ALWAYS HEAPED UNLESS OTHERWISE STATED.

Certain techniques used in traditional South Indian cooking are unique. One of them being the heaped spoonful. Whether measuring for a ½ teaspoon, or a full tablespoon, unless otherwise indicated, always use heaped spoonfuls.



When cooking rice, dāl and vegetables, Āyurveda recommends they be **cooked uncovered**; this allows certain impurities or energetic imbalances to be eliminated. Accordingly, generous amounts of water are used to rapidly simmer dishes throughout these recipes.

All dāl must be washed thoroughly, especially split moong, for a more favorable flavor.

Dāl cooking times and water requirements can vary depending on the age and dryness of the dāl, and local conditions.

Fine ground Himalayan rock salt is used in all recipes.

Sambar and rasam powder can vary in spiciness. Suggested amounts are estimated using a moderately spicy mix. Adjust accordingly.

Asafoetida powder is very potent. Start with a pinch, and increase according to your taste.

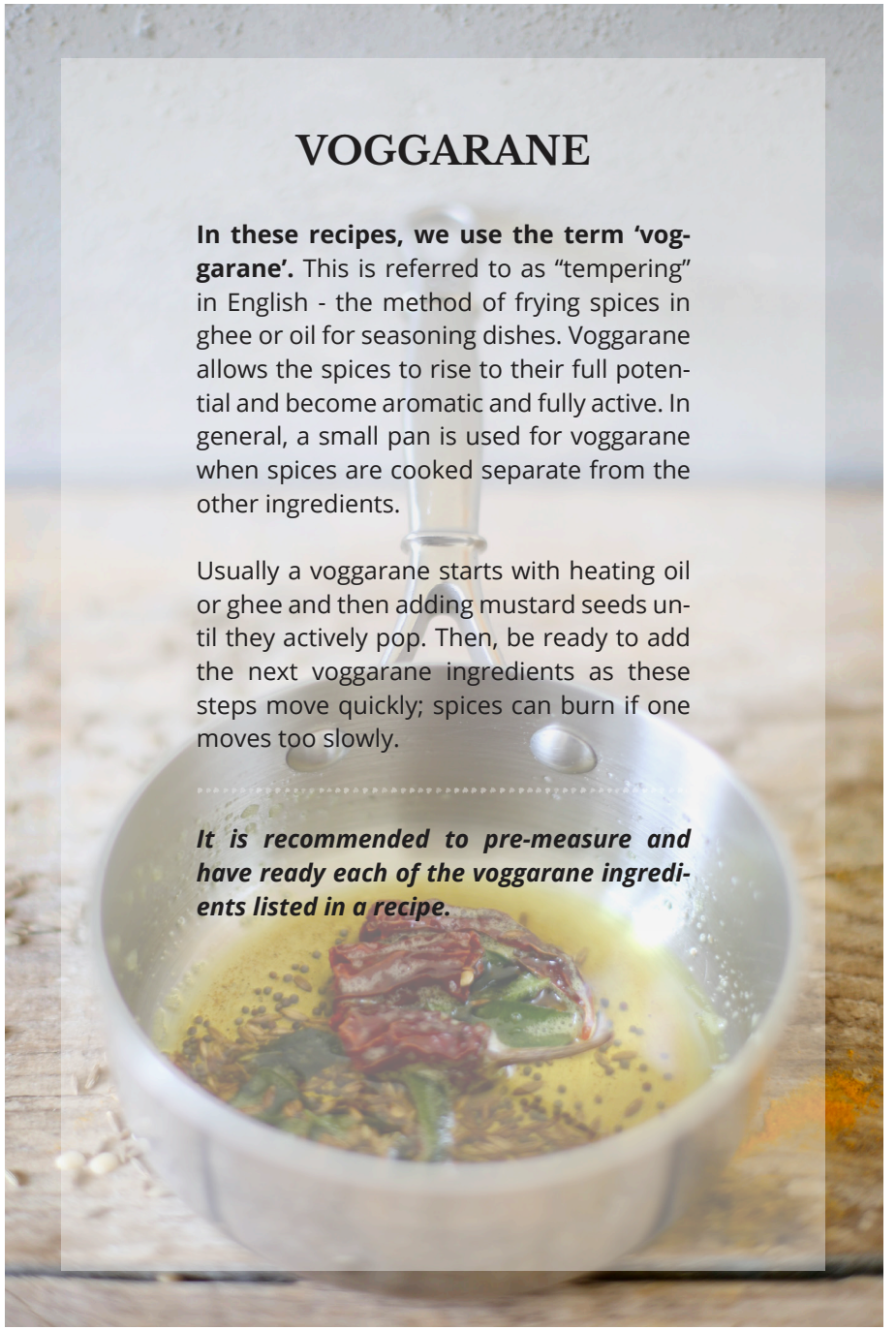
Fresh curry leaves are preferable to dried. Fresh leaves can be ordered online and frozen if fresh are not available to you. Tearing curry leaves ensures all will enjoy their medicinal benefits.

Byādagi chilis of South India are used in these recipes. Best to leave them whole or break in half when unsure of spiciness.

Dried unsweetened shredded coconut is used unless otherwise stated. If replacing with fresh coconut, you may need to increase the quantity.

Tamarind concentrate used in recipes is in a paste form.

Mustard seeds should be fried until they pop and turn grey. Otherwise, they are too astringent.



VOGGARANE

In these recipes, we use the term 'voggarane'. This is referred to as "tempering" in English - the method of frying spices in ghee or oil for seasoning dishes. Voggarane allows the spices to rise to their full potential and become aromatic and fully active. In general, a small pan is used for voggarane when spices are cooked separate from the other ingredients.

Usually a voggarane starts with heating oil or ghee and then adding mustard seeds until they actively pop. Then, be ready to add the next voggarane ingredients as these steps move quickly; spices can burn if one moves too slowly.

It is recommended to pre-measure and have ready each of the voggarane ingredients listed in a recipe.

THE SIX TASTES

We can taste six flavors in food: sweet, salty, sour, spicy, bitter and astringent. Though a food may have one dominant flavor, all six can be found in each food article. Indian recipes sometimes have only four or five of these flavors, though most traditional preparations blend all six flavors. Food prepared with all six will be very satisfying and supportive to yoga practice.

The Sacred Tradition of Yoga,
Dr Śaṇkaranārāyaṇa Jois

Sweet *(madhura)*: ghee, rice, wheat, milk, fruit, sweet vegetables, jaggery and coconut

Salty *(lavaṇa)*: rock salt

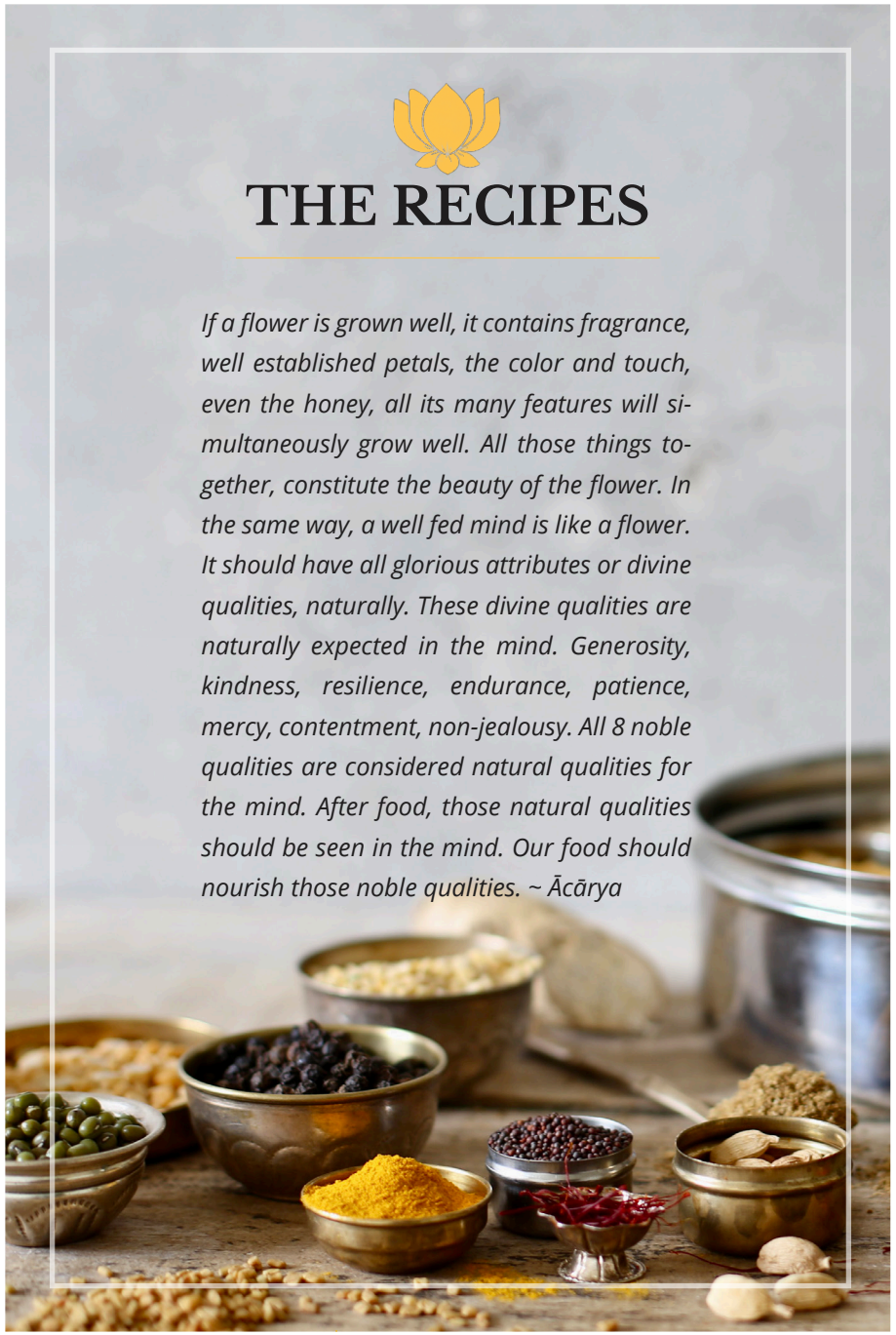
Sour *(āmla)*: tamarind, lemon, lime, gooseberry, sour fruits, yogurt

Pungent/Spicy-hot *(kaṭu)*: chili, ginger, pepper, asafoetida

Bitter *(tikta)*: eggplant, fenugreek, coriander

Astringent *(kaṣāya)*: turmeric, mustard seed, unripe banana, pomegranate

These are just some examples.



THE RECIPES

If a flower is grown well, it contains fragrance, well established petals, the color and touch, even the honey, all its many features will simultaneously grow well. All those things together, constitute the beauty of the flower. In the same way, a well fed mind is like a flower. It should have all glorious attributes or divine qualities, naturally. These divine qualities are naturally expected in the mind. Generosity, kindness, resilience, endurance, patience, mercy, contentment, non-jealousy. All 8 noble qualities are considered natural qualities for the mind. After food, those natural qualities should be seen in the mind. Our food should nourish those noble qualities. ~ Ācārya

GHEE & POWDERS

Ghee / 24

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Sambar Powder / 30

"Rather than concentrating on the tasty dish—concentrate on the joy experienced from the tasty dish!"

~ Ācārya



GHEE

Is the most Sattvic food article of all. It is a yogic tradition to mix ghee into every meal of the day. Ghee provokes the digestive system and reduces pitta. It also supports a long life span, freshness of mind, and strengthens the memory.

For centuries Āyurvedic doctors have been using ghee for a wide range of treatments.

SERVE

Once or twice daily with meals, in all seasons.

NOTE

The leftover residue from the ghee preparation can be made into a delicious treat, p27.

GHEE

PREP : 12 - 15 MINS

MAKES 1½ CUPS

INGREDIENTS

500 grams (1 lb),
unsalted organic butter

GHEE PREPARATION

1. Melt butter in a saucepan over medium heat, bringing to a gentle boil - approx. 5 mins. Initially, it will froth and foam, then begin to settle down.

2. The ghee will begin to bubble and crackle quite rapidly. Continue boiling until the bubbling and crackling stops - approx. 3-4 mins. Watch carefully. Ghee can burn quickly at this stage.

3. Turn off heat and leave on the stove. It will continue to bubble slightly. Allow to partially cool in the pan.

4. Optional: Pour hot ghee through a fine sieve, such as a tea strainer. Alternatively, pour into a jar without filtering.

GHEE BENEFITS AND TIPS

Cooking ghee is a continual process which requires a watchful eye. The butter goes through several different stages of clarification from a gentle simmer, to frothing, boiling, and even rising up and settling down. Watch closely!

You know when you burn ghee as it takes on a granular texture when chilled and turns a dull beige color because the lactose sugars have caramelized.

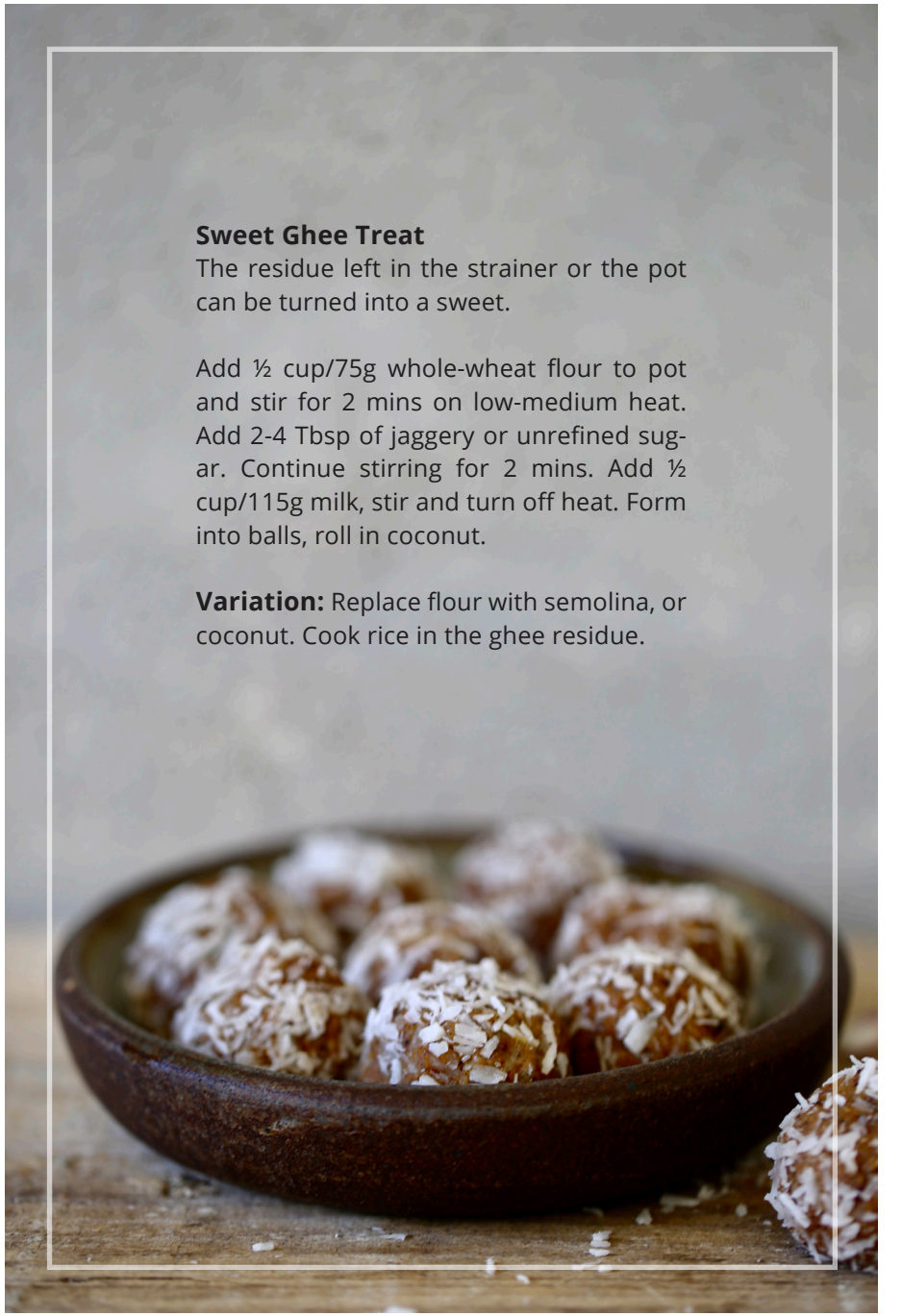
Excellent cooking oil - Because ghee does not smoke until it's heated to 375°F/190°C, it will not burn or splatter easily. When heated, its chemical structure remains more stable compared to other oils.

