

Recipes for the Online Retreat

Find suggestions on how to stock your pantry for our recipes at the end of this file.

All recipes serve 2.

Morning:

A cup of warm milk, heated with a pinch of cardamom powder or black pepper powder.

Use cow's milk or any kind of vegan milk, for example rice milk or almond milk. Heating the milk and adding spices makes it more digestible.

We advise you to take your cup of spiced milk directly after the morning asana class, before you start cooking Lunch, but you can also take it earlier, if you prefer.

Afternoon Snack:

a piece of fruit, for example a sweet apple or a pear. Avoid fruits that are too acid.

Fruits are easiest to digest when eaten alone, therefore avoid mixing them with other food items or combining several types of fruits.

If you want to mix fruits with other food items, cook them first or use dried fruits (soaked)

Lunch recipes

The main meal of the day should include all five food groups (carbohydrates, proteins, fats, vitamins, minerals) and be eaten between 11 and 14 h, when the sun is highest in the sky and our digestive fire (Agni) is at its peak.

We provided suggestions on which recipe to use for which day, but feel free to swap days.

Lunch Number 1

- **South-Indian Sambar (lentil-vegetable soup) with rice**
- **Indian cucumber salad**

South-Indian Sambar (lentil-vegetable soup)

Ingredients

1/3 cup yellow mung beans or red lentils, washed and drained

½ cup desiccated coconut

4 tomatoes, diced

1 cup roughly chopped green string beans or mangetouts (if not available, use Zucchini)

1 cup sweet potatoes or pumpkin, peeled and cubed

2 tablespoons minced fresh ginger (peeled)

2 teaspoons turmeric powder

1 teaspoon cumin powder

1 teaspoon coriander powder

1 teaspoon curry powder

1 pinch black pepper powder or chili powder

½ teaspoon black mustard seeds (optional)

a few curry leaves (optional)

2 teaspoons salt (or according to taste)

1 tablespoon oil or ghee (suitable oils are olive, sesame, sunflower or canola)
2 tablespoons finely chopped green herbs for example green coriander or parsley

Method

Rinse the mung beans (or red lentils) under running water, put into a pot. Bring to a boil with 3 cups of water, the tomatoes, the coconut and half of the turmeric (this prevents that the lentils from causing flatulence). Cover and boil gently for 15 minutes, then add the vegetables and the salt, cover again and boil gently for another 15-20 minutes until soft. Add more hot water, in case your Sambar becomes too thick.

Heat the oil or ghee in a small pan or pot. If you're using black mustard seeds, add them first to the hot oil and wait until they pop, then add the curry leaves (optional) and the ginger and fry for a few seconds. Turn off the heat and add all powdered spices and leave them in the hot oil for a few seconds until they turn fragrant. Be careful that the spices don't burn!

Add the spice mixture to your pot of Sambar, let it boil for another minute, so that the spices blend well with the soup.

Sprinkle with the fresh green herbs and serve with boiled rice

Simple boiled rice

Ingredients

½ cup Basmati rice or any other kind of long grain rice (white or brown)

1 cup of water

Method

Wash and drain the rice, put it into a heavy-bottom saucepan, add the water, cover and bring to a boil. A bit of salt can be added, but since the rice is served with the savoury sambar, it is not really needed

Let the rice simmer on low flame, without stirring or lifting the lid, until cooked. This will take about 10 minutes for white rice, about 15 minutes for brown Basmati rice and a bit longer for any other kind of brown long grain rice, depending on the brand.

Alternative:

use a different kind of grain, for example, quinoa or buckwheat or barley or bulghur. The grain-water-ratio and cooking method remains the same, but the cooking time will be a bit longer or shorter depending on the kind of grain you use.

Indian cucumber salad

Ingredients

½ cucumber, peeled and sliced

3 tablespoons lemon juice

1 teaspoon very finely grated ginger (peeled)

½ teaspoon salt

1 pinch chili powder or black pepper powder

2 tablespoons roughly chopped green coriander or parsley

4 tablespoons cashew nuts, raw or toasted (optional)

Method

Combine lemon juice, salt, ginger and chili and pour it over the cucumber slices. Sprinkle with the green herbs and cashews.

Lunch Number 2 :

- **Stir-fry noodles with vegetables and tofu**
- **Green salad with lemon dressing**

Stir-fry noodles with vegetables and tofu

Ingredients

100 g eggless pasta (for example wok-noodles or spirelli or spaghetti; in fact, any kind of not too thick pasta will do. Use pasta made of your favourite kind of grain: whole-wheat, spelt, rice, buckwheat ...)

2 medium sized carrots, peeled and cut into small sticks

2 small Zucchini, washed and thinly sliced

1 red pepper, washed, cored and thinly sliced (In case you find red pepper hard to digest, peel it with a potato peeler or leave it out completely)

150 g firm tofu, cubed

½ cup soy sauce (use less, if you have a very salty brand)

4 tablespoons desiccated coconut

2 tablespoons oil (suitable oils are olive, sesame, sunflower or canola)

2 tablespoons minced fresh ginger (peeled)

½ teaspoon cinnamon powder

½ teaspoon nutmeg powder

1 tablespoon very finely grated lemon zest (of an organic lemon, well washed with warm water)

1 pinch black pepper powder or chili powder.

