

Ekadashi Recipes (Curries/chutney/sauces/pies/soups)

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

Dipika's Ekadashi Masala:- (Please make your own masala, I would NOT recommend purchasing it from shops as these have powdered grains in it). What's in the composition of masala differs regionally, with wide variety across India. Some common ingredients in this Dipika's Ekadashi Masala are black & white peppercorns, curry leaves, dried red chilli peppers, ginger powder, sesame seeds, mustard seeds, ground turmeric from the turmeric stick, Soomph (fennel), cloves, long pepper (aka pippali), jeera, cinnamon, elachie, nutmeg, star anise and dhania seeds. Of course some may add other non-grain ingredients. Varying combinations of these and other spices are used in regional variants of masala, none of which is considered more authentic than another.

Dipika's Ekadashi Chilli Powder:- (Please make your own Chilli powder, I would NOT recommend purchasing it from shops as these have powdered grains in it). Chilli powder is a generic name for any powdered spice mix composed chiefly of chilli peppers, most commonly either red peppers or cayenne peppers, which are both of the species *Capsicum annum*. It can be made from virtually any hot pepper including ancho, Cayenne, Jalapeno, New Mexico, and pasilla chillis. Some common ingredients in this Dipika's Ekadashi Chilli Powder is pure powdered chillies, cayenne, jeera, oregano, salt, black pepper, cinnamon, cloves, coriander, nutmeg, and turmeric. Of course some may add other non-grain ingredients. Varying combinations of these and other spices are used in regional variants of Chilli powder, none of which is considered more authentic than another.

RECIPES

Prepare tomato chutney when the tomatoes chutney is about 99 % done add scrambled paneer and dhania to garnish. You can also add a little maas (yogurt) or fresh cream to it.

Cut Brinjal (eggplant) into thin slices and deep fry. Keep aside. Prepare potato mash and keep aside. Now in a casserole dish and lay the eggplant on the bottom and then cover the eggplant with mash, thereafter sprinkle cheese on the mash, then place thin slices of tomato on the cheese. Place strips of peppers on tomato slices. Bake for a few minutes and serve.

Potato soup (add salt, thyme and black or white pepper)

Mixed vegetable stew example: (cabbage, carrots, peppers, zucchini, and potatoes). Add black pepper, thyme and little butter and fresh cream. Use liquid from the baked vegetables below.

Bake the following: Cut potato in large pieces, cut butternut in big pieces, carrots in thin strips, cauliflower into florets, cut sweet potato in rounds. Boil veg. for 15 minutes then drain the vegetables and save the liquid. Mix butter, black pepper, salt, origanum and lots of thyme – rub well into boiled vegetables, bake in oven till crispy on outside.

Vaikuntha curry: (use curry leaves and ginger). Cabbage sliced finely, green peppers in strips, carrots in strips; add fried paneer cubes, thyme and dhania.

Cut potato into rounds, deep fry and then drain to remove excess oil/ghee/butter. Now place flat in baking tray and grate cheese and bake till cheese melts.

Cut potato into rounds and deep fry and then drain excess oil. Place in baking tray (spaces

between each) mix scramble curds, tiny cubed tomatoes, green peppers, salt, grated cheese, black pepper, thyme and then place on the potato – add more cheese on top and bake till cheese melts.

Bake whole potato with jacket in microwave till soft and make a cross in the top press open, dot butter and add tablespoon of sour cream, top with cheese and bake till cheese melts.

Cook cabbage and potato with tomatoes.

Cook mixed vegetables. For example, potato, cauliflower and zucchini in butter ghee or oil. When cooked add sour cream or fresh cream. Cook till it thickens.

Add 4 cups of water in a pot. Then add one cup of saigo and then bring to boil stirring continuously. Add sugar to taste (approx. 1 cup) and then add a few drops of vanilla essence. Cook on med heat for about 20 minutes until the saigo becomes clear. Add 2 cups of milk, and then boil until slightly thick.

Saigo patties.

Soak 1 cup of saigo in cold water for 20 minutes and then remove the excess water. Boil three medium size potatoes, and thereafter mash while mash is hot and add saigo. Cut 2 chillies finely, chop up some dhania and add salt to taste. You can add grated cheese.

Make into patties, deep fry until golden brown, serve with tomatoe chutney.

Eggplant (with paneer filling) in tomato chutney.