Stores well - Due to its low moisture content, ghee can go weeks without refrigeration and lasts up to 6 months in the fridge. Ghee becomes semi-soft and creamy once it cools. In hot climates, it will remain liquid.

The key to ghee longevity*:* Store in a cool place, keep covered and avoid letting any moisture or water in, as this promotes bacterial growth.

Although milk-based, ghee lacks both lactose and casein. It aids digestion, and has antibacterial and antiviral properties, and promotes immunity and longevity.

Āyurveda recommends adding ghee directly to your food in its liquid or melted form.



Sweet Ghee Treat
The residue left in the strainer or the pot can be turned into a sweet.

Add ½ cup/75g whole-wheat flour to pot and stir for 2 mins on low-medium heat. Add 2-4 Tbsp of jaggery or unrefined sugar. Continue stirring for 2 mins. Add ½ cup/115g milk, stir and turn off heat. Form into balls, roll in coconut.

Variation: Replace flour with semolina, or coconut. Cook rice in the ghee residue.



RASAM POWDER

This spice combination kindles the digestive process in the body. It is suitable for all constitutions.

SERVE

Once or twice a week, midday or evening meal in all seasons.



NOTE

Depending on the freshness and type of chili used, the sambar powder's color may vary.

Each ingredient is added at a specific time to achieve the best flavor result.

RASAM POWDER

PREP : 20 MINS

MAKES 1 CUP/30G

INGREDIENTS

¼ + ⅛ tsp peanut oil - divided
2 pinches asafoetida powder
1-inch piece cinnamon stick
1 Tbsp/30g black peppercorn
¼ cup/30g cumin seed
2 Tbsp/25g fenugreek seed
½ cup/35g coriander seed
2 tsp mustard seed
10 fresh curry leaves
25 pieces/30g dried red chili
½ tsp turmeric powder

PREPARATION

1. Heat ⅛ tsp oil in skillet, over medium-low heat. Add asafoetida, cinnamon and peppercorn. Fry for 2-3 mins. Add cumin seed and fenugreek. Fry 2 mins or until cumin pops. Remove and place in a bowl.

2. Add coriander seed and curry leaves. Dry-fry for 2-3 mins. Remove to bowl.

3. Add ⅛ tsp oil and mustard seed, fry until seeds pop, approx. 30 seconds. Remove to bowl.

4. Add remaining oil and chilis. Fry for 2 mins. Remove to bowl. Allow to cool.

5. Grind everything until it becomes a powder.

6. Mix in turmeric. Store in a container and use within 3 months.





SAMBAR POWDER

Is the base for all types of sambar. It suits all constitutions and keeps the digestive system in good condition. The specific properties of any given sambar recipe may vary according to the vegetable, ie, potato provokes vāta, okra may provoke kapha. For those with vāta imbalance, toor dāl, may be replaced with split moong dāl in sambar preparations.

SERVE

Twice weekly, day or night, all seasons. Sambar can be consumed with chapati, rice or upma.

NOTE

Depending on the freshness and type of chili used, the sambar powder's color may vary.

Each ingredient is added at a specific time to achieve the best flavor result.

SAMBAR POWDER

PREP : 20 MINS

MAKES 1 CUP/30G

INGREDIENTS

½ tsp peanut oil - divided
2 pinches asafoetida powder
3-inch piece cinnamon stick
2 tsp black peppercorn
2 tsp cumin seed
1 tsp fenugreek seed
¼ cup/20g coriander seed
2 Tbsp/25g channa dāl
2 Tbsp/25g urad dāl
4 tsp mustard seed
30 fresh curry leaves
25 pieces/30g dried red chili
2 tsp turmeric powder
¼ tsp grated nutmeg

PREPARATION

1. Heat ⅛ tsp oil in skillet, over medium-low heat. Add asafoetida, cinnamon and peppercorn. Fry for 1 min. Add cumin seed and fenugreek. Fry 1 min or until cumin pops. Remove and place in a bowl.

2. Add coriander seed and curry leaves. Dry-fry for 1 min. Remove to bowl.

3. Add ⅛ tsp oil, channa and urad dāl. Fry until golden, approx. 1 min. Remove to bowl.

4. Add ⅛ tsp oil and mustard seed. Fry until seeds pop, approx. 1 min. Remove to bowl.

5. Add remaining oil and chili. Fry for 30-40 seconds. Remove to bowl - allow to cool.

6. Grind everything until it becomes a powder.

7. Mix in turmeric and nutmeg. Store in a container and use within 3 months.

MITĀHĀRA

Mitāharā, one among the most important yamas to be practiced, is considered "rāja," or kingly among the yamas (yogic disciplines). In Samskrta, mita means "properly measured", āharā means "food." A few have explained mitāharā as a discipline to eat less, but that is an incorrect interpretation. To eat measured food, as the yama stipulates, means to eat the appropriate amount and type of food, based on our age, constitution, season, and level of activity. Even more important is that our choice of food be based on intention, the specific purpose that food will serve by nourishing our body. Proper use of food is the most important discipline in yoga.

We consume various types of food, and then we utilize the energy from that food. This cycle may operate properly, or it may be out of balance. When we consume the appropriate kinds and amounts of food, that is mitāhāra. The food will bring optimal energy to the body to support our work, our leisure activities, and our practice. When we properly and fully use that energy, our appetite will be renewed at the right time. When the time comes to eat again, our system will not contain undigested food or unused energy. Realization may be found naturally in a person who practices mitāhāra, because simple yogic techniques can work easily for him. For example, he will sit somewhere at the right time and automatically start feeling calm and quiet. At some point, this calm and quiet will be converted into meditation. Meditation will lead to Samādhi; Realization and Liberation will soon follow.

The Sacred Tradition of Yoga
Dr Śaṇkaranārāyaṇa Jois

RICE & GRAIN DISHES

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In Āyurveda, rice is the most common grain in the diet. White rice is sattvic and has the propensity to soothe and nourish bodily fluids and tissues. Despite the neutral taste, it adds sweetness to the diet, which grounds and satisfies the mind.



BISI-BELE BĀTH

Nourishes the body and suits all constitutions. Recommended for colder months; it may be too heavy in warmer months. Those with vāta imbalance or digestive issues should not consume too often.

SERVE

Once every two weeks, as a mid-day meal in cooler months. Goes well with raita or plain yogurt.

BISI-BELE BĀTH

PREP : 10 MINS **COOK** : 50 MINS **SERVES** 6

INGREDIENTS

1 cup/200g toor dāl
8 cups/2-ltr water
1 large/140g carrot
1 medium/150g potato
1 cup/105g green beans
15 curry leaves
1 cup/200g white basmati rice
2 Tbsp jaggery
1 Tbsp tamarind paste
2 tsp salt
1 Tbsp ghee
½ cup coriander, chopped

SAMBAR-COCONUT PASTE

2 Tbsp sambar powder
½ cup/40g dried coconut
2 cups/500ml water – divided

VOGGARANE

1 Tbsp ghee
¼ tsp black mustard seed
⅛ tsp asafoetida powder
¼ tsp turmeric powder

PREPARATION

1. Cut vegetables into small uniform pieces. Measure out remaining ingredients and set aside.
2. Bring water, rinsed dāl and vegetables to boil. Reduce heat to maintain a rapid simmer, uncovered, for 20 mins or until dāl starts to soften.
3. Add rice and curry leaves. Simmer rapidly for 20 mins or until rice is cooked.

Sambar - coconut paste
4. In a blender, add coconut, sambar powder and 1½ cups water. Grind for 1 min. Add to dāl. With the remaining ½ cup water, swish blender clean and add. Simmer for 5 mins, adding more water if needed.
5. Turn off heat. Add jaggery, tamarind, salt, and ghee. Cover and let sit for 5 mins.

Voggarane
6. Heat ghee. Add mustard seed. When seeds pop, reduce heat, add asafoetida and turmeric. Swish or stir to fry evenly. Combine with dish.
7. Add coriander. Taste and adjust salt, sambar powder, jaggery or tamarind.



CORIANDER LEAF VANGHI BĀTH

Being tridhātu sāmya, this dish suits all constitutions. It nourishes the body and freshens the mind. Those experiencing digestive disorders should not consume often as it is a little heavy to digest.

SERVE

Once every two weeks, as a midday meal in cooler months. Goes well with carrot palya and raita.

VARIATION

Replace coriander with fenugreek leaves.

CORIANDER LEAF VANGHI BĀTH

PREP : 10 MINS **COOK** : 20 MINS **SERVES** 3 - 4

INGREDIENTS

1 cup/200g white basmati rice
2 cups/500ml water
3 bunches/155g coriander, chopped - 3 firmly packed cups
½ cup/40g dried coconut
1 tsp salt
1 - 2 tsp jaggery
1 tsp tamarind paste
1 - 2 tsp sambar powder

VOGGARANE

¼ cup/60ml peanut or coconut oil
½ tsp black mustard seed
⅛ tsp asafoetida powder
10 curry leaves
⅛ tsp turmeric powder

PREPARATION

Rice

1. Bring rice to a boil, then reduce heat to maintain a rapid simmer, uncovered for 8-10 mins or until water evaporates. Turn off heat. Cover and set aside.

2. Chop coriander leaves and stems. Set aside.

Voggarane

3. In a skillet, heat oil. Add mustard seed. When seeds pop, reduce heat, add asafoetida, curry leaves and turmeric. Fry for 30 seconds. Stir to fry evenly.

4. Add coriander. Cook 1 min, then add coconut, salt, jaggery, tamarind and sambar powder. Stir for 1 min, then turn off heat.

5. Add cooled rice and combine using the right hand until thoroughly blended. Taste and adjust seasonings as needed.



VEGETABLE BATH

Suitable for all constitutions, vegetable bāth is a simple, nourishing and balancing dish.

SERVE

Twice weekly as a midday meal in all seasons.

VARIATION

Pressure cooker: Combine all ingredients, including vegetables and separately fried voggarane, with 2 cups water. Cook according to your cooker - set aside until pressure has subsided.

VEGETABLE BĀTH

PRE-PREP : 8 - 10 HRS **COOK** : 45 MINS **SERVES** 4

INGREDIENTS

¼ cup/50g whole moong dāl
¾ cup/150g white basmati rice
4 cups/1-ltr water
½ cup/40g dried coconut
1½ - 2 tsp sambar powder
1¼ tsp salt
1 tsp ghee
¼ cup coriander, chopped

VOGGARANE

⅓ cup/80ml peanut or coconut oil
½ tsp black mustard seed
⅛ tsp asafoetida powder
20 curry leaves
⅛ tsp turmeric powder
3 cups total/350g beans, carrot, green bell pepper
1 cup/250ml water
½ tsp salt

PREPARATION

Pre-soak

1. Rinse dāl, cover with water and soak overnight, 8-10 hrs. Drain prior to cooking. ***Alternately, simmer dāl seperately for 20-25 mins, then add to rice in step 3 and proceed.***

Preparation

2. Cut vegetables into small uniform pieces. Measure remaining ingredients.

3. Bring water, rice and dāl to boil. Reduce heat to maintain a rapid simmer, uncovered, for 20-25 mins. Once water evaporates and rice is cooked, turn off heat. Cover. Set aside 10 mins.

Voggarane

4. In a skillet, heat oil. Add mustard seed. When seeds pop, add asafoetida, curry leaves and turmeric. Fry for a few seconds. Add vegetables and mix well.

5. Add water and ½ tsp salt. Simmer uncovered until vegetables soften, 15-20 mins, stirring once or twice.

6. Add vegetables, coconut, sambar powder, remaining salt, ghee and coriander. Combine well and serve.



CURD RICE
Promotes health, strengthens and cools the body, calms the mind and supports deep sleep. Recommended during summer-time, curd rice can be a meal, or enjoyed with the main meal. Not recommended for those with kapha imbalance.

SERVE
Two to three times a week in warmer months.

VARIATION
Add raisin or fried cashew at the end.

Skip frying the ginger and add it fresh at the end for extra ginger flavor.

CURD RICE

PREP : 10 MINS **COOK** : 10 MINS **SERVES** 3 - 4

INGREDIENTS

1 cup/200g white basmati rice
2 cups/500ml water
1 Tbsp dried coconut
½ tsp salt
¼ tsp cumin seed
¼ cup coriander, chopped
1 cup/230g full-fat plain yogurt

VOGGARANE

1 Tbsp peanut oil
½ tsp split channa dāl
½ tsp split urad dāl
5 curry leaves
1 dried red chili, chopped
½ tsp grated ginger

PREPARATION

Rice

1. Bring rice to a boil, then reduce heat to maintain a rapid simmer, uncovered for 8-10 mins or until water evaporates. Turn off heat. Cover and set aside.

2. Measure remaining ingredients. Set aside.

Voggarane

3. In a skillet, heat oil. Add channa and urad dāl, fry until both dāls are golden-brown. Add curry leaves, chili, and ginger. Continue to fry for a few seconds. Turn off heat and allow to cool 5 mins.

4. Add the cooked rice, coconut, salt, cumin and coriander. Add the yogurt. Mix well.



LEMON RICE (Chitrānna)

Is a simple and tasty dish. It is easily digested and suitable for all constitutions.

SERVE

Once a week, midday or evening meal in all seasons with raita and pickle.

VARIATION

Replace carrot with green bell pepper.