2 tablespoons finely chopped parsley or basil or green coriander

Method

Mix the soy sauce with the nutmeg, cinnamon and pepper, pour half of it over the cubed tofu and let it marinate for minimum 15 minutes.

Cook the pasta in boiling water until it is al dente (follow the cooking time indicated on the package). Drain, but keep ¼ cup of the cooking water. Set aside

Toast the desiccated coconut in a large pan or wok on medium heat until golden brown and fragrant. Set aside and wipe the pan clean with a paper towel.

In the same pan, heat 1 tablespoon of oil, add the tofu with its marinade and stir-fry it on high heat until crisp on the outside and soft on the inside (about 5 minutes). Set aside and again wipe the pan clean with your paper towel.

In the same pan, heat the remaining oil, add the ginger and after a few seconds the chopped vegetables. Stir-fry everything on rather high heat for a minute, then add the remaining marinade and keep stir frying a few more minutes, until the veggies are cooked but still crisp.

Add the noodles, tofu and the lemon zest and mix well. If the mixture seems to dry to you, add some of the pasta water.

Sprinkle with the green herbs and the toasted coconut and serve.

Green salad with lemon dressing

Ingredients

1 bowl lettuce or mixed salad greens

2 tablespoons of lemon juice

1 tablespoon olive oil

½ teaspoon of salt

1 pinch black pepper

Method:

Wash, drain and tear the lettuce.

Combine the lemon juice, olive oil, salt and pepper into a dressing. Serve along with the salad.

Lunch Number 3

- Kicheri with vegetables

- Cucumber Raita

Kicheri (Rice-lentil porridge)

Ingredients:

½ cup rice (white rice or brown basmati rice)

¼ cup yellow mung beans or red lentils

1 cup spinach, washed and drained

1 cup assorted vegetables of any kind, cubed (for example carrots and broccoli)

1 tablespoon minced fresh ginger (peeled)

1 teaspoon turmeric powder

1 teaspoon cumin powder

½ teaspoon curry powder (or use one pinch each of cumin and coriander powder)

1 teaspoon salt (or according to taste)

1 tablespoon ghee or oil (suitable oils are olive, sesame, sunflower or canola)

2 tablespoons finely chopped green herbs, for example green coriander or parsley

1 tablespoon lemon juice

Method:

Rinse rice and mung beans (or red lentils) under running water, put into a heavy-bottomed pot. Add the vegetables and salt, turmeric, cumin and curry powder (the turmeric prevents that the lentils from causing flatulence). Bring to a boil with 3 cups of water, or that much water that mixture is covered with water properly and rice and vegetables are floating in the water. Cover and boil gently for about 25 minutes until soft, then stop the fire and leave it for 5 minutes with covered lid. Don't stir. Add more hot water, in case your Kicheri becomes too thick.

Heat the oil or ghee in a small pan or pot and fry the ginger for a few seconds, gently stir it into the rice-mung-vegetable mixture, add the lemon juice and garnish with the fresh green herbs.

As an alternative you can use the cumin as whole spice instead of powder, in that case, fry it in the ghee at the end.

Cucumber Raita (Yoghurt Salad)

Ingredients

½ cup yoghurt (vegans use soy yoghurt or coconut yoghurt)

¼ cucumber, peeled and roughly grated

4 tablespoons finely chopped green herbs (a mixture of green coriander and fresh mint is very tasty, but you can also just use parsley, if that's all you have)

½ teaspoon cumin powder

1 pinch salt

Method

Mix all ingredients, garnish with a sprig of coriander or parsley.

Dinner recipes

Dinner is best to be eaten early and should be nourishing, but light, since our digestive fire (Agni) is not so strong anymore in the evening. Ideal for dinner are vegetable soups, lightly cooked vegetables and boiled grains.

Food items that require more digestive fire like raw foods, high protein foods and dairy products are better eaten for Lunch, when Agni is at its peak.

We provided suggestions on which recipe to use for which day, but feel free to swap days.

Dinner Number 1:

Potato-vegetable soup

Ingredients

4 medium sized potatoes, peeled and cubed

2 cups assorted vegetables, diced (for example squash and swiss chard)

2 teaspoons salt

½ teaspoon nutmeg powder

1 pinch black pepper powder

2 tablespoons oil (olive or sesame or sunflower or canola)

1 teaspoon lemon juice

4 tablespoons shredded fresh basil or 2 tablespoons finely chopped fresh sage or rosemary

Method

Heat the oil in a pot, add the potatoes. Fry on medium heat for a few minutes, then add 4 cups of water and bring to a boil.

Let it simmer for 10 minutes, then add the remaining vegetables and cook for another 5-10 minutes until the vegetables are soft. Turn off the heat and add salt, pepper, nutmeg, lemon juice and the aromatic herbs.