Slice eggplant in thin slices (same as when preparing to fry in batter) and saute in butter for about 5 minutes and allow to cool.

Prepare paneer (unfried).

Fill eggplant with paneer (forming rolls)

Prepare tomato chutney

Place paneer rolls into chutney (allow to stand in chutney for a few minutes) before serving

Vegetable Bake

Place butter nut, carrots, broccoli, cauliflower, baby marrows into boiling water and allow to cook for 10-15 minutes.

Add salt and black pepper to taste.

Transfer to baking dish, layer with cheese and grill until cheese has browned.

Eggplant Parmesan Recipe

Ingredients

2 large eggplants

Salt

1 28-oz can whole peeled tomatoes

Olive oil

A cup of sour milk

Finely ground almonds

Freshly ground black pepper

1 1/2 lbs of fresh mozzarella cheese, sliced into 1/4 inch rounds

1 cup grated high quality Parmesan cheese

1 packed cup fresh basil leaves

Method

Cut eggplants lengthwise into 1/4 inch slices. Arrange one layer in the bottom of a large colander and sprinkle evenly with salt. Repeat with remaining eggplant, salting, until all

eggplant is in the colander. Weigh down the slices with a couple of plates and let drain for 2 hours. The purpose of this step is to have the eggplant release some of its moisture before cooking.

While the eggplant is draining, prepare tomato sauce. Combine tomatoes, 1/3 cup olive oil plus fresh chilli in a food processor. Season with salt and pepper to taste and set aside.

When eggplant has drained, press down on it to remove excess water, wipe off the excess salt, and lay the slices out on paper towels to remove all the moisture. In a wide, shallow bowl, add ground almonds. Pour sour milk into another wide shallow bowl. Place a large, deep skillet over medium heat, and pour in a half inch of olive oil. When oil is shimmering, dredge the eggplant slices first in the sour milk and then the almonds. Working in batches, slide coated eggplant into hot oil and fry until golden brown on both sides, turning once. Drain on paper towels.

Preheat the oven to 180 degrees. In the bottom of a 10x15 inch glass baking dish, spread 1 cup of tomato sauce. Top with one third of the eggplant slices. Top eggplant with half of the mozzarella slices. Sprinkle with one third of the Parmesan and half of the basil leaves.

Make a second layer of eggplant slices, topped by 1 cup of sauce, remaining mozzarella, half the remaining Parmesan, and all of the remaining basil. Add remaining eggplant, and top with the remaining tomato sauce and Parmesan.

Bake until cheese has melted and the top is slightly brown, about 30 minutes. Allow to rest at room temperature for about 10 minutes before serving.

Serves 8.

Recipe for chilli sauce

Ingredients:

6 ripe medium tomatoes (firm)

¼ cup vinegar

5 table spoons sugar

1 Teaspoon Whole black pepper (optional)

4 green chillies crushed (or to your taste)

1 Table spoon Oil

2 teaspoon salt (or to your taste)

Method:

Boil water in sauce pan, add tomatoes. Boil for 5 minutes. Drain water and peel off skin. Put peeled tomatoes in sauce pan and mash it. Add vinegar and sugar. Cook until all water has dried, and sauce has become thickened. Add black pepper, crushed green chillies, salt. Mix in ingredients and cook for 5 minutes. Take off heat and stir in oil. Once cool, put contents in blender and blend mixture until smooth. If mixture is too thick, add vinegar. Pour contents in a jar and refrigerate.

Sago (Saigo) delight

½ cup sago soaked for half an hour

Cup and half of milk

4 tablespoons ghee

Sugar to taste

½ cup fresh cream

Drain the soaked sago and then put into a saucepan with a cup of water, cook until transparent. When the sago is transparent add the ghee, milk and sugar and cook for a further 15 min. At this stage cream can be added if desired.

Potatoes reign supreme on Ekadashi. If making mash remember to use butter (unsalted), milk, cream, whole peppercorns which you grind yourself. Try to use coarse salt which you grind yourself or black salt (kala namak) as they do not contain free flowing agent.

Potato delight

5 whole medium potato boiled until cooked but still firm

Whole turmeric ground (half a teaspoon)

A container of sour cream

Ghee

Salt (We prefer black salt for this)

Drain the potato and add to the pot with some melted ghee, add salt and turmeric and cook until the potatoes start to break down.