LEMON RICE

PREP : 10 MINS **COOK** : 20 MINS **SERVES** 3 - 4

INGREDIENTS

1 cup/200g white basmati rice
2 cups/500ml water
1 medium/140g carrot
2 tsp grated ginger
½ cup/40g dried coconut
1 tsp salt
1 tsp jaggery
1 - 2 Tbsp lemon juice
¼ cup coriander, chopped

VOGGARANE

¼ cup/60ml peanut or coconut oil
½ tsp black mustard seed
2 tsp split channa dāl
1 tsp split urad dāl
⅛ tsp asafoetida powder
10 cashews, cut in half
1 dried red chili, chopped
1 tsp cumin seed
10 curry leaves
⅛ tsp turmeric powder

PREPARATION

Rice

1. Bring rice to a boil, then reduce heat to maintain a rapid simmer, uncovered for 8-10 mins or until water evaporates. Turn off heat. Cover and set aside.

2. Grate carrot and set aside.

Voggarane

3. In a skillet, heat oil. Add mustard seed. When seeds pop, reduce heat, add channa and urad dāl and fry for a few seconds, then add asafoetida, cashew, chili, and cumin. Fry until both dāls are golden-brown. Add curry leaves and turmeric. Continue to fry for a few seconds.

4. Add carrot, ginger, coconut, salt, jaggery and lemon juice. Cook for 6 mins or until carrot is soft. Turn off heat.

5. Add the cooled rice and coriander. Combine using the right hand until thoroughly blended. Taste and adjust, adding salt, jaggery or lemon.



PONGAL
Is tridhātu sāmya. It balances all three doshas and is light to digest.

SERVE
Twice a week, midday or evening meal in all seasons, with tamarind chutney, carrot halva or fruit.

PONGAL

PREP : 10 MINS **COOK** : 35 MINS **SERVES** 6

INGREDIENTS

1 cup/200g white basmati rice
1 cup/200g split moong dāl
10 cups/2½-ltr water
2¼ flat tsp salt
1 cup/80g dried coconut
¼ cup coriander, chopped

VOGGARANE

½ cup/125ml ghee
1 tsp black peppercorn
1½ tsp cumin seed
¼ flat tsp asafoetida powder
20 curry leaves
¼ tsp turmeric powder

PREPARATION

1. Dry-fry rice and dāl, stirring continuously until hot to touch, approx. 5 mins. Then wash until water runs clear.

2. Bring water, rice and dāl to a boil. Reduce heat to maintain a rapid simmer uncovered for 20-30 mins.

3. Roughly grind peppercorn. Measure remaining spices and set aside.

4. Once rice and dāl are cooked, turn off heat. Add salt, coconut and coriander.

Voggarane
5. Heat ghee. Add peppercorn and fry for 2 mins. Turn off heat. Add cumin, asafoetida, curry leaves and turmeric. Fry for 30 seconds. Swish or stir to fry evenly. Add to rice and dāl. Mix well.

6. Let sit for 15 mins before serving.



UPMA
Is ideal for yoga practitioners when consumed in a moderate quantity. Favorable for all constitutions and tridhātu sāmya, upma can also be served on half-fasting days. Serve fresh and hot, as it becomes heavier to digest after cooling. If using more than once a week, omit the nuts, which may cause sleep disturbance.

SERVE
Two or three times a week, as a midday meal in all seasons, with kaseri bāth or carrot halva, and pickle.

VARIATION
Upma can be made adding a combination of green beans, carrot and green bell pepper, 1 cup total at step 4.

HELPFUL TIP
You can dry-fry semolina and store for up to 2 weeks.

UPMA

PREP : 10 MINS **COOK** : 20 MINS **SERVES** 3

INGREDIENTS

1 cup/170g medium-ground semolina
2½ cups/625ml hot water

VOGGARANE

⅓ cup/80ml peanut or coconut oil
½ tsp black mustard seed
1 Tbsp split channa dāl
1 tsp split urad dāl
⅛ tsp asafoetida powder
10 cashews, cut in half
1 dried red chili, chopped
1 tsp cumin seed
10 curry leaves
⅛ tsp turmeric powder
1 large/180g carrot, grated
1 tsp ginger, finely chopped
1 tsp salt
1 tsp jaggery
1 tsp lemon juice
¼ cup/20g dried coconut
¼ cup coriander, chopped

PREPARATION

1. Dry-fry semolina over medium heat, stirring 6-7 mins, until semolina turns golden-brown and has a toasted smell. Set aside.
2. Finely grate carrot and set aside.

Voggarane
3. In a skillet, heat oil. Add mustard seed. When seeds pop, reduce heat, add channa and urad dāl and fry for a few seconds, then add asafoetida, cashew and chili. When both dāls are golden-brown, add cumin, curry leaves and turmeric. Fry for 10 seconds.
4. Add carrot, hot water, ginger, salt, sugar, lemon juice and coconut. Bring to a boil, simmer for 1 min, then reduce heat.
5. Add semolina, stirring until water evaporates and semolina doesn't stick to the spoon - approx. 2 mins. Turn off heat and add coriander.
6. Serve fresh and hot. Drizzle 1-2 tsp ghee for taste and to aid digestion.

PRECIOUS FOOD

Under certain conditions, food is considered precious: when it has been purchased with money acquired in an honorable fashion; when it has been prepared from sattvic ingredients by a cook with a yogic mentality; when it has been prepared into delicious dishes that satisfy our taste; and when it is consumed in the correct quantity, at the right time, and with the best intentions. Those who consume precious food and develop the resulting sense of balance in their lives soon find little satisfaction with anything less. If a practitioner consumes precious food for twelve years or more, there will be a radical shift and restructuring in her body. It paves the way for Realization and Liberation.

If we regularly consume precious food, our meditation will be easier.

The Sacred Tradition of Yoga
Dr Śaṇkaranārāyaṇa Jois

DĀL, RASAM & SAMBAR

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Toor Dāl Rasam / 58

Moong Dāl Sambar with Green Beans / 60

Usly / 62

In Āyurvedic cooking, soups or liquid dishes are often eaten with the main course. They are commonly made of dāl and served with a grain (usually rice) creating a very digestible, high protein dish.



TOVVE

Is very healthy, easy to digest and good for all constitutions. It supports strength and balance along with calmness and quietness of body and mind. Tovve is helpful for the elderly and due to its lightness can be consumed while unwell. Green gram tovve supports yoga practice.

SERVE

Twice a week, as a midday or evening meal in all seasons with rice, dosa, chapati, and rotti.

VARIATION

When cooking dāl, add chopped carrot or chuchu (chayote).

GREEN GRAM TOVVE

PREP : 5 MINS **COOK** : 35 MINS **SERVES** 4 - 6

INGREDIENTS

1 cup/200g split moong dāl
6 cups/1½-ltr water
1 tsp salt
1½ tsp jaggery
¼ cup/20g dried coconut
1 tsp ginger, finely chopped
2 Tbsp lemon juice
¼ cup coriander, chopped

VOGGARANE

1 Tbsp ghee
½ tsp black mustard seed
1 dried red chili, chopped
1 tsp cumin seed
⅛ tsp asafoetida powder
10 curry leaves
⅛ tsp turmeric powder

PREPARATION

1. Bring water and rinsed dāl to a boil. Reduce heat to maintain a rapid simmer, uncovered, until dāl has broken down – approx. 30 mins.

2. While dāl cooks, measure out remaining ingredients. Set aside.

3. Once dāl is soft, add salt, jaggery, coconut and ginger. Simmer for 5 mins, then turn off heat.

Voggarane

4. Heat ghee. Add mustard seed. When seeds pop, add cumin, asafoetida, and chili. Fry for 30 seconds. Add curry leaves and turmeric. Fry a few seconds longer. Swish or stir to fry evenly. Stir into dāl.

5. Add lemon juice and coriander. Let sit for 5 mins to enhance flavors. Adjust taste, adding salt or lemon as needed.



KOOTU

A tasty combination of three vegetables, kootu is a semi-liquid dish, suitable for all constitutions and strengthening to the body.

SERVE

Once in a week, as a midday or evening meal in all seasons. Serve with rice, chapati, or rotti. When serving with rice, add extra water.

VARIATION

Replace peppercorns with 1 dried red chili.

KOOTU

PREP : 10 MINS **COOK** : 50 MINS **SERVES** 3 - 4

INGREDIENTS

1 large/220g potato
1¼ cup/170g green beans
2 medium/240g carrots
½ cup/100g toor dāl
4 cups/1-ltr water

VOGGARANE

1 Tbsp peanut or coconut oil
1 Tbsp split channa dāl
1 tsp split urad dāl
2 tsp flat black peppercorn, or to taste
⅛ tsp asafoetida powder
30 curry leaves - divided
¼ tsp turmeric powder
1 cup/250ml water - divided
½ cup/40g dried coconut
1 tsp salt

PREPARATION

1. Cut vegetables into small uniform pieces. Set aside.
2. Bring water and rinsed dāl to a boil. Reduce heat to maintain a rapid simmer, uncovered - 10 mins.
3. Add vegetables. Stir regularly and simmer until the vegetables are soft and dāl has broken down - 30 mins.

Voggarane
4. Heat oil. Add channa and urad dāl, peppercorns and asafoetida. Fry, stirring until the peppercorns sizzle and both dāls are golden-brown - approx. 2 mins. Add 20 curry leaves and turmeric. Stir for 30 seconds. Turn off heat and stir in coconut.
5. In a blender, add coconut mixture and ¾ cup warm water. Use some water to swish voggarane pan clean. Grind until smooth - 1 min.
6. Add to dāl and vegetables. Use remaining water to swish blender clean.
7. Add salt, 10 curry leaves and mix well. Simmer for 5 mins, stirring occasionally. Turn off heat. Let sit a few mins to thicken.



LEMON RASAM

Is a liquid rasam which improves the digestion process and is recommended in summer to reduce pitta. Lemon rasam is suitable for all constitutions.

SERVE

Once or twice a week in warmer months, as a midday or evening meal.

LEMON RASAM

PREP : 5 MINS **COOK** : 5 MINS **SERVES** 2

INGREDIENTS

2 cups/500ml water
½ tsp salt
1 tsp jaggery
4 Tbsp lemon juice
2 Tbsp coriander, chopped

VOGGARANE

2 tsp ghee
¼ tsp black mustard seed
⅛ tsp asafoetida powder
1 dried red chili, chopped
10 curry leaves
¼ flat tsp turmeric powder

PREPARATION

Voggarane

1. In a small pot, heat ghee. Add mustard seed. When seeds pop, add asafoetida, chili, curry leaves and turmeric. Fry for a few seconds. Swish or stir to fry evenly.

2. Add water, salt, jaggery, lemon juice and coriander. Bring to boil, then turn off heat.

3. Let sit for 5 mins to enhance flavors. Adjust taste adding more sweet or sour as needed.



PEPPER RASAM

Is a very tasty dish. It is tridhātu sāmya, balancing all three doshas. It provokes the appetite and is helpful for indigestion. It also helps to reduce nausea and is beneficial for those with a high fever. For vāta imbalance, reduce toor dāl to ⅓ cup and do not consume too often.

SERVE

Two or three times a week, as a midday or evening meal in cooler months. Serve with rice. Goes well with green bean palya.

PEPPER RASAM

PREP : 5 MINS **COOK** : 40 MINS **SERVES** 3 - 4

INGREDIENTS

½ cup/100g toor dāl
5 cups /1¼-ltr water
1½ tsp salt
4 tsp jaggery
¼ cup coriander, chopped

FIRST VOGGARANE

2 tsp ghee
½ tsp black mustard seed
1 tsp urad dāl
½ - 1 tsp black peppercorn
1 tsp cumin seed
⅛ tsp asafoetida powder
6 curry leaves
⅛ tsp turmeric powder
½ cup/40g dried coconut
1 cup/250ml warm water

SECOND VOGGARANE

1 tsp ghee
1 tsp cumin seed
6 curry leaves

PREPARATION

1. Bring water and rinsed dāl to boil. Reduce heat to maintain a rapid simmer, uncovered, until dāl has broken down - approx. 30-40 mins. 2-3 cups of liquid should remain.
2. Measure spices for both voggarane. Set aside separately.

First voggarane
3. Heat ghee. Add mustard seed. When seeds pop, add urad dāl, peppercorn and cumin. Fry until dāl is golden-brown. Add asafoetida, curry leaves, and turmeric. Swish or stir to fry evenly. Add coconut and 1 cup warm water.
4. In a blender, grind until smooth - 1 min. Add to dāl. Use some liquid from dāl to swish blender clean and add.
5. Add salt and jaggery. Set aside.

Second voggarane
6. Heat remaining ghee. Add cumin and curry leaves. Fry until cumin is golden-brown. Add to dāl, stir in the coriander.
7. Let sit for 5 mins, adding more jaggery or salt as needed.



TOOR DĀL RASAM

Strengthens the body and supports the digestive system. When diluted with water, rasam helps with digestive disorders. Those experiencing vāta disturbances should not consume too often.

SERVE

Daily, as a midday or evening meal in all seasons. Best served with white rice.

VARIATION

Replace toor dāl with split moong to reduce vāta constitution disturbances.

TOOR DĀL RASAM

PREP : 5 MINS **COOK** : 40 MINS **SERVES** 3

INGREDIENTS

⅓ cup/65g toor dāl
6 cups/1½-ltr water
1½ tsp rasam powder
1 tsp tamarind paste
3 tsp jaggery
1½ tsp salt
2 Tbsp dried coconut
¼ cup coriander, chopped

VOGGARANE

2 tsp ghee
½ tsp black mustard seed
⅛ tsp asafoetida powder
10 curry leaves

PREPARATION

1. Bring water and rinsed dāl to a boil. Reduce heat to maintain a rapid simmer, uncovered, until dāl has broken down - approx. 30-40 mins.

2. Add rasam powder, tamarind, salt, jaggery, and coconut. Stir and simmer 4-5 mins.

Voggarane

3. Heat ghee. Add mustard seed. When seeds pop, add asafoetida and curry leaves. Swish or stir to fry evenly. Add to dāl.

4. Add coriander and let sit for 5 mins. Add more sweet or sour as needed.



MOONG DĀL SAMBAR with GREEN BEANS

This dish supports all constitutions as well as the digestion process. It nourishes the body and is tridhātu sāmya, balancing all three doshas.

SERVE

Twice weekly, as a midday or evening meal in all seasons with rice, chapati, or rotti. When serving with rice, add extra water.

VARIATION

Replace whole moong with split moong or toor dāl.

Use seasonal vegetables. As a guideline, beetroot, cabbage and beans are best used by themselves. Carrot and green bell pepper combine well with other vegetables. Mixing too many vegetables may result in an unpleasant taste.

MOONG DĀL SAMBAR

PREP : 10 MINS **COOK** : 35 MINS **SERVES** 4

INGREDIENTS

½ cup/100g whole moong dāl
8 cups/2-ltr water - divided
2½ cups/275g green beans, cut into small uniform pieces
1½ tsp salt
2 tsp jaggery

SAMBAR-COCONUT PASTE

2½ tsp sambar powder
½ cup/40g dried coconut
1 tsp tamarind paste

VOGGARANE

2 tsp ghee
½ tsp black mustard seed
⅛ tsp asafoetida powder
12 - 15 curry leaves
⅓ cup coriander, chopped

PREPARATION

1. Bring 7 cups water and rinsed dāl to a boil. Reduce heat to maintain a rapid simmer, uncovered 15 mins.
2. Add beans and simmer until soft and dāl has broken down - approx. 30 mins.
3. Turn off heat. Add salt and jaggery.

