

## Recipes

### Kitcheree – Mung beans & rice (serves 4-6)

|                    |                        |
|--------------------|------------------------|
| Mung beans         | 1 cup                  |
| Rice               | 1 cup                  |
| Water              | 9 cups                 |
| Celery             | 2 cups                 |
| Carrots            | 2 cups                 |
| Beets              | 2 cups                 |
| Onions             | 2, chopped             |
| Ginger             | 1/3 cup minced         |
| Garlic             | 8-10 cloves, minced    |
| Tumeric            | 1 tsp                  |
| Garam Masala       | 1 tsp                  |
| Black pepper       | ½ tsp                  |
| Crushed red chiles | 1 tsp                  |
| Sweet Basil        | 1 Tbsp.                |
| Bay leaves         | 2                      |
| Cardamon pods      | 5, take only the seeds |
| Salt/ Tamari       | to taste               |

Soak mung beans over night. Rinse beans and rice. Bring water to a boil, add rice and beans and let boil over a medium flame. Prepare vegetables. Add vegetables to cooking rice and beans (or serve carrots and beets separate). Heat up some oil in a large frying pan. Add onions, garlic and ginger and saute over a medium-high flame until browning. Add spices (not salt/ tamari or herbs). When nicely done, combine onions with cooking mung beans and rice. You will need to stir the dish often to prevent scorching. Add herbs. Continue to cook until completely well done over a medium-low flame, stirring often. The consistency should be rich, thick and soup-like, with ingredients barely discernible.

Serves 4-6

This recipe is slightly different from the one on the European Yogafestival. Source: Foods for Health & Healing. Remedies & Recipes based on the teachings of Yogi Bhajan, PhD, Kundalini Research Institute.

### Hot Sauce

|                     |  |
|---------------------|--|
| Onions, large       | 3, chopped                                       |
| Red chiles          | ¼ cup, dry and crushed/ 10 whole (small) and dry |
| Tamarind            | 8 oz., concentrate                               |
| Hot water           | 16 oz.   |
| Sesame oil          | 1 ½ cup  |
| Tumeric             | 1 Tbsp.  |
| Apple Cider Vinegar | 2 cups   |

Put onions in a large bowl. Sprinkle with crushed chiles. Melt tamarind concentrate in hot water. Add oil and diluted tamarind to onions. Sprinkle with tumeric. Add whole chiles and vinegar. Stir and cover. Let sit overnight or several days for the fullest flavor. Store in refrigerator. It will keep a long time, and get better and better. Yields 2 quarts.

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## **Yogafestival Soup**

|              |                  |
|--------------|------------------|
| Potatos      | 6 cups           |
| Onions       | 1 cup            |
| Celery       | 1 cup            |
| Garlic       | 5 cloves, minced |
| Tumeric      | 1 tsp            |
| Cumin powder | 1 tsp            |
| Coriander    | 1 tsp            |
| Cardamon     | ¼ tsp            |

Black pepper, cayenne, salt/ tamari to taste.

Boil vegetables in water. Add spices and garlic. Boil until potatos start to dissolve and become part of the broth. Add black pepper, cayenne and salt/ tamari to taste. Add a little oil to help the digestion.

## **Golden Milk**

|                           |          |
|---------------------------|----------|
| Tumeric                   | 1/8 tsp  |
| Water                     | ¼ cup    |
| Milk (soy or cow)         | 8 oz.    |
| Oil (almond or sunflower) | 2 Tbsp   |
| Sugar/ honey              | to taste |

Boil tumeric in water until it forms a thick paste. Meanwhile, bring milk to a boil with oil. As soon as it boils, remove from heat, add tumeric paste and sweeten to taste. (You can store tumeric paste up to 40 days in the refridgerator, so prepare more, if you like)