Once they start to break up then add the sour cream. The potatoes will resemble chunky mash and can be served as a pleasant alternative to mash.

Potato Crusted Pie

20g butter

1 tbsp oil

500g veggies sliced and roasted

an assortment of peppers, marrows etc

leaves picked from two sprigs of thyme

salt and lots of pepper

2 large potatoes, very thinly sliced

mozzarella cheese in whey

quarter cup of milk

1 1/4 cups (310-300 ml) cream

seasoning's

extra butter

cheddar cheese to taste for grating over the top

First, put of water on to boil and preheat oven to 170 degrees. Then heat a frying pan on high heat and add butter and oil. Drop in the sliced veggies until there is no surplus moisture. Then add the thyme, and seasoning. Cook for another minute, and then turn off the heat and set aside to cool.

When the water is boiling, add a good pinch of salt and add the potatoes. Cook them for about a minute or so only. You want them more pliable, but not cooked through or they will collapse. Wait until the water came back to the boil and then drained the potatoes well. Then lay them out on a clean tea towel to dry.

While they are dried, slathered some butter over a pie dish (used a 24cm {9.5in} Pyrex dish) then layer the potatoes on the base and up the sides, overlapping slightly. The overlap is more for aesthetics than anything else, there is not going to be a 'seal' effected no matter how neat you are.

Tip the veggie mixture carefully over the potatoes and spread it evenly over the top and then crumble the mozzarella over the top

Whisk together the cream and seasoning to taste and bring to the boil until thickened, then pour over the veggies. It will of course seep right down to the potatoes, but that's OK. As it bakes it will work as a glue to hold the spuds together for serving.

Grate over cheddar cheese, brush some melted butter over the potato crust to help it brown up a bit.

Buck wheat

Buck wheat is not a grain. Buy whole buckwheat and grind in a coffee grinder a little at a time until processed into flour.

Use as a substitute for flour to make rotis.

Can also make it into pasta.

Take a cup of flour, add some coarse salt and 4 tablespoons of olive oil. Add enough water to form a stiff dough.

Roll thin and cut into strips. Put into rapidly boiling salted water to which oil has been added and cook for 4 minutes.

Strain and serve with pasta sauce.

Roast vegetable medley

2 cups of veggies, we suggest peppers, baby marrow, cauliflower, asparagus or whatever you like. Toss with rock salt and rosemary and olive oil, roast covered for 45 min. Add some halumi cheese or paneer cut into cubes and Roast for another 15 min until slightly charred.

Peach pie

Ingredients

1 1/3 cups coconut flakes

1/2 cup almonds chopped

1/3 cup sugar

1/8 teaspoon salt

4 teaspoon butter.

2 cups whipped cream

4 cups peaches fresh and sliced

1/2 cup sugar or honey

Directions

In a bowl, combine the first five ingredients. Stir in extract.

Line a pizza pan with foil and grease well.

Spread coconut mixture into a 9-inch circle on foil.

Bake at 160 degrees for 20-25 minutes or until lightly browned.

Cool on a wire rack.

Refrigerate overnight.

Place the crust on a serving plate; spread with whipped cream.

Combine peaches and sugar; spoon over cream.

Cut into wedges.

Serve immediately.

Yield: 6-8 servings.

Butternut soup

Two cups of butternut cut into cubes

Olive oil

Salt

1 Apple peeled and cubed

4 tablespoons butter

Pepper

Cream

Add sufficient oil to the butternut cubes to coat them in olive oil and then put them in an oven roasting tray and roast them, turning occasionally until they are roasted and slightly

charred. The charring adds flavour but do not let it go black all over or it will be bitter. Melt the butter in the pot and add the apple and butternut, add salt and pepper and enough boiling water to cover the veggies slightly. Cook until the veggies are soft and then leave to cool. Blitz in the food processor until smooth and then put it back on the stove to heat up. Add some cream to taste (or leave it out if you want) and serve.

PIZZA POTATOES

Serves: 4

Some steamed broccoli and a large tossed salad complete this simple meal.