Sambar-coconut paste
4. In a blender, add sambar powder, coconut, tamarind, and 1 cup water. Grind into a smooth paste – 1 min.
5. Add paste to dāl. Use some liquid from dāl to swish blender clean and add.

Voggarane
6. Heat ghee. Add mustard seed. When seeds pop, add asafoetida and curry leaves. Fry for a few seconds. Swish or stir to fry evenly.
7. Add to sambar. Simmer for a few mins.
8. Add coriander. Let sit for 5 mins. Taste, adding tamarind, jaggery or salt as needed.



USLY
Is nourishing and very tasty. Especially recommended during wintertime. Usly supports the development of muscle strength. Those with vāta disturbances, such as stiffness, or joint pain, should consume only once a week.

SERVE
Once or twice a week, as a mid-day meal in all seasons.

VARIATION
Pressure cooker: Add dāl with 1 cup hot water. Cook according to your cooker - set aside until pressure has subsided and then proceed from step 3.

USLY

PREP : 5 MINS **COOK** : 40 MINS **SERVES** 2 - 3

INGREDIENTS

1 cup/200g whole moong dāl
4 cups/1-ltr water
½ tsp salt
½ cup/40g dried coconut
2 Tbsp lemon juice
¼ cup coriander, chopped

VOGGARANE

1 Tbsp ghee
½ tsp black mustard seed
⅛ tsp asafoetida powder
2 dried red chilis, chopped
1 tsp ginger, grated
10 curry leaves
¼ tsp turmeric powder

PREPARATION

1. Bring water and rinsed dāl to a boil. Reduce heat to maintain a rapid simmer, uncovered, until water evaporates and dāl has softened whilst holding it's shape – approx. 30 mins.

2. While dāl cooks, measure out remaining ingredients. Set aside.

3. Once dāl is soft, add salt and coconut.

Voggarane
4. In a skillet, heat ghee. Add mustard seed. When seeds pop, add asafoetida, and chili. Fry for 30 seconds. Add ginger, curry leaves and turmeric. Fry a few seconds longer. Swish or stir to fry evenly. Add cooked dāl, lemon juice and coriander. Cook for 5 mins.

5. Let sit to enhance flavors. Adjust taste, adding salt or lemon as needed.

ENJOYMENT OF FOOD

Eating food that tastes good to us is very important. Otherwise, we will not feel satisfied with our meal. The feeling of satisfaction brings balance to many emotions that are essential to a healthy human being. If we consume food that does not have the proper taste, there will be something lacking in our emotional state. Balanced emotions support us to experience both yoga, the enjoyment of inner achievements, and bhoga, the enjoyment of material and sensory experiences.

The Sacred Tradition of Yoga
Dr Śaṇkaranārāyaṇa Jois

VEGETABLE & SALAD DISHES

Carrot Palya / 66

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Potato Palya / 70

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Āyurveda recommends using vegetables moderately to support digestion. Additionally, mixing a wide variety of vegetables in one meal is not ideal.

Raw vegetables are used sparingly in Āyurvedic cooking, as they are difficult to digest. Salads and raw vegetables are best eaten during the hot season, midday where agni (the digestive fire) is strongest.



CARROT PALYA
Strengthens the body, is easily digested and suits all constitutions.

SERVE
Twice weekly, at midday or evening meal in all seasons as a side dish with dosa, rotti, chapati, rice or independently.

VARIATION
Cut carrot into small uniform pieces instead of grating.

CARROT PALYA

PREP : 5 MINS **COOK** : 8 MINS **SERVES** 4

INGREDIENTS

3 medium/320g carrots, grated
¼ cup/40g dried coconut
½ tsp salt

VOGGARANE

1 Tbsp peanut or coconut oil
¼ tsp black mustard seed
1 dried red chili, chopped
½ tsp cumin seed
10 curry leaves
¼ flat tsp turmeric powder

PREPARATION

1. Grate carrot and set aside.

Voggarane

2. In a skillet, heat oil. Add mustard seed. When seeds pop, reduce heat, add chili, cumin, curry leaves and turmeric. Fry for a few seconds.

3. Add carrot, coconut and salt.

4. Saute uncovered for 5-7 mins. Stirring frequently. Serve warm or at room temperature.



GREEN BEAN PALYA
Strengthens the body. It's easy to digest and suitable for all constitutions.

SERVE
Twice weekly, at midday or evening meal in all seasons, with rice or chapati. Can be served with pepper rasam or tovve.

VARIATION
Replace green beans with chu-chu (chayote).

NOTE
When serving with rice, add a squeeze of lemon juice at the end of preparation.

GREEN BEAN PALYA

PREP : 10 MINS **COOK** : 20 MINS **SERVES** 4

INGREDIENTS

4 cups/420g green beans
1½ cups/375ml water
1 tsp salt
2 tsp jaggery
5 Tbsp/30g dried coconut
½ cup coriander, chopped

VOGGARANE

¼ cup/60ml peanut or coconut oil
1 tsp black mustard seed
1 Tbsp split channa dāl
1 tsp split urad dāl
2 dried red chilis, chopped
1 tsp cumin seed
⅛ tsp asafoetida powder
20 - 25 curry leaves
½ flat tsp turmeric powder

PREPARATION

1. Cut beans into small, uniform pieces. Measure out spices for voggarane.

Voggarane

2. In a skillet, heat oil. Add mustard seed. When seeds pop, turn down heat, add channa and urad dāl, chili, cumin, and asafoetida. Fry until both dāls are golden-brown. Add curry leaves and turmeric. Fry for a few seconds.

3. Add beans, water, salt and jaggery. Stir.

4. Simmer rapidly over medium heat until beans are soft - approx. 15 mins.

5. Turn off heat. Mix in coconut and coriander.

6. Let sit for 5 mins to enhance flavor. Taste, adding salt or jaggery as needed.



POTATO PALYA

Strengthens the body and is mainly recommended in northern climates and higher altitudes. Potatoes are vāta dominant; hence, those with vāta imbalance should not consume often.

SERVE

Once a week, as a midday meal in all seasons. Serve with rice, chapati, dosa or rotti.

NOTE

When serving with rice, add an extra squeeze of lemon juice at the end of preparation.

POTATO PALYA

PREP : 10 MINS **COOK** : 20 MINS **SERVES** 2 - 3

INGREDIENTS

2 medium/270g potatoes, peeled
¼ cup/20g dried coconut
½ tsp salt
1 - 2 Tbsp lemon juice
¼ cup coriander, chopped

VOGGARANE

2 Tbsp peanut or coconut oil
½ tsp mustard seed
1 tsp split channa dāl
1 tsp split urad dāl
⅛ tsp asafoetida powder
1 dried red chili, chopped
10 curry leaves
¼ tsp turmeric powder

PREPARATION

Potato

1. Boil potato for approx. 12-15 mins. Drain. When cool enough to handle, cut potato into small, uniform pieces.

2. Measure out spices for voggarane.

Voggarane

3. Heat oil. Add mustard seed. When seeds pop, turn down heat. Add channa and urad dāl, asafoetida and chili. Fry until both dāls are golden-brown. Add curry leaves and turmeric. Fry for a few seconds.

4. Add potato, coconut, salt, lemon juice and coriander. Mix well.

5. Let sit for 5 mins to enhance flavors. Adjust taste, adding salt or lemon as needed.



CHUCHU GOJJU

Chuchu, (commonly known as chayote, or seemebadnekai in South India) is a pear-shaped, light-green vegetable in the gourd family. It has a crunchy texture and a mild, sweet taste.

SERVE

Twice a week, as a midday or evening meal in all seasons, with rice, dosa or chapati. Reduce tamarind when serving with chapati.

VARIATION

Eggplant or green bell pepper can be used instead of chuchu.

CHUCHU GOJJU

PREP : 5 MINS **COOK** : 25 MINS **SERVES** 3 - 4

INGREDIENTS

1 medium/280g chuchu
1 cup/250ml water
1½ tsp salt
1½ tsp jaggery
¼ cup coriander, chopped

VOGGARANE

¼ cup/60ml peanut or coconut oil
½ tsp black mustard seed
⅛ tsp asafoetida powder
15 curry leaves
⅛ tsp turmeric powder

SAMBAR-COCONUT PASTE

¾ cup/60g dried coconut
2 tsp sambar powder
1 tsp tamarind paste
2 cups/500ml water - divided

PREPARATION

1. Cut chuchu into small uniform pieces - set aside.

Voggarane

2. Heat oil. Add mustard seed. When seeds pop, reduce heat. Add asafoetida, curry leaves and turmeric - fry for a few seconds.

3. Add chuchu and water. Simmer, uncovered for 15 mins.

4. Add salt and jaggery. Mix well.

Sambar - coconut paste

5. In a blender, combine coconut, sambar powder, tamarind and 1½ cups water. Grind 1 min, until smooth.

6. Add paste to gojju. Use remaining water to swish blender clean and add.

7. Simmer rapidly for 5 mins. Stir once or twice. Turn off heat. Add coriander.

8. Let sit for 5 mins. Taste adjust sweet, sour or salt as needed.



COSAMBERI

Is a delicious dish, balancing for vāta, pitta and kapha constitutions, and nourishing to the body. It is light and easy to digest, facilitating elimination.

SERVE

Twice a week at midday meal in all seasons, as a side dish, in the morning or evening.

VARIATION

Add 1 Tbsp grated unripe mango.

COSAMBERI

PRE-PREP : 1HR 15 MINS **PREP** : 15 MINS **SERVES** 4

INGREDIENTS

½ cup/100g split moong dāl
1 cup/80g fresh coconut, grated or ½ cup dried coconut
1 medium/140g carrot, finely grated
1 Tbsp + 2 tsp/25ml lemon juice - divided
⅓ cup coriander, chopped
½ tsp salt

VOGGARANE

1 Tbsp + 1 tsp/20ml peanut oil
½ tsp black mustard seed
1 tsp split urad dāl
1 dried red chili, chopped
pinch asafoetida powder
20 curry leaves
⅛ tsp turmeric powder

PREPARATION

Pre-soak

1. Soak well-rinsed dāl for 1 hr. Drain and allow to dry for 15 mins.

Preparation

2. Finely grate coconut and carrot. Firmly pack 1 cup of each. Add 1 tsp of lemon juice to prevent carrot discoloring.

3. Combine dāl, coconut, carrot, and coriander in a bowl and sprinkle with salt. Do not mix.

Voggarane

4. Heat oil. Add mustard seed. When seeds pop, add urad dāl and chili. Fry until dāl is golden-brown. Add asafoetida, curry leaves, and turmeric. Continue to fry for a few seconds. Swish or stir to fry evenly.

5. Add voggarane and remaining lemon juice to the bowl. Mix well.

CHANGES DUE TO COOKING

One of the most important principles in yogic cooking requires that we eat food soon after it has cooked. If we store the cooked food too long, it becomes tamasic. This influence starts well before the food becomes "spoiled". In particular, steamed rice must be eaten within three hours of being prepared. In general, all cooked food should be consumed within three hours of being prepared. Its nature changes drastically after that point. A yoga practitioner whose body and mind are in optimal balance will easily understand this. After eating cooked food that has been kept for several hours, he will feel a type of sleepiness or drowsiness. Moreover, all tamasic foods are difficult to digest.

The Sacred Tradition of Yoga
Dr Śaṇkaranārāyaṇa Jois

BREADS & SAVORIES

Chapati / 78

Dosa / 81

Rava Dosa / 84

Rice Rotti / 87

Bonda (Bajji) / 91

Unleavened flatbreads, freshly made and stovetop cooked, are served with a variety of dishes. As with all Āyurvedically prepared foods, freshness ensures that pranic energy is at its maximum when consumed. Flatbreads are often used as a "spoon" for eating the meal.



CHAPATI

Is easy to digest and suitable for all constitutions. Combine chapati with an equal amount of palya, gojju, tovve or fruit to encourage digestion and ease of elimination. For yoga practitioners meditating for longer periods of time, this is an ideal food. Chapati are excellent for semi-fasting days and recommended as travel food, due to keeping longer.
Chapati can be made with, or without oil or ghee. Chapati made with ghee are best consumed while warm and support one's physical and mental health to the fullest extent. When made with oil, chapati are tasty and healthy while maintaining their softness once cooled.
Atta is traditionally used, a granular flour milled from soft Indian wheat that yields very tender chapati. If atta is not available, try a combination of ⅔ cup white and ⅓ cup whole wheat flour. Experiment with flours from your area to discover the combination that works best.

SERVE

Daily at midday meal, in all seasons, with chutney, pickle, tovve or sambar.

NOTE

Once familiar with the process - chapatis are quick, easy and enjoyable to make.

CHAPATI

PREP : 25 MINS **COOK** : 5 MINS **SERVES** 5 CHAPATI

INGREDIENTS

1 cup/130g atta flour
(or ⅔ white and ⅓ whole wheat)
¼ tsp salt
2 Tbsp/30ml ghee - melted
¼ cup/60ml hot water

extra flour for rolling

PREPARATION

Chapati dough

1. Combine flour and salt.

2. Add ghee and hot water. Mix. Depending on flour more water may be needed. Add a tsp at a time to create a tender dough. Knead until smooth and dough does not stick to hands - approx. 5 mins.

3. Divide dough into balls. Working one at a time, flatten into a disk and flour both sides. Using a rolling pin, roll into a very thin, almost transparent circle. Cover with a towel and repeat.

Cooking

4. Preheat skillet or nonstick pan (tava) over medium heat. Cook chapati until bubbles appear, about 1 min. Flip and cook until brown spots appear underneath - approx. 30 seconds.

5. Flip twice more - 30 seconds each side.

6. Stack and cover to serve.

THE ACT OF EATING

The way we eat the food is another important factor that determines its influence on our body. Our attitude and thoughts when we eat have a critical effect on the food. It is best to have a calm and quiet mind and to remember the reason that we are eating the food, which is to achieve the yogic state of Realization. To emphasize this aspect, chanting some prayers before eating is a common practice that adds the impact of sound. The purpose of chanting is to strengthen the ideal thought "I am using this food, which is a gift of Nature. Let this food serve my Liberation. Let this food bring a right mind, right body, and suitable strength". Additionally, while eating it is also best to remain silent; if we speak, we should speak about a divine subject.

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DOSA

Supports all constitutions, strengthens the body and is easily digested. To aid digestion and avoid thirst, consume with ample drinking water, particularly in the summer. Dosa can be soaked in the morning, ground in the evening, fermented through the night and ready for the first meal (depending on the season).

SERVE

Once a week at midday meal in all seasons, with palya or gojju, sambar and chutney.

VARIATION

Replace urad with moong dāl.

DOSA

PRE-PREP : 20 HRS **COOK** : 5 MINS **SERVES** 25 DOSA

INGREDIENTS

1 cup/200g urad dāl
3 cups/600g white basmati rice
1 Tbsp fenugreek seed
8 - 10 cups/2 - 2½-ltr water *(for soaking)*
1 tsp salt

PREPARATION

Pre-soak

1. Thoroughly wash dāl, rice and fenugreek. Cover with water, 2 inches above ingredients, and soak for a minimum of 12 hrs.