Dinner Number 2:

Vegetable soup with ginger and grains

Ingredients

2 cups assorted, chopped vegetables (for example fennel and carrots)

½ cup grains, washed and drained (bulghur or white rice or quinoa)

2 tablespoons oil (olive or sesame or sunflower or canola)

2 tablespoons minced fresh ginger (peeled)

1 teaspoon turmeric powder

2 teaspoons curry powder (or 1 teaspoon each of cumin and coriander powder)

1 pinch black pepper powder

2 teaspoons salt

1 teaspoon lemon juice

4 tablespoons finely chopped fresh green coriander or parsley

Method

Heat the oil in a pot, add half of the ginger and after a few seconds the chopped vegetables, grains, turmeric, curry powder and black pepper. Stir-fry for a few minutes, then add 5 cups of water, cover and bring to a boil. Let it simmer for 10 minutes until the grains and vegetables are soft.

Turn off the heat and add the remaining ginger, fresh herbs and lemon juice.

Dinner Number 3:

Rice Pulao

Ingredients:

½ cup Basmati Rice (washed and drained)
1 ¼ cups water (boiling)
1 pinch of salt
1 ½ cups diced assorted vegetables (for example carrots, green peas, cauliflower)
4 tablespoons cashews or almonds (peeled),
4 tablespoons raisins or chopped dates (optional)
2 tablespoons ghee or oil
1 tablespoon minced fresh ginger (peeled)
1 teaspoon salt (or more, according to taste)
1 teaspoon turmeric powder
1 teaspoon curry powder (or ½ teaspoon each of cumin and coriander powder)
1 pinch black pepper powder
1 pinch cardamom powder
1 pinch cinnamon powder
2 bay leaves (optional)
2 tablespoons finely chopped green herbs, for example green coriander or parsley

Method:

Heat the Ghee or oil in a pot, add the rice and stir-fry for 2 minutes. Add the vegetables, nuts, dried fruits and spices and stir fry for another 3 minutes. Add the hot water, bring to a boil, cover and let it simmer for 10-15 minutes (until the rice is soft). Add more hot water if mixture is thick cover and simmer for 5 more minutes. Garnish with green coriander.

As an alternative you can use the cinnamon, cardamom and pepper as whole spices instead of powder.

Optional: Desserts for the sweet tooth:

Dessert Number 1

date-chocolate pralinés

Ingredients:

150 g finely chopped dates
150 g ground cashews or almonds
30 g cocoa powder, sifted
1 teaspoon ground cinnamon
1 teaspoon ground cardamom
4 tablespoons rose water plus a little drinking water
For dusting: 3 table spoons ground almonds

Method:

Combine all ingredients, if needed add a little more water. Form cherry-sized balls and roll them in the ground almonds.

They keep fresh for one week in an airtight container.

Dessert number 2:

Banana Delight

Ingredients:

- 2 medium bananas peeled and sliced
- 2 teaspoons of liquid honey or agave syrup or maple syrup
- 4 tablespoons of desiccated coconut
- 4 tablespoons raisins or chopped dates
- 1 teaspoon powdered cardamom or cinnamon powder
- 1 teaspoon rose water (optional)
- 2 tablespoons of ghee or butter or coconut oil

Preparation:

Heat the ghee, butter or coconut oil in a frying pan, add the coconut and raisins and stir-fry on medium heat until the coconut flakes are golden brown. Pour into a bowl and mix with the banana slices, honey, cardamom or cinnamon and rose water.

Our suggestions on how to stock your pantry for our recipes:

- Cow's milk or vegan milk for your morning drink
- Fresh fruits for your afternoon snack (choose your favourites)
- White or brown long grain rice (Basmati is extra tasty)
- One or two other kind of grains, for example bulghur or quinoa
- Egg-free, not too thick pasta, for example mie-noodles or spirelli or spaghetti
- Yellow mung beans or red lentils
- oil (suitable oils are olive, sesame, sunflower or canola)
- Potatoes
- A variety of fresh vegetables, make sure you have different colours, including green.

The yogic kitchen excludes onions, garlic and mushrooms, since they tend to interfere with a calm, focused mind. Yogic vegetables are for example (you don't need all of them, choose your favourites):

Courgettes, broccoli, fennel, carrots, squash or pumpkin, sweet potatoes, green string beans, spinach, swiss chard, green peas, cauliflower, beetroot, celery and celeriac, mangetouts.

in moderation: tomatoes, peppers, eggplants, red or white cabbage

- Salads: a cucumber and some leafy kind of salad like lettuce or rocket
- A few lemons
- One or two kind of fresh green herbs (for example green coriander, parsley, basil, sage, rosemary)
- Some raisins or dates
- Some nuts, for example cashew nuts, almonds, sunflower seeds
- Spices:
fresh ginger, turmeric powder, cumin powder, coriander powder, cardamom powder, nutmeg powder, cinnamon powder, black pepper powder,
optional: curry powder, black mustard seeds, curry leaves, bay leaves, ghee (clarified butter)
- If you want to prepare our desserts, you need in addition: dates, ground almonds, cocoa powder, rose water, bananas