Ingredients:

4 large baking potatoes

1 cup marinara sauce, or more as needed

1 to 1/2 cups grated part-skim mozzarella cheese

pizza sauce mix

1 can of chopped tomatoes or 4 medium tomatoes cooked skinned and chopped

2 tablespoons of virgin olive oil

1 tsp sweet basil

1/2 tsp oregano

1 tsp paprika

1 tsp garam masala

1 tsp salt

Bake or microwave the potatoes until done. When cool enough to handle, cut each in half lengthwise. Fluff the inside of each potato half with a fork. Spread about 2 tablespoons of pizza sauce on each potato half, followed by 2 to 3 tablespoons grated cheese. Bake in a preheated 205 degree oven for 10 minutes, or until the cheese is bubbly. Serve at once.

Sabudaana (Saigo) Vada

Most fattening, but delicious !

Ingredients:

- 1 kg Potatoes, boiled, peeled, mashed

- 1 cup (150 gms) Saboodana (saigo)

- 2 tsp Sendha namak (rock salt)

- 1 tsp Chilli powder (make this yourself – see the beginning of this article- not the shop one)

- 1 tbsp (heaped) Hara dhania (green coriander), chopped

- 1 tsp Green chillies, chopped

- 1 tbsp Lemon juice

- Ghee (clarified butter)*Oil for deep frying

*Peanut oil or Olive oil or Palm oil - not corn oils.

Wash saboodana till water clears. Soak in water, with level coming up to 3 cms / 1½" above the saboodana, for about 1½ hours.

Drain in a colander and mix in potatoes, salt, chilli powder, hara dhania, green chillies and lemon juice. Shape potato mixture into flat, round vadas 5 cms / 2" in diameter (grease hands if it sticks). Heat ghee/oil for frying. Fry vadas golden and crisp on both sides and serve hot, with a chutney.

Sabut Aloo

Long list of ingredients, but simple to make !

Ingredients:

- 500 gms Potatoes (small, whole) boiled, peeled

- ½ cup (100 gms) Dahi (yogurt), beaten smooth
- 2 tsp Dhania (coriander) powder
- ¼ tsp Pissi kali mirch (powdered black pepper)
- 1 tbsp Sendha namak (rock salt)
- 2-3 Green chillies
- 2 tsp Ginger, chopped
- 2 tbsp Ghee (clarified butter)
- 1 sprig Kadhi patta (curry leaves)
- 1 tsp Jeera (cumin seeds)
- 2 tsp Sugar
- ½ tsp Laung (cloves)
- ½ tsp Daalchini (cinnamon) broken into pieces
- ½ tsp Choti elaichi (cardamom) seeds

Grind together green chillies and ginger.

Powder together sugar, laung, daalchini, choti elaichi.

Mix together, potatoes, dahi, dhania, kali mirch, green chilli and ginger paste, and the salt.

Heat ghee in a pan, and add kadhi patta and jeera. When jeera splutters, add potato mixture, and saute till oil separates.

Remove from flame, mix in the powdered ingredients and serve immediately.

Paneer Mazedaar

Rich and creamy -- a reward for fasting !

Ingredients:

- 500 gms Paneer, cubed
- 3 tbsp Singhare ka atta (waterchestnut flour)
- 2 tbsp Magaz (melon seeds)
- 2 tsp Sendha namak (rock salt)
- 1 tsp Chilli powder (use the recipes given at the beginning of this article)
- 2 tsp Jeera (cumin seeds), roasted, powdered
- 2 tsp Dhania (coriander), powdered
- 2 tbsp Ghee (clarified)
- 1 tbsp (or to taste) Green chillies, chopped
- 2 tbsp Hara dhania (green coriander), chopped
- ¼ cup (60 gms) Malai (fresh cream)

Mix together paneer, atta, magaz, namak, chilli powder, dhania powder, well enough to coat the paneer. Heat the ghee, add green chillies and ginger to it. Saute till slightly coloured, then add paneer mix.

When the paneer is light brown, add enough water to cover the paneer and bring to a boil. Leave to simmer for 3-4 minutes, until well blended. Add malai and half of the hara dhania and heat through. Serve hot, garnished with the remaining dhania.

Hare Nariyal Ki Chutney

Really adds zest to your fast !

Ingredients:

- 2½ cups (approx. 1 whole) Fresh coconut, grated
- 125 gms (2½ cups) Hara dhania (green coriander), chopped
- 25 gms (approx. ¼ cup) or to taste Green chillies, chopped
- 1 tsp Ginger, chopped

- 4 tsp Sendha namak (rock salt)
- 1 tbsp Sugar
- 2 tbsp, or to taste Lemon juice

Grind all the ingredients together, to a fine paste.