Batter

2. Drain a little water and set it aside.

3. In a high-speed blender, grind mixture until fine and smooth. If needed, add water that was put aside. Add salt. Aim for thick pancake-batter consistency.

Ferment

4. Pour into a large bowl. Cover and leave to stand in a warm location for at least 8 hrs. This process can take up to 24 hrs in wintertime. The batter will become thick and fizzy, and will rise. Fermentation!

Cook

5. Fully heat a skillet or non-stick pan (tava). Pour a ladleful of batter in the center. Using the back of the ladle, gently swirl the batter from the center out to create a thin crepe-like dosa. Optional: Drizzle ghee lightly over dosa.



6. Edges of dosa will start to lift, 2-3 mins. Flip and cook until golden.



RAVA DOSA

Like many other types of dosa, rava dosa supports all constitutions. It is easily digested and strengthens the body.

SERVE

Twice a week at midday meal in all seasons, with palya, gojju, sambar and, or chutney.

RAVA DOSA

PREP : 15 MINS **COOK** : 5 MINS **SERVES** 6 DOSA

INGREDIENTS

1 cup/170g medium-ground semolina
¾ cup/310ml water
¼ tsp salt

PREPARATION

Pre-soak

1. Wash semolina. Cover with water and soak for 10 mins.

Batter

2. Drain and place in a high-speed blender. Add water and salt. Grind mixture until fine and smooth. If needed, add more water. Aim for thick pancake-batter consistency.

Cook

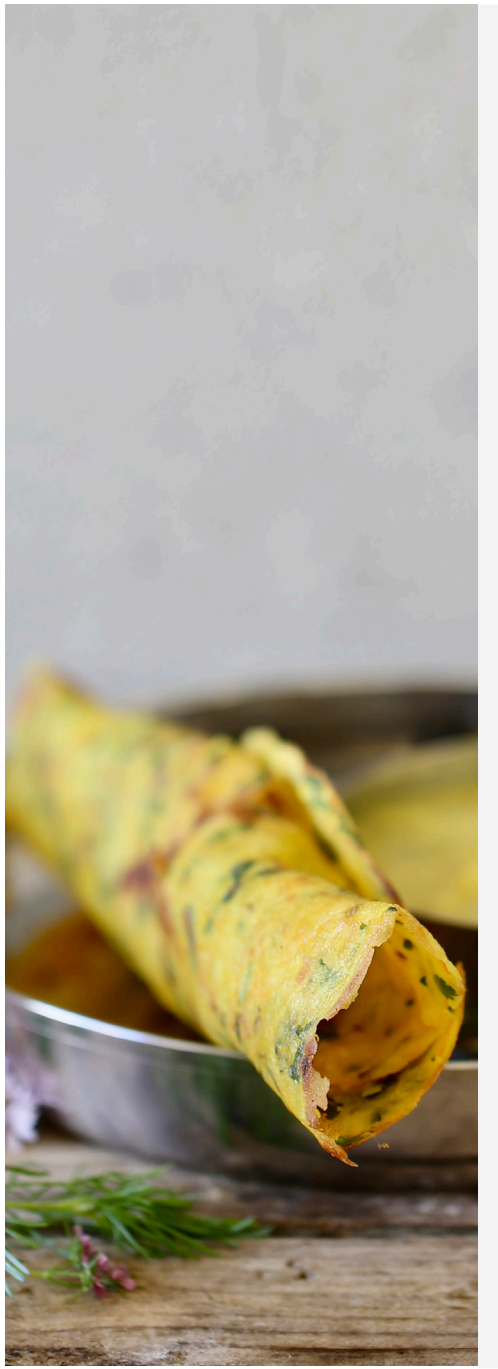
3. Fully heat a skillet or non-stick pan (tava). Brush a thin layer of oil. Pour a ladleful of batter in the center. Using the back of the ladle, gently swirl the batter from the center out to create a thin crepe-like dosa. Optional: Drizzle ghee lightly over dosa.

4. Edges of dosa will start to lift, 1-2 mins. Flip and cook until golden.

POSTURES WHILE EATING

If we eat while we are walking or standing, we will be comparatively less stable than when sitting in a cross-legged posture. Our mind is more agitated when walking or standing, and it tends to be more fickle. This is the reason the āsana called sukhāsana is recommended for eating. Sukhāsana is a comfortable, stable posture in which we sit cross-legged on the floor. It promotes calmness and quietness. When sitting in sukhāsana, the legs will be folded and weight will be pressing against the feet. Therefore, the tamas energy, which moves from the navel to the feet, will be restricted. Moreover, this posture encourages an easy upward flow of energy that can provoke sattva in our system. Whatever we eat will be digested with this sattvic influence. This will help our meditation.

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RICE ROTTI (Akki Rotti)

These tasty treats nourish the body and can be enjoyed as tiffin. Best if only 1 or 2 rotti are consumed at a time, and when consumed with a meal enjoyed early.

SERVE

Once or twice a week at midday meal in all seasons, with chutney, pickle, tovve or sambar.

RICE ROTTI

PREP : 25 MINS **COOK** : 5 MINS **SERVES** 5 ROTTI

INGREDIENTS

1 cup/150g white rice flour
¼ cup/20g dried coconut
⅛ flat tsp turmeric powder
⅛ flat tsp asafoetida powder
½ tsp cumin seed
½ tsp salt
1 small-medium carrot, finely grated - measuring ½ cup/55g
1 tsp ginger, finely grated
¼ cup coriander, chopped
10 curry leaves, finely chopped
¾ cup/185ml water

5 tsp coconut or peanut oil *(for cooking rotti)*

PREPARATION

Rotti dough

1. Combine rice flour, coconut, turmeric, asafoetida, cumin and salt in a bowl.

2. Add carrot, ginger, coriander, curry leaves. Mix well.

3. Add water. Using the right hand, mix until well combined. Dough will be soft and wet.

Cook

4. Brush a thin layer of oil onto a skillet or nonstick pan (tava).

5. Using your hand place approx. 70g, (⅓ cup) dough into the center of pan.

6. Dip hand into a bowl of water as needed to prevent sticking (don't be shy with water). Work from center out to pat and spread batter into a very thin circle, approx. 2 mm thick and 21 cm in diameter. There will be a few holes – these help rotti to absorb oil and cook quickly.



7. Cook over high heat. Drizzle 1 tsp oil over rotti. Cover and cook, undisturbed, until brown and crisp at the edges - 2-2½ mins.

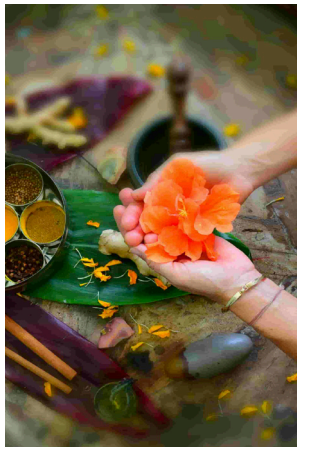
8. Uncover and cook 2-2½ mins more – time may vary depending on skillet or tava.

9. Cover rotti to keep warm. Run cold water on the underside of the skillet to cool before starting new rotti.

HELPFUL TIP

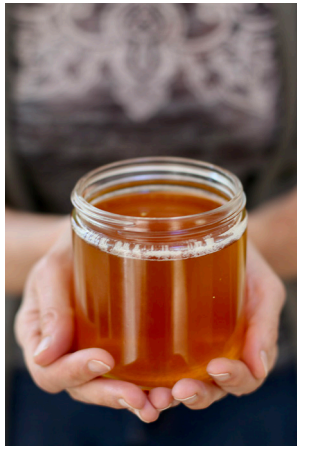
Use two skillets to shorten the cooking process!

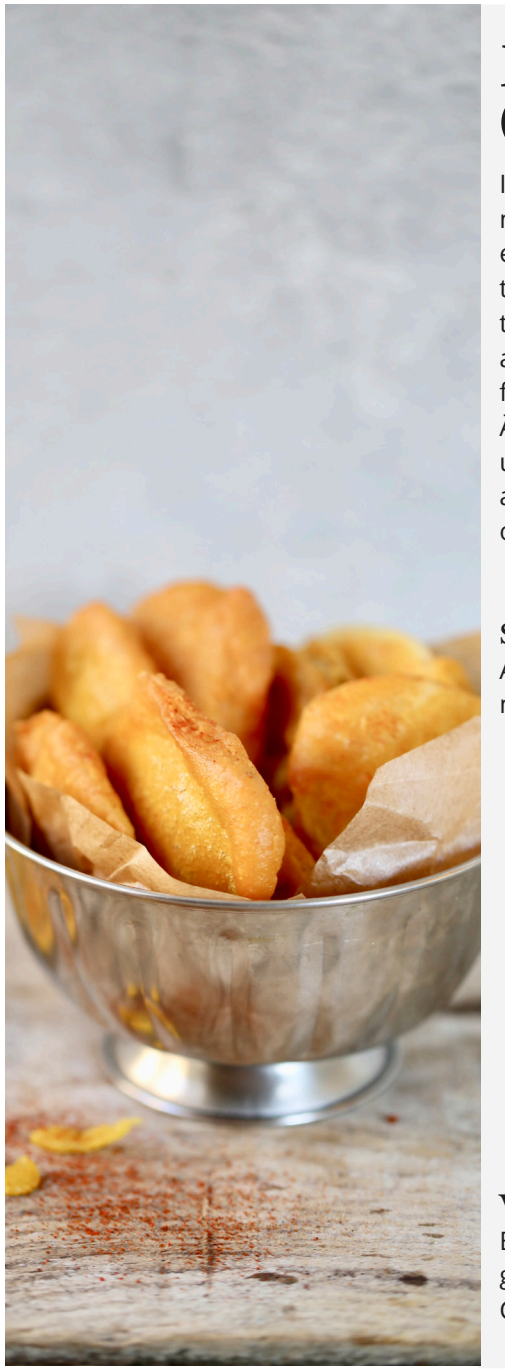










BONDA (Bajji)

Is strengthening and supports muscular development. When eaten in moderation, it is easy to digest and good for all constitutions. When phlegm disorders are present, do not consume too frequently.
Āyurveda strongly recommends using fresh oil when frying. Using a small pot reduces the amount of oil, ensuring less waste.

SERVE

As a side dish, once a week with midday meal, in all seasons.

VARIATION

Bonda can also be made using green bell pepper or chuchu. Cooking times will vary.

BONDA

PREP : 15 MINS **COOK** : 15 MINS **SERVES** 40 PIECES

INGREDIENTS

2 medium/300g potatoes, cut into thin rounds, 3-mm thick

FOR THE BATTER

1 cup/140g bengal gram flour *(chickpea flour)*
1 tsp rice flour
¾ tsp salt
½ tsp chili powder
¼ tsp turmeric powder
pinch asafoetida powder
½ tsp cumin seed
2 Tbsp peanut oil
1 - 1½ cups/250ml water

FOR FRYING

1½ cups/375ml peanut or vegetable oil

PREPARATION

Batter

1. Mix all dry ingredients together.

2. Heat 2 Tbsp oil just prior to smoke point. Add to dry ingredients. For crispy bonda, the oil should be well heated. Combine, using your fingers, until smooth.

3. Slowly add water. Beginning with 1 cup, mix with your hands until the batter becomes smooth, and a bit thicker than dosa batter. Let sit for 15 mins.

Frying

4. Have a bowl of water nearby for rinsing your hands after each dipping. Have a colander ready to hold finished bonda pieces.

5. Heat oil to 180C/350F. Test the oil with small batter coated scraps - if they bubble up and float, it is ready.

6. Dip 5-6 pieces of potato in batter. Keeping them thick with batter, pick up with your fingers and carefully but swiftly, lower them



from all sides of the pan into the oil. Don't overcrowd the pan.

7. Fry until lightly golden on one side - approx. 1-2 mins. *Avoid flipping too early as the batter will separate from the potato.* Flip pieces and cook until the second side is golden - approx. 1-2 mins. Repeat, flipping 3-4 times until fully fried.

8. Remove using a slotted spoon and place in colander. For proper digestion serve immediately.

OUR TOUCH AND FOOD

When we touch food with our hands, we can feel many of its characteristics, such as temperature and texture. Our hands transmit energy from our body; they have the capacity to be powerful channels of sacred energy flow. This is why it is better to eat food with our hands than with utensils. Furthermore, it is better to eat food primarily with our right hand rather than with our left. This is because a beneficial energy flows through our right hand. There is an astral channel, or nāḍi, in the palm of the right hand. If this nāḍi touches our food, the food will be made sacred. That touch even has the power to remove some of the impurities in food.

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CHUTNEY, PICKLE & RAITA

Ginger Coconut Chutney / 96

Tamarind Chutney / 98

Pickle / 100

Carrot Raita / 102

Pepper Tambuli / 104

Pickle and chutney add color and taste to a meal, but their main role is to stimulate agni, raising the digestive fire and supporting the digestive process. Pickle and chutney are best eaten in small quantities.

Raita is a good aid to digestion. Yogurt, also known as curd, is the base for raita. By itself yogurt is sour, heating and difficult to digest. The spices in raita help with its digestibility.





CHUTNEY

Suitable for all constitutions. Ginger coconut chutney supports healthy digestion. If experiencing pitta imbalance, consume ghee with meal alongside the chutney in order to eliminate pitta aggravation.

SERVE

Once or twice a week with midday or evening meal in all seasons, with dosa, rotti, chapati or rice.

VARIATION

Replace dried coconut with fresh grated coconut.

If having trouble finding toasted channa dāl. Dry-fry ¼ cup split channa dāl until fragrant and proceed with recipe.

GINGER COCONUT CHUTNEY

PREP : 10 MINS

MAKES 2 CUPS

INGREDIENTS

1 cup/80g dried coconut
1 - 2 cups lukewarm water
¼ cup/25g dry roasted channa dāl
1 tsp ginger, finely chopped
½ – 1 dried red chili
¼ tsp tamarind paste
3 sprigs coriander leaves
1 tsp jaggery
½ tsp salt

PREPARATION

1. In blender, add coconut, dāl, ginger, chili, tamarind paste, coriander, jaggery and salt.

2. Add 1 cup water and grind into thick paste. Add water to adjust for desired consistency.

3. Adjust seasoning, adding more salt, sweet, sour (tamarind) or pungent (chili) as needed.



TAMARIND CHUTNEY

This is a very tasty complimentary flavor served with pongal. However, due to tamarind's tamasic nature, it should be used sparingly.

SERVE

Once weekly at midday or evening meal in all seasons, with pongal.

VARIATION

Add ½ tsp rasam powder.

For whole tamarind pulp (approx. ¾ cup). Pre-soak in hot water for 30 mins, then extract thick pulp and discard seeds and fibrous parts - no need to add water.

TAMARIND CHUTNEY

PREP : 10 MINS

MAKES 1 CUP

INGREDIENTS

1 tsp peanut or coconut oil
¼ tsp black mustard seed
pinch asafoetida powder
¼ tsp fenugreek seed
6 curry leaves
⅛ tsp turmeric powder
¼ cup/65g tamarind concentrate
¼ cup + 2 Tbsp/60g jaggery or brown sugar
¼ cup/60ml water
¼ tsp salt

PREPARATION

1. In a small pot, heat oil. Add mustard seed. When seeds pop, reduce heat, add asafoetida and fenugreek. Fry for a few seconds. Add curry leaves and turmeric. Fry for a few seconds more. Swish or stir to fry evenly.

