

Ekadashi Recipes (Salads/Salsas)

(If you like to add to our Ekadashi Recipes, please email us on info@dipika.org.za)

Opulent Ekadashi Salad

In a deep bowl cut slices of cucumber, add lettuce leaves (broken into small bits), add stripes of green/yellow/red bell pepper, cut a tomato or two into small cubes, cut one chilli or more into small pieces (depending on your taste), add some nuts, add some feta cheese or any type of cheese, and garnish with some dhania and some salt and black pepper. You can add Virgin olive oil but this is optional. And you have a far-out salad....

Cucumber Pachadi - Raita

Ingredients

Cucumber washed, peeled & finely chopped
Yogurt 2 cups
Cilantro (coriander leaf) washed and finely chopped
Green chillies 1-2 finely chopped
Coconut grated 1 teaspoon
Salt 1/2 teaspoon
Mustard seeds less than 1/4 teaspoon
Hing - a small pinch
Cooking Oil 1/2 teaspoon

METHOD:

Wet grind green chillies, salt, coconut and little dhania in little yogurt. Mix the above with cucumber, and the remaining yogurt. Fry mustard and hing in little oil and add it to above.

APPLE CHEDDAR SALAD

INGREDIENTS:

2 small red apples, quartered and thinly sliced
2 tsp. Lemon juice
2 cup thinly sliced celery
6 oz. mild Cheddar cheese, cut into small cubes
1/4 cup mayonnaise
dash of salt and pepper
lettuce

METHOD:

Place apples in a small bowl; toss with lemon juice. Add celery and next 4 ingredients. Toss to coat. Serve on lettuce-lined plate.

MINTED FRUIT SALAD

INGREDIENTS:

1/2 cup sugar
1/3 cup orange juice
1/3 cup lemon juice from concentrate
1/3 cup water
1/4 tsp. Peppermint extract
8 cups cut up assorted fresh fruit
Fresh mint leaves for garnish (optional)

METHOD:

In a medium bowl, combine all ingredients except fruit; stir until sugar dissolves. Place fruit in large shallow dish; pour lemon juice over. Cover, chill 3 hours or overnight, stirring occasionally. Refrigerate leftovers

ISRAELI SALAD (adaption)**Ingredients:**

1 large cucumber, peeled, seeded and cut into 1/4-inch dice
4 medium plum tomatoes, cut into 1/2-inch dice
2 medium red bell peppers, cut into 1/4-inch dice
1 cup finely shredded red cabbage
1 tsp hing
1/2 cup finely diced radish, (optional)
1 tablespoon olive oil, or as needed
Juice of 1/2 to 1 lemon, to taste
Salt and freshly ground pepper to taste

METHOD:

Combine all the vegetables in a salad bowl. Toss together. Use enough olive oil to moisten the vegetables, and add lemon juice to taste. Season to taste with salt and pepper and toss again.

Serves: 4 to 6

Mango-Fruit Salsa**Ingredients:**

2 cups fresh mango, peeled and diced
2 cups fresh pineapple, diced
2 cups fresh kiwi fruit, peeled and sliced
2 jalapeno peppers, seeded and chopped
1/3 cup fresh cilantro (coriander leaves), chopped
Juice of 1 lime
1 tsp hing

METHOD:

Combine all ingredients in a large bowl and allow to sit for a couple of hours for flavours to blend before serving.

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