Can be stored in a dry jar and refrigerated for a few days.

PEANUT CURRY

Ingredients:

- 1-2 cups finely ground, roasted peanuts
- 2 green chillies
- tamarind to taste
- ghee (clarified butter)
- 3-4 cups water

For paste:

- Jeera seeds
- coriander
- fresh coconut
- 2 sticks of cinnamon
- 2 cloves
- jaggery (gur)
- salt to taste

What you do:

Boil water, add ground peanuts and ground paste of Jeera seeds, green chillies, cloves, cinnamon, salt and jaggery. Add tamarind pulp to it according to taste. After the curry is well cooked, garnish with coriander leaves and coconut.

STUFFED BANANAS

Ingredients:

- 6 ripe, peeled bananas
- 1/2 cup sugar
- 1/2 cup fresh coconut
- green cardamom
- ghee for frying

What you do:

Cut banana into 3-inch pieces. Cook sugar and coconut with cardamom seeds on slow fire, until sugar melts and the mixture thickens. Slit each banana piece, and fill in coconut mixture. Hold together with a toothpick. Fry in ghee over medium flame till golden brown.

SABUDANA KHICHDI

Ingredients:

- 2 cups saigo (sabudana)
- 1 cup roasted, coarsely pounded peanuts
- 1 tsp. Jeera seeds
- 6 green chillies
- 4 tbs. ghee
- 1/2 lemon finely chopped
- fresh coriander for garnishing
- 1/2 cup freshly scraped coconut

What you do:

Wash saigo, drain and set aside for one hour. Heat ghee. Add Jeera seeds. Then add green chillies, letting it fry briefly. Mix in saigo, peanuts, salt and sugar to taste. Keep covered and cook on slow flame for 5-10 minutes. You can add small cubes of boiled or fried potatoes. Garnish with coconut and coriander leaves. Serve hot.

SWEET POTATOES KAP

Ingredients:

1 kg sweet potatoes
250 gm sugar
ghee for frying
cardamom powder

What you do:

Wash and remove skin of sweet potatoes. Cut into round thin slices and fry in ghee. Take sugar (1/4 in equivalent volume of the slices) and make sugar syrup of one thread consistency. Add cardamom powder to it. Place fried sweet potato slices in syrup and stir lightly. Keep for some time and then remove. They will turn crisp.

VARAI KHICHDI

Ingredients:

2 cups varai (Varai is a kind of rice which is very fine and of small particles, almost like a coarser semolina)
1 cup roasted, coarsely pounded peanuts
salt and jaggery to taste
4 green chillies
1 tsp. Jeera seeds
2 cloves and 2 pieces cinnamon, powdered finely
chopped fresh coriander leaves
1/2 cup fresh coconut
2 tbs. ghee

What you do:

Heat ghee. Add Jeera seeds and green chillies. Then add varai and roast for a while. Put 4 cups of hot water in the varai along with salt and jaggery.

When almost cooked, add ground peanuts and clove-cinnamon powder. Add a little ghee over it and cover and cook a little more. Garnish with coconut and coriander. Just before serving, squeeze lemon juice over it. For variation, add small cubes of fried potatoes to the dish.

PANEER DELIGHT

Ingredients:

Sachamoti Saigo: 250 GMS.
Paneer : 250 GMS.
Milk : 200 ml
Apple : One
Mango (Ripe) : One
watermelon : 1 Slice
Sugar : 4-Tablespoon
Strawberry Milkmaid : 1 Tin
jelly crystals : 85 GMS.

Desiccated Coconut : 50 GMS.

Food Colour: Red & Green

Ghee : Small amount to fry

Decorative : Almonds, Cashew and Raisins

Method:

Chop the fruits into small pieces and keep ready. Heat 200 ml of water and dissolve the crystals in it. Add 200 ml. Cold water & place it in the fridge to set in a container. Cut it into small pieces. Beat paneer with sugar and milk in a mixer to get a smooth paste. Add a little saffron dissolved in Milk. Bake the paneer till a golden crust is not formed on the top. Fry Sachamoti sago in one tablespoon of Ghee and enough water to boil. Cool it and add milkmaid to it. Place the baked paneer in a round bowl and trim off the excess. Mix all the chopped fruits, nuts, cardamom with the sago and milk mixture and pour it on top of paneer. Decorate with coloured desiccated coconut pieces. Chill for 2 to 3 hours and Serve cool.