2. Add tamarind, water, jaggery and salt. Stir to combine, and simmer for 5-7 mins.

3. Taste and adjust, adding salt or jaggery. You can change the consistency by adding water. Ideally, it should be thick like honey.





LEMON PICKLE

In India, it is the custom to have pickle with each meal. Lemon pickle is very healthy when consumed in small quantities. It provokes the digestion while increasing the appetite by stimulating the taste buds. In addition, pickle may reduce pitta and is recommended for all constitutions. Those with gastric problems should avoid pickle.

SERVE

Daily with midday or evening meal in all seasons. Recommended with curd rice, upma, rotti, etc.

VARIATION

Replace lemon with green mango (unripe).

HELPFUL TIP

Use juicy lemons for correct consistency of the finished pickle.

Always use a clean, dry spoon when mixing, or serving pickle.

LEMON PICKLE

PREP : 10 MINS **PICKLING TIME** : 10 DAYS **MAKES** 1 LITER JAR

INGREDIENTS

4 lemons/600g, cut in half, half again, then sliced into 8-mm pieces
2½ tsp/25g salt

VOGGARANE

½ tsp peanut oil - divided
1 tsp fenugreek seed
⅛ tsp asafoetida powder
2½ cups/50g dried red chilis

PREPARATION

1. Mix lemons and salt well. Stir until salt is evenly distributed.

2. Transfer to a 1 liter lidded jar and let sit undisturbed for 8 days to pickle. Mix once each day. On the 9th day add the voggarane.

Voggarane

3. In a skillet, heat ¼ tsp oil. Add fenugreek and asafoetida. Fry for 30 seconds, then add chili and remaining oil. Stir and fry for 3 mins. Turn off heat and cool.

4. In a blender, add voggarane. Grind well. Add to pickle and mix well.

5. Let sit for 2 more days, then use. Refrigerate once opened. Flavor continues to develop over time.



CARROT RAITA

Is very soothing and cooling. It facilitates digestion. Satisfying in the evening and Āyurvedically recognized to provoke a good night's sleep, raita is recommended for all constitutions. When kapha imbalances such as coughing or runny nose are present, use this dish in moderation.

SERVE

Twice weekly, midday or evening meal in all seasons. Serve with rice.

VARIATION

Add ¼ tsp lemon juice with grated cucumber instead of carrot.

For buttermilk consistency, reduce yogurt to ¼ cup.

CARROT RAITA

PREP : 5 MINS **COOK** : 5 MINS **SERVES** 1

INGREDIENTS

½ cup/130g full-fat plain yogurt
½ cup/125ml water
¼ cup/25g carrot, finely grated
¼ tsp ginger, finely grated
⅛ tsp salt

VOGGARANE

1 tsp peanut or coconut oil
⅛ tsp black mustard seed
⅛ tsp cumin seed
5 curry leaves
pinch turmeric powder

PREPARATION

1. Whisk yogurt for 1 min. Add water, whisking until well combined.

2. Add carrot and salt. Mix and set aside.

Voggarane

3. Heat oil. Add mustard seed. When seeds pop, reduce heat. Add cumin, curry leaves and turmeric. Fry for 30 seconds. Swish or stir to fry evenly. Turn off heat.

4. Add a small amount of thinned yogurt to voggarane pan. Swish or stir and add to remaining yogurt. Mix well.



PEPPER TAMBULI

Is cooling and facilitates digestion. It is appropriate for all constitutions and is considered very satisfying served with rice for the evening meal. Those experiencing kapha imbalances such as, coughing, running nose, etc., should consume this dish in moderation.

SERVE

Daily, midday or evening meal. Not recommended in cold and rainy season. Serve with rice.

PEPPER TAMBULI

PREP : 5 MINS **COOK** : 5 MINS **SERVES** 2

INGREDIENTS

1 cup/230g full-fat plain yogurt
1½ cups/375ml water
½ tsp salt

FIRST VOGGARANE

1 tsp ghee
1 tsp cumin seed
1 tsp black peppercorn
¼ cup/20g dried coconut
½ cup/125ml warm water

SECOND VOGGARANE

1 tsp ghee
½ tsp black mustard seed
½ tsp cumin seed
6 curry leaves
⅛ tsp turmeric powder

PREPARATION

1. Whisk yogurt for 1 min. Add water, whisking until well combined. Add salt and set aside.

First voggarane

2. Heat ghee. Add cumin and peppercorn. Fry until cumin is golden-brown. Turn off heat, add coconut and warm water, then stir to combine.

3. In a blender, grind coconut mixture until smooth - 1 min. Combine with yogurt. Set aside.

Second voggarane

4. Heat ghee. Add mustard seed. When seeds pop, add cumin, curry leaves and turmeric. Fry for 30 seconds. Swish or stir to fry evenly. Turn off heat.

5. Use some yogurt mixture to swish voggarane out of the pan, then combine with yogurt. Mix well.

TIMES FOR EATING

Our food affects us quite differently, depending on when we eat it. According to certain natural rhythms and cycles in the universe, there are specific times of the day when our digestive fire is activated more easily and readily. When our digestive fire is activated, it can easily convert sattvic food to sattvic energy throughout the system. If we provoke the digestive fire at other times, the food that we eat is converted into rajasic or tamasic energy. In particular, food consumed at sunrise, sunset, or midnight will become rajasic or tamasic. This is because the system is not ready to digest food at these times. We have provoked it at a time when it wants to be quiet.

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SWEETS

Carrot Halva / 108

Kaseri Bāth (Sweet Upma) / 110

Semolina Pāyasam (Rava Pāyasam) / 112

As per Indian Tradition, it is recommended to start and finish the meal with the taste of a sweet - it prepares the digestive tract, facilitating digestion. Moreover, the sweet taste is associated with the bliss experience.



CARROT HALVA

Is tasty, healthy and keeps the mind calm. It is suitable for all constitutions and is especially good for semi-fasting days. One serving consists of three to four tsp. If recovering from a cough, consume with the first meal of the day.
Carrot halva is best prepared with sugar (rather than jaggery) and finely grated carrot.

SERVE

Twice a week, midday or evening meal in all seasons, as part of the main meal. Delicious with upma or pongal. Suitable with all dishes.

CARROT HALVA

PREP : 10 MINS **COOK** : 20 MINS **SERVES** 4

INGREDIENTS

1 large carrot, finely grated
(1 cup/140g tightly packed)
¼ cup/60ml ghee
½ cup/100g light brown sugar
¼ cup/20g dried coconut
2 pinches salt

VOGGARANE

2 Tbsp ghee
10 - 15 cashews, cut in half
10 - 15 almonds, cut in thirds
¼ cup/40g raisins
6 cardamom pods, seeded *(½ tsp)*

PREPARATION

1. Grind cardamom seeds to a coarse powder. Set aside.

2. In a skillet over medium heat, add ghee, carrot, sugar, coconut and salt.

3. Stir continuously for 8-10 mins until all liquid from carrots has evaporated. Turn off heat and set aside.

Voggarane
4. In a small pan over medium heat, add ghee, cashew and almond. Fry, stirring constantly, until golden - brown - approx. 5 mins.

5. Stir in raisins. Fry for 1-2 mins, until they puff.

6. Add voggarane to sweet carrot -mixture and sprinkle in ground cardamom. Mix well.



KASERI BĀTH
(Sweet Upma)

Is highly recommended for Yoga practitioners. It calms the mind and keeps it fresh. Kaseri bāth is suitable for all constitutions.

SERVE

Once a week, at midday meal in all seasons. Wonderful with upma.

VARIATION

Replace banana with apple or pineapple.

Replace semolina with rice.

KASERI BĀTH

PREP : 15 MINS **COOK** : 25 MINS **SERVES** 8 -10

INGREDIENTS

1½ cups/350ml warm water
1 pinch saffron *(15 threads)*
1 cup/250ml ghee
10 cashews, cut in half
10 almonds, cut in thirds
1 cup/170g medium-ground semolina
¼ cup/40g raisins
2 medium/200g banana, sliced in 1-cm pieces
¼ tsp salt
1-1½ cups/300g light brown sugar *(to desired sweetness)*
6 cardamom pods, seeded *(½ tsp)*

PREPARATION

1. Steep saffron threads in warm water for 15 mins.

2. Grind cardamom seeds to a coarse powder. Measure out remaining ingredients. Set aside.

3. Over medium heat, add ghee, then almond, cashew and semolina. Stir continuously for 10 mins or until cashews have turned golden-brown.

4. Add saffron water, raisins, sliced banana and salt. Stir for 3 mins.

5. Add sugar. Continue stirring for 2 -3 mins, or until sugar has dissolved. Kaseri bāth is ready once it has thickened and starts to pull away from the pan.

6. Turn off heat. Stir in the cardamom and mix well. Let sit 5 mins, allowing flavors to deepen. Serve warm.



SEMOLINA PĀYASAM (Rava Pāyasam)
Is a healthy sweet that strengthens the body. It is easy to digest and suitable for all constitutions. For those who have kapha imbalance, serve pāyasam as part of the main meal. Best eaten in moderation.

SERVE
Once or twice a week, at midday or evening in all seasons with meal.

SEMOLINA PĀYASAM

PREP : 10 MINS **COOK** : 30 MINS **SERVES** 6 - 8

INGREDIENTS

¼ cup/60ml ghee
½ cup/90g medium-ground semolina
2 cups/500ml water
2 cups/500ml whole milk
6 - 8 threads saffron *(optional)*
1 cup/200g light brown sugar

VOGGARANE

2 Tbsp ghee
12 almonds, cut in thirds
12 cashews, cut in half
2 Tbsp/20g raisins
3 cardamom pods, seeded *(¼ tsp)*

PREPARATION

1. Grind cardamom seeds to a coarse powder. Set aside.

Semolina

2. In a skillet over medium heat, add ghee, then semolina. Stir continuously for 4-6 mins, until semolina turns golden-brown and emits a toasted smell.

3. Turn off heat. Move semolina to a bowl to cool. Wipe the skillet and set aside.

Pāyasam

4. Bring milk and water to a boil.

5. Sprinkle in saffron and gradually add toasted semolina - simmer, stirring occasionally for approx. 5 mins.

6. Add sugar, stirring continuously for 5 mins. Turn off heat and set aside.

Voggarane

7. In a skillet on medium heat, add ghee, then almond, cashew and raisins. Fry until cashew turn golden-brown and raisins puff.

8. Add nuts and raisins to pāyasam. Sprinkle in cardamom. Mix well.

9. Cover, allowing the flavors to develop while the pāyasam cools and thickens.

SALIVA

Each person needs different kinds of energy for various activities and at different times in life. A person acquires this energy through the food she eats. It is possible to direct our intention while eating so that the food provides us with the particular energy we need. The vehicle that delivers our intention to our digestive system is our saliva. It directs our digestive system to produce the energy that we need. The saliva of each person is unique and works according to one's intention. For these reasons, yogis recommend certain disciplines regarding one's saliva. Saliva plays an enormous role in our individual digestive process. Transmission of saliva between different individuals - for example, when sharing plates and utensils - has the propensity to cause imbalance in one's digestion, and may even provoke mental disturbances.

Because of the strong impact saliva carries, certain disciplines are recommended while cooking and serving. If we taste food while preparing it and then put the cooking spoon back in the pot, this will have a negative effect on all those who eat the meal. Instead of providing a service to them by cooking, we will have done them a disservice.

DRINKS

Buttermilk / 116

Kaṣāya - Cumin and Coriander / 118

Kaṣāya - Immune Building / 122

Kaṣāya - Six Spices / 124

Badam Milk / 126

Moong Dāl Juice / 128

Āyurvedic drinks and kaṣāya teas are enjoyed both for their medicinal value and satisfying taste. Ice-cold drinks are not commonly recommended as cold shocks the system and dampens the digestive fire.



BUTTERMILK

A traditional Indian custom is to drink buttermilk after meals. It has a cooling effect on the system. At the peak of summer it is recommended at midday. In addition, buttermilk reduces pitta and provokes the digestion process. Those with kapha disorders should not consume buttermilk in excess. In general, it suits all constitutions.

Buttermilk served with rice is thicker than the buttermilk drink.

SERVE

Midday meal in all seasons.

BUTTERMILK

PREP : 10 MINS

MAKES 4 CUPS

INGREDIENTS

BUTTERMILK FOR RICE

½ cup/130g full-fat plain yogurt
2 cups/500ml water
¼ tsp ginger, finely grated
½ - 1 tsp salt *(to taste)*
¼ cup coriander, finely chopped
¼ tsp lemon juice *(to taste)*

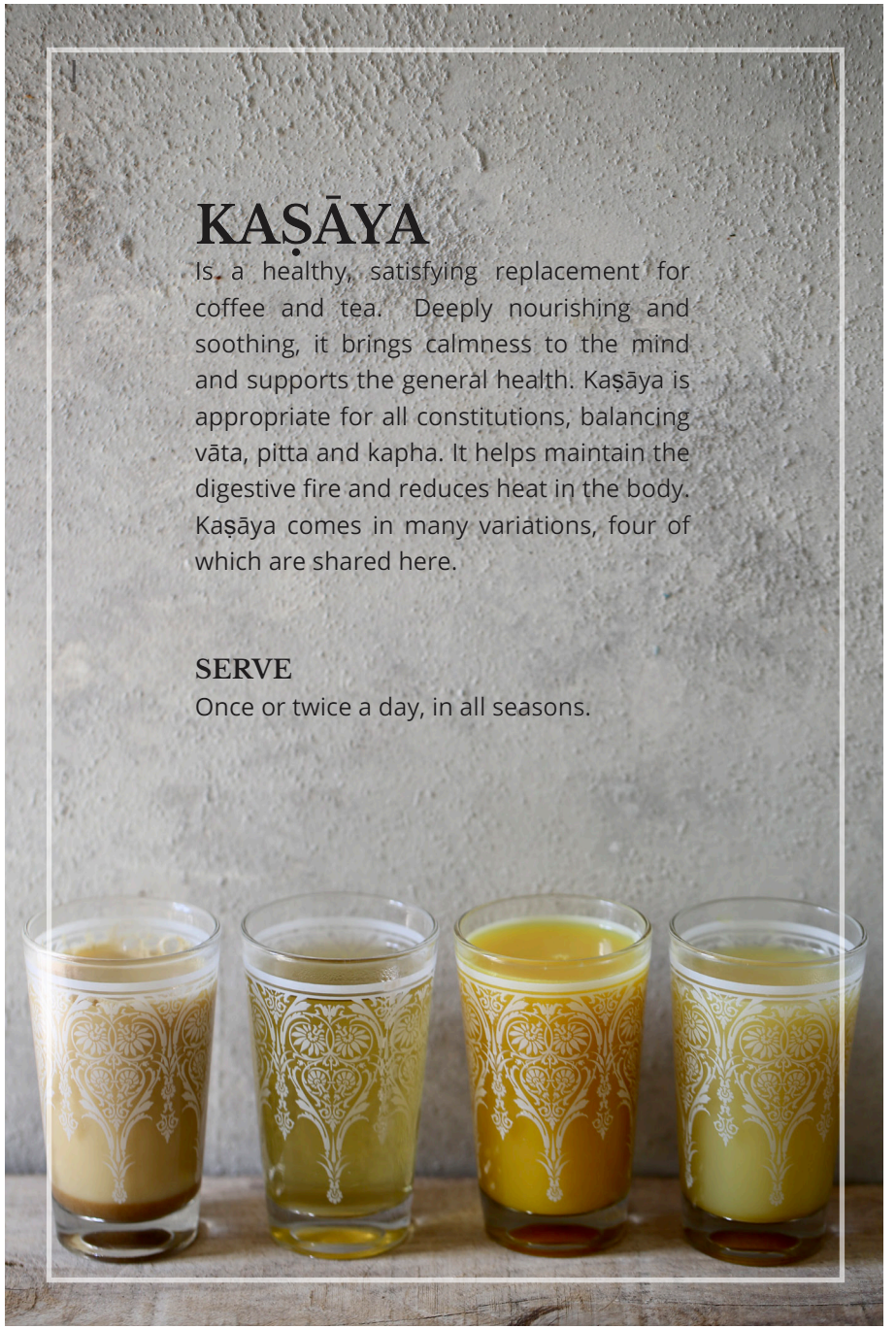
BUTTERMILK DRINK

½ cup/130g full-fat plain yogurt
4 cups/1-ltr water
¼ tsp ginger, finely grated
1 tsp salt
¼ cup coriander, finely chopped
½ tsp lemon juice

PREPARATION

1. In a blender, combine water, yogurt and grated ginger. Mix for 20 seconds.

2. Pour into a pitcher. Add salt, coriander and lemon juice. Stir well.



KAṢĀYA

Is a healthy, satisfying replacement for coffee and tea. Deeply nourishing and soothing, it brings calmness to the mind and supports the general health. Kaṣāya is appropriate for all constitutions, balancing vāta, pitta and kapha. It helps maintain the digestive fire and reduces heat in the body. Kaṣāya comes in many variations, four of which are shared here.