Avial - Curried Vegetables - South Indian style

Ingredients

Vegetables - Carrots, Potatoes, Pumpkin, Eggplant.

Coconut - 1 cup

Green chillies - 8

Red chillies - 2

Jeera seeds - 1 teaspoon

Tamarind paste - 1/4 teaspoon

Salt - 1 teaspoon (or to taste)

Coconut oil - 2 teaspoon

Yoghurt - 1/2 cup

Curry leaves - a few

Method

Chop all the vegetables evenly, and cook it with little water.

Add turmeric and salt to this.

Grind coconut, green chillies, red chillies, jeera seeds, and tamarind paste finely in yogurt.

Add the ground masala to the cooked vegetables, and let it cook until the flavour comes out.

Garnish with curry leaves and coconut oil.

ALU POSTO (POTATOES AND POPPY SEEDS)

A dry accompaniment to a meal of rice and curries.

INGREDIENT :

Potatoes - 500 gm.

Nigella seeds - a pinch.

Green chillies - 6 gm.

Sugar - 4 gm.

Poppy seeds - 20 gm. (heaped)

Oil - 30 ml.

Ghee - 25 gm.

Red chilli powder - 5 gm.

Salt to taste.

METHOD:

Heat oil and add nigella seeds. Add diced potatoes and fry lightly for 10 mins. Grind poppy seeds with a little water and add to the potatoes. Cover with lid stirring occasionally and adding 2 tablespoon of water. When water dries and potatoes are done, add green chillies,

sugar, salt and red chilly powder. Top with ghee and allow to cook for one minute. Serve hot with rice. Time taken -- 20 mins. Serves – 4.

Spinach (Saak)

Ingredients:

For a serving size of 4-5

2 packets frozen spinach, thawed

1" cube of ginger, finely diced

3 Shukhno lonka (dry red chilli)

Dash of Hing (Asafoetida)

Potatoes - about 4 medium-large ones

Kasoori Methi (Dried fenugreek leaves)

Mouri/Saunf (Fennel seeds)

Salt to taste

Method:

Cut the potatoes into small pieces, and then either lightly boil them or microwave them for about 8 min. Heat oil, preferably in a wok or kadai. To the hot oil, add ginger, hing, and fennel seeds. Add the spinach, and fry on a high flame. After about 5 min of frying, add salt, the dried chillies, and the potatoes. Mix evenly, and add the kasoori methi - then fry for a few minutes. At this point, you might add a little water if you so desire. Serve hot.

SHUKTO: (bitter subji)

Ingredients:

Cut all the veggies in big chunks

2 potatoes

1 radish

1 raw green banana

1 bitter gourd (kerala)

1 egg plant (medium)

Grind to paste:

4tsp poppy seeds

4tsp jeera seeds

4tsp mustard seeds

1 tsp chestnut flour (or kutu ata)

salt

sugar

little oil

Method:

Heat oil, season with mustard seeds, etc, after it starts spluttering, add the veggies, cook till tender, after its soft add the ground paste, salt, sugar, water. Bring to boil and this bitter dish is ready.

ALURDAM

Ingredients:

500 gms small sized potatoes

1/2 tbl spoon mustard seeds

2 twigs curry leaves

50 gms tamarind

4-5 green chillies

salt according to taste
1 tbl spoon ginger paste
1 tbl spoon sugar
3-4 tbl spoon olive or peanut oil
Boil potatoes and peel them.

Method:

Soak tamarind in a cup of water for 10 mins. and strain the juice.
- Heat oil in pan and fry ginger, mustard, curry leaves till brown.
- Then add the boiled potatoes & fry for a minute or two.
- Then add chillies, sugar & salt & add tamarind juice.
- Stir & serve hot

Karela Bhaja (Fried Bitter Melon)

5-6 bitter melon (karela)

1. Slice the bittermelon (like you would a cucumber) and coat the slices with turmeric powder and salt. Leave to sit for 5 minutes.
2. Meanwhile heat oil for deep frying in a karai or wok. Deep fry the slices; some people prefer thicker slices fried till they are just cooked but still green and soft - while others prefer wafer thin slices fried until they are crunchy and become dark bitter melon chips.
3. Again you may remove the seeds if you like before eating. Serve as a starter. Invokes digestion - Very delicious!