SERVE

Once or twice a day, in all seasons.

CORIANDER-CUMIN KAṢĀYA POWDER

PREP : 10 MINS **SERVES** 18

INGREDIENTS

⅓ cup/40g whole cumin seed
½ cup/40g whole coriander seed

PREPARATION

1. Dry roast cumin seed until color deepens and become aromatic - approx. 1 min. The seeds may pop; be careful not to burn. Set aside to cool.

2. Dry roast coriander seed for 1½ mins.

3. In a blender or coffee grinder, grind, cumin and coriander to a fine powder. Combine well and store in an airtight container. Recipe p121.

NOTE

To preserve the medicinal qualities, make fresh every 10 - 14 days.

After brewing kaṣaya, there will be some grounds remaining. Drinking this is beneficial for its medicinal properties.



CORIANDER-CUMIN KAṢĀYA

PREP : 5 MINS

MAKES 1 CUP

INGREDIENTS

1 cup/250ml water
1 tsp kaṣāya powder
1 tsp sugar or jaggery
1 tsp milk

PREPARATION

1. Combine water, kaṣāya powder and sugar. Bring to boil. Reduce heat to maintain a rapid simmer - 2 mins.

2. Turn off heat. Add milk and serve warm.

Less milk is easier on the digestion, especially in the evening.

WHOLE CORIANDER-CUMIN KAṢĀYA

PREP : 5 MINS

MAKES 1 CUP

INGREDIENTS

1 cup/250ml water
1 tsp whole coriander seed
1 tsp whole cumin seed
1 tsp sugar or jaggery
1 tsp milk *(optional)*

PREPARATION

1. Combine water, whole coriander, cumin and sugar. Bring to boil, then reduce to maintain a rapid simmer - 2 mins.

2. Turn off heat. Add milk if desired and strain, before serving slightly cooled.





IMMUNE-BUILDING KAṢĀYA

Builds immunity by balancing the doshas.

SERVE

Once or twice a day, in all seasons.

IMMUNE-BUILDING KAṢĀYA

PREP : 15 MINS

MAKES 1 CUP

INGREDIENTS

1 cup/250ml water
1 tsp coriander seed
1 tsp cumin seed
⅛ tsp flat turmeric powder
10 - 15 holy basil leaves or 1-inch thin slice ginger
1 tsp sugar or jaggery
1 - 4 Tbsp milk

PREPARATION

1. Combine water, coriander, cumin, turmeric and holy basil (or ginger). Bring to boil, then reduce to maintain a rapid simmer - 15 mins or until reduced by half.

2. Turn off heat. Add jaggery and milk to taste.

3. Strain before serving slightly cooled.





SIX SPICE KAṢĀYA

Help's balance all constitutions, reduces thirst, provokes digestion, while strengthening the vocal chords and heart.

SERVE

Once or twice a day, in all seasons.

SIX SPICE KAṢĀYA

PREP : 5 MINS **COOK** : 5 MINS **MAKES** 1 CUP

INGREDIENTS

¼ tsp fenugreek seed
2 black peppercorn
¼ tsp coriander seed
¼ tsp cumin seed
pinch ginger powder
pinch turmeric powder
1 cup/250ml water
1 tsp sugar or jaggery
1 Tbsp milk

PREPARATION

1. Dry-fry fenugreek seed until color deepens and become aromatic. Seeds may pop. Be careful not to burn.

2. Grind peppercorn to a medium powder.

3. Boil water with all spices for 5 mins, then strain.

4. Add jaggery or sugar, and milk. Serve warm.





BADAM MILK

Badam powder makes a very nutritious drink for all, especially children, pregnant women and those that are unwell. Everyone, on a regular basis, may drink badam milk at any time, preferably on an empty stomach. If physical strain is present due to āsana, or other physical activities, badam milk will support the body. It can help eliminate gastric disorders and strengthen the vocal cords. Enjoy hot or cool.

SERVE

Once a day, in all seasons.

HELPFUL TIP

If your grinder isn't powerful enough, then sieve to separate the course nuts and grind again.

Store in an air-tight container, preferably refrigerate.

BADAM MILK

PRE-PREP : 20 MINS **PREP** : 15 MINS **SERVES** 24

INGREDIENTS

1 cup/150g almonds
¾ cup/150g light brown sugar
1 Tbsp/8g ground cardamom
½ - 1 tsp saffron

PREPARATION

Pre-soak

1. Soak almonds in hot water, 10 mins.

2. Drain, rinse and peel. Pat-dry on towel.

Roast

3. In a skillet, add almonds. Roast until dry and free of moisture - approx. 10 mins. Do not brown, just until crunchy. Set aside to cool.

Badam powder

4. In a high-speed blender or spice grinder, grind in 3-4 stages for 15-25 seconds, so the almonds do not release oil.

5. Grind sugar, cardamom and saffron. Mix well with almond powder.

Badam milk

6. Stir in 1-2 Tbsp powder in 1 cup hot or cold milk. Allow to sit for 1 min to release flavors and saffron color to deepen.



MOONG DĀL JUICE (Green Gram Juice)

Healthy for all constitutions, this juice eliminates constipation, reduces heat in the body and keeps both the body and mind cool and calm. Moong dāl juice balances vāta and pitta. For those experiencing kapha imbalances, consume with the main meal, or add a pinch of black pepper powder to reduce kapha.

SERVE

Midday meal. In winter, drink no more than twice per week. In summer, no more than three times per week.

MOONG DĀL JUICE

PRE-PREP : 10 HRS **PREP** : 5 MINS **MAKES** 4 - 6 CUPS

INGREDIENTS

½ cup/100g whole moong dāl
¾ cup/150g brown sugar or jaggery
4 cups/1-ltr water
3 cardamom pods seeded *(¼ tsp)*

PREPARATION

Pre-soak

1. Soak dāl overnight in water for 10-12 hrs.

2. Drain and rinse. Set aside.

Preparation

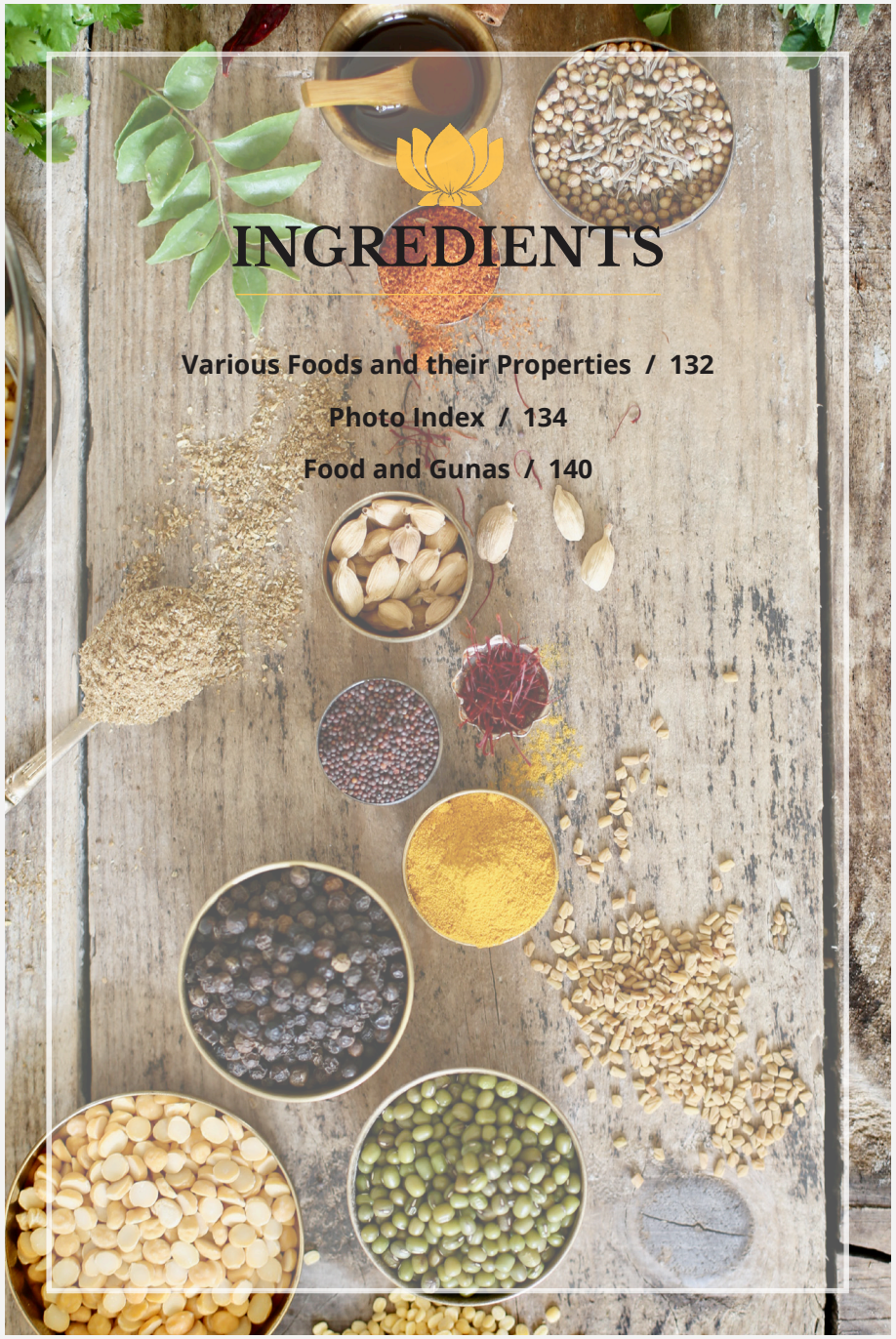
3. Grind cardamom seeds to a coarse powder.

4. In a blender, combine dāl, sugar, cardamom and 4 cups water. Blend on high-speed for 1 min, or until smooth. Enjoy 1-2 glasses (200-300ml).

HONORING FOOD

There are many different species in this world. Something may be good food for one but not for another. A general principle of yoga is to never criticize any kind of food, even in our minds. There is nothing "bad" in the universe. All food is the gift of Nature. For human beings, proper food will be determined by an individual's constitution. Some food may be unsuitable for us, but suitable for others. For any type of food, there may be a person who will benefit from it.

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Dr Śaṇkaranārāyaṇa Jois



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VARIOUS FOODS AND THEIR PROPERTIES

In general, it is best for a yoga practitioner to eat grains, legumes, fresh vegetables, and fruits. The best foods for yogic practice are sattvic foods and will be naturally sweet. This does not mean that the foods contain refined sugar. Rice and wheat have a natural sweetness, as do carrots and many other fruits and vegetables. Some of the more common sattvic foods are rice, wheat, barley, ghee, milk, buttermilk, honey, jaggery (unrefined cane sugar), ginger, some gourds and squashes, and some leafy vegetables. Prepared dishes may also include a little bit of fat, such as ghee or oil. Sesame oil, peanut oil, olive oil, and other vegetable oils are all suitable.

Most of the fruits that are not totally sour are excellent for yoga practice. Each fruit has its own unique nature. Some fruits, such as papaya and mango, should be consumed with milk. Some sour fruits, such as gooseberry, can be consumed with jaggery, raw sugar, or honey. Mixing the fruit with raw sugar or honey will eliminate the negative qualities due to the sour taste. Pomegranate, if of good quality, is especially beneficial for yogic practice. When overripe, most fruits are considered tamasic and should not be eaten.

Apples are generally a sattvic food but might need to be peeled before eating for those who find the skin hard to digest. The skin of the guava fruit is easy to digest, but the seeds are best discarded for digestive purposes.

Legumes, such as mung beans and mung dāl, are very favorable for yogic practice; toor dāl and bengal gram dāl are also acceptable. Black gram dāl is satisfactory if used in moderation. If used too much, it provokes tamas, and if used with yogurt, it provokes even more tamas. Black beans and pinto beans bring much energy to the body but can create vāta imbalance and cause joint pain. Those who work hard physically can more easily tolerate these foods; they will also support the body for hard work.

Most gourds are sattvic and support yoga practice. In India, the ash gourd is the king of vegetables, but it may not be available in all parts of the world. It is nourishing, easy to digest, and very sattvic. Many squashes are in this category. The cucumber is harmless. It does not give much strength. It contains a lot of water and is a light, easily digestible food. Almost all vegetables may be used freely, although a few are rajasic and a few tamasic. Palak is a leafy vegetable similar to spinach found in India. Both palak and spinach have a tamasic effect.

Many root vegetables, such as carrots and beets, are good for yogic practice. Potatoes are fine in moderation, although they can be heavy on the digestion, causing gas and bloating. Those who have a tendency toward a bulky body should use them very sparingly. Sweet potatoes and yams are also heavy to digest, so it is better to use them sparingly, or mix them with pepper or ginger to reduce the heaviness.

Food can be either a tremendous support or a major hindrance to our yogic practice. The Bhagavad-Gītā offers the advice "For one who eats right food, yoga eliminates all types of misery."

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Asafoetida (hingu) is pungent and heating. It comes in a solid resin block, or in powdered form and has a flavor similar to garlic and onion. Due to its sulfur compounds it is strong smelling and used sparingly.



Black Mustard Seed is bitter, astringent, heating and stimulating to the digestive fire. They are traditionally added to Indian dishes due to their capacity for eliminating unwanted energies in cooked food.



Black Peppercorn is pungent and has a powerful cleansing quality, as well as being, a digestive stimulant. Use whole or grind as needed.



Cardamom is a sweet, aromatic spice. It provokes the appetite, supports healthy digestion, balances the doshas and enhances metabolism. For the freshest flavor, grind the seeds as needed.



Chili is pungent, heating, stimulates the digestive fire and increases the flow of saliva, aiding digestion. Byādagi, a less-spicy chili, is commonly used in South Indian cooking.



Cinnamon is a heating spice with a sweet, pungent, and bitter taste. Recommended to be used in small amounts.



Coriander Seed and Leaves effectively support healthy digestion. Sweet and astringent, they provoke the digestive fire while simultaneously soothing and removing excess heat in the body.



Cumin (jeera) is pungent and astringent. It provokes the digestive fire, promotes healthy absorption and relieves flatulence. In addition, cumin eliminates natural toxins, enhances the immune system and supports good sleep.



Curry Leaves (fresh) are sweet and astringent. They have a broad range of medicinal properties including aiding digestion.



Fenugreek Seed and Leaves (methi) are pungent, bitter and heating; they kindle and support the digestive fire. Especially beneficial for those who experience gas or bloating after meals. Fenugreek is easy to sprout and grow.



Ginger Root (fresh) is pungent and heating, supports healthy circulation and promotes sweating. It kindles the digestive fire and burns natural toxins.



Nutmeg is sweet, astringent, pungent and slightly heating. Recommended to be used in small quantities due to sedative qualities which can dull the mind. Best to buy in seed form and grate as needed.



Saffron is sweet and astringent. It helps balance the doshas and enhances metabolism.



Tamarind is sweet, sour, and acidic. It is used for its unique combination of these properties.



Turmeric is bitter, pungent and astringent, with heating qualities. It boosts the immune system, purifies the blood, promotes healthy skin and strengthens digestion. Turmeric soothes and nourishes the joint tissue and promotes ease of mobility.

SPICE POWDERS

Spice blends are used not only for the flavor, color, taste and consistency they give a dish, but also for their medicinal value.



Rasam Powder is a blend of spices commonly used for rasam, a spicy broth-type tamarind soup. Some of the most common ingredients are red chili, cumin, coriander, peppercorn, fenugreek and curry leaves.



Sambar Powder is a distinctive spice blend commonly used in sambar, a thick lentil-based stew with tamarind and vegetables. This powder generally includes chili, coriander seed, mustard seed, turmeric, channa dāl, urad dāl, and cinnamon.

WHEAT and FLOURS



Chapati Flour is finely milled whole wheat flour, also known as 'atta'.



Chickpea Flour known as besan in India (channa flour).



Rice Flour is made from finely milled rice. Rice flour may be made from either white rice or brown rice. Use white rice flour for the recipes offered here.



Semolina (rava) Use a regular or medium grain for the recipes offered here.

NUTS and RAISINS

In Āyurvedic cooking, nuts and seeds are generally used in moderation as they can be difficult to digest and are heating.



Almonds are sweet, heating and are known to nourish the brain and are an excellent tonic for restoring energy.



Cashews are sweet, heating and are used sparingly due to their stimulating properties. They provoke thoughts and when used in excess may cause sleep disturbances.



Raisins are sweet, cooling and one of the oldest dried foods. Yoga considers grapes and raisins to be the king of fruits.

COCONUT



Coconut is at the base of many South Indian dishes. It is predominantly sweet and heating. If used in excess, this pitta dominant food causes fickle mindedness.

RICE



Basmati rice (white) is nutritionally inferior to brown rice but easier to digest and suitable for weaker digestion. Āyurvedic cooking seldom uses brown rice, as it is heating for pitta and heavy for kapha.

DĀL

In Āyurvedic and Yogic cooking, understanding the different types of dāls and their energetic qualities is beneficial. The most favorable and frequently used is moong dāl - both split and whole. Both are easy to digest, gentle on the system and least disturbing for all constitutions. It is recommended to use other dāls in small quantities, less frequently.



Whole Moong/Green Gram are small oval, green-skinned beans. Whole moong is easily digested, soothing, medicinal and has detoxifying qualities.



Split Moong/Green Gram are skinned and split whole moong (above). Split moong is quick cooking and therapeutic, suitable for everyone from babies to the elderly. Easy to digest and frequently used in Yogic cooking due to its soothing and balancing qualities.



Toor/Toovar is commonly sold skinned and split. It has a mild, nutty flavor which absorbs spices well and is recommended once or twice weekly. Those experiencing vāta imbalance should not consume often.



Split Urad/Black Gram is split and husked black lentils. Urad is harder to digest and contains high amounts of protein. It is commonly used in small quantities as it can unsettle the body and mind.



Split Channa/Bengal Gram is a variety of skinned and split small chickpeas (known as desi) having a sweet and nutty taste. Channa is hard to digest and is recommended in small quantities.

SUGARS and SALT



Jaggery is made from the evaporated juice of crushed sugar cane, formed into blocks. It is more heating and less sweet than other forms of sugar.



Light Brown Sugar, turbinado sugar, or other unrefined sugar. Sweeter and more processed than jaggery, used to support the taste and color of certain dishes and drinks.



Rock Salt (Himalayan) All salt is tamasic and rajasic. When eaten in excess, it can cause emotional ups and downs. Rock salt is preferred over sea salt. Rock salt causes fewer disturbances and sea salt may cause eye problems. Due to salt's tamasic quality, it is recommended to avoid direct contact with the skin.

GHEE and OILS



Ghee is made by heating unsalted butter until it clarifies into separate components: lactose (a form of sugar), milk protein, and fat. Ghee is the fat with the other components removed. It enhances digestive fire while having a cooling effect on the body.



Coconut oil comes from the pressed meat of mature coconuts. It has a high smoke point and longer shelf life than other fats.



Peanut oil or Groundnut oil has a high smoke point, making it a suitable choice for deep frying and voggaranes.

FOOD & GUṆAS

SATTVIC	RAJASIC	TAMASIC *
DAIRY butter, ghee, buttermilk, milk		yogurt (curd)
SWEETENERS jaggery, raw sugar		
RICE, GRAIN & FLOURS semolina (rava), wheat flour, white rice, white rice flour	bengal gram flour (chick-pea)	
DĀL moong dāl	channa dāl, toor dāl	urad dāl
DRIED NUTS & FRUITS almond raisin (organic)	coconut, peanut	cashew
FRUITS apple, banana, goose-berry, fig, pomegranate	lemon, lime, tamarind	
VEGETABLES beetroot, carrot, chuchu, cucumber, green bean, ginger root	coconut, eggplant (young), green bell pepper, potato	cabbage
SPICES cardamom, cinnamon, coriander, cumin, fenu-greek, saffron	asafoetida, peppercorn, chili, mustard seed, turmeric	nutmeg, salt
HERBS & CONDIMENTS coriander leaves, curry leaves, fenugreek leaves (methi)	coconut oil, peanut oil, sambar powder, rasam powder	

***Tamasic foods include**: stored, leftover, fried, canned, boxed (including coconut and almond milk), fermented and frozen foods.

GUESTS

When hungry guests arrive at our home, it is our duty to offer them food. If we are eating a meal, and someone nearby is craving food, his craving will have an adverse effect on us. In general, it is better to share our food with those around us. In India, if anybody arrives at mealtime, it is a cause for celebration, a festival of sorts. Feeding guests is considered an honor. There is a tradition still practiced in small villages today in which a man will meet the midday bus and look for a guest to invite to his home for the midday meal. The host's extension of hospitality to his guest is viewed as having a positive influence on his home.

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Dr Śaṇkaranārāyaṇa Jois

hitabhuk mitabhuk kālabhuk

There is an author by name Vāgbhaṭa who wrote Aṣṭāṅgahṛdaya. He was a great scholar. He was very knowledgeable in the different limbs of Āyurveda.

Once Dhanvantari, the presiding deity over Āyurveda, wanted to cross-check Vāgbhaṭa's knowledge. So he took the form of a parrot and landed in front of Vāgbhaṭa's house on a tree branch and started making a sound: "ko'ruk, ko'ruk, ko'ruk". Hearing this sound, Vāgbhaṭa initially thought that someone was making the sound. Then he came and saw a parrot was sitting on a branch making the sound. Thinking that it was asking for some food or water, he started offering water and fruit, but the parrot wouldn't take any. Again it started singing: "ko'ruk, ko'ruk, ko'ruk".

You know, the capacity of pronunciation of a parrot and a human being are comparatively different. Human beings can express more vividly. Whereas parrots can express to some extent, a few limited words. So then, Vāgbhaṭa thought this was not a common parrot. It was asking for something else. He thought, "let me attend to its desire". Eventually he understood that "ko'ruk, ko'ruk" was a short Samskṛta phrase, kaḥ means who is, aruk means healthy, or who is not having any disease. The expected meaning being 'who, will not get any disease?'. Three times it was announced. So he thought, "this parrot is cross-checking me," let me answer him.

He immediately gave three answers to the parrot, "hitabhuk mitabhuk kālabhuk." He alone will be healthy, who eats hitabhuk; very suitably, mitabhuk; who eats the right quantity and the third one, kālabhuk; who eats at the right time. So, consuming right food in the right quantity, at the right time will keep human beings very healthy. He appreciated that parrot and then it appeared in the form of Dhanvantari and blessed him.

This is a small tale to enlighten us about Vāgbhaṭa who was having wonderful knowledge. Though the very essence here is the most important, which is to take care about food. Very suitable food should be consumed, in the right quantity and at the right time. This can even be applied to information. What we receive through our five senses should be suitable for our system. It should be in the right quantity, not less, not more, and it should be at the right time. Then we will be able to maintain the balance in our whole system. This main point is thus explained by this small tale.

~ Ācārya

We are very thankful to all those who have encouraged us in this work and supported the publication of this book through their appreciation, well-wishes and contributions. The book was created with the intention of offering authentic instruction related to traditional Indian cooking and Āyurveda, while at the same time supporting Bhāratī Yogadhāma through its proceeds.

Bhāratī Yogadhāma (BYD) is an Indian organization dedicated to preserving the teachings and wisdom of ancient Indian arts, sciences and Sanskrit language. With this mission at its core, BYD aims to foster an appreciation for a healthy and balanced lifestyle which supports contentment, happiness, and peace.
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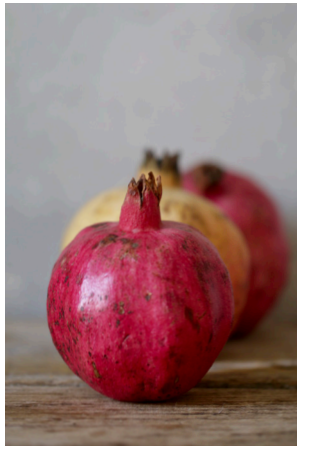




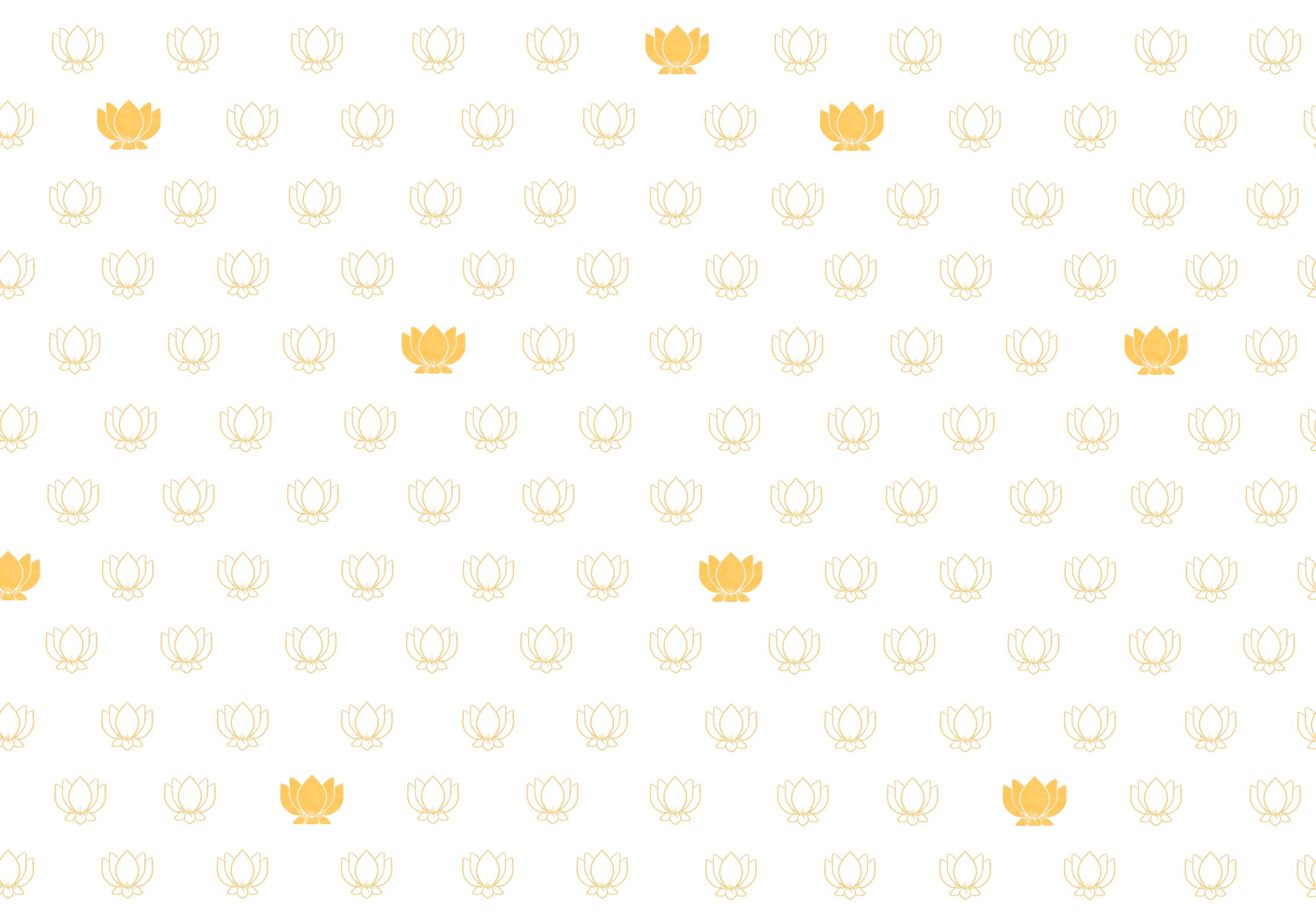










"We hope this book supports your ambition to become better acquainted with traditional Indian cooking. It's our hope that by gaining a better understanding of food while enjoying these delicious dishes, you will experience the great impact of food on the body, mind, and the senses."

"Food is not just to support our body. It is to support our mind. It is to support our total balance of Realisation and Liberation. So there is much duty behind this one."

~ Ācārya

For more information visit us at www.sadvidyafoundation.org

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