Pudina (Mint) Chutney

Ingredients:

2 bunches mint leaves
2 small mangoes
1½ table spoon sugar
5-6 green chillies
½ tea spoon mustard seeds
salt to taste

Method: Wash mangoes, peel it off and grate it nicely. Wash mint leaves and mix it with grated mango. Mix all ingredients to it and grind without water. If needed, add grated dry coconut for taste.

Misti Doi (sweet yogurt)

1 litre long life (UHT) full cream milk
1 litre long life (UHT) single cream
1 cup natural yogurt
1 can sweetened condensed milk
1 cup sugar

That's it, mix them together (no need to boil and cool the milk) and put the mix in the oven at very low temperature for 6 hours. by trial and error you will find the correct temperature setting for your oven for the perfect DOI ! If it's not setting up the temperature a bit.

Let's break the myth about GAMCHA BANDHA DOI. Any DOI, if it does not set firm, put it on a gamcha like cloth and hang over a sink to drain for 6 hours. There you go, enjoy your Gamcha Bandha Doi - nice and firm.

*** Gamcha is a thin cloth use by men in India to cover their body from their waist downwards.

Pesto (Italiano Sauce)

Equal amounts of (one good bunch):

Fresh Basil leaves

Fresh Mint leaves

Fresh Parsley leaves

200 grams + of Parmesan Grated Cheese

200 grams Almonds

4 table spoons Virgin Olive Oil

1 tsp salt

1 tsp whole black peppercorns

2 tsp sweet basil

2 tsp paprika

1 cup water

squirt lemon juice (half lemon)

Put it all into a blender and blend until thick and creamy

Serve at room temperature with salads

Sabudani Thali-Peet (Tapioca thali-peet)

Ingredients:

2 cups of soaked tapioca (sabudani)

1 cup of Peanut powder

1/4 cup of cooked mashed potatoes

2-3 Green chillies

1 tsp of Jeera seeds

1 tbsp of chopped Dhania

a pinch of hing

salt to taste

Preparation:

Mix the above ingredients in a mixing bowl with 1 tbsp of oil. Make a dough (like Chapati dough) and it will be sticky. Heat the pan (tava) on the stove top. Take the ball size tapioca mix and pat it to a size of a thali on the tava. It shouldn't be thin nor thick. Pat it evenly. Make 4 to 5 holes in the thali-peet and put a drop of oil in each of the hole. After 5-8 min flip it over for a min or so. Then transfer it to a serving dish.

Crispy Baked Potatoes - The Scottish Way

Ingredients:

-potatoes of equal size, preferably organic

-sea salt

-olive oil

-butter, salt and pepper to taste

Method:

-Pre-heat oven 200 degrees. To appreciate the full flavour, choose organic potatoes. Choose equal sized potatoes large enough to bake - you will need potatoes that are large enough to scoop out the centres and refill.

-Clean the potatoes and wipe dry thoroughly using kitchen roll or a clean tea cloth. Pierce the potatoes 3 - 4 stabs.

-Sprinkle sea salt on a tray.

-Rub some olive oil on your hands. Roll potatoes in oil then roll in the salt on the tray.

-Place on a lightly oiled baking tray and bake for approximately 1 hour. Test the potatoes

with a skewer on the half hour (turn if necessary). (As an alternative, you may thread the potatoes onto a skewer and place on the top oven shelf.)

-When ready, cut the potatoes in half, leave for a few seconds to set, then scoop out the soft centre, placing it in a bowl. Add fresh butter, salt & freshly milled black pepper to taste. Mix and pile back into the shells. Serve with fresh coriander and a light salad.

Blue Cheese Dressing

Ingredients:

4 oz. blue cheese

1/2 cup buttermilk

1 cup sour cream

1 tsp. sugar

1 tsp Hing

Salt and pepper to taste

Combine all ingredients and mix well. Chill until ready to serve.

Angoori Petha

A variation of the famous Agra ka Petha that one finds in Vrindavan made of loki squash.

Cooking Time : 30 mins.

Preparation Time : 30 mins.

Serves/Makes : Makes 40 pieces.

Ingredients

2 kgs white pumpkin (ash gourd)

1/4 teaspoon slaked lime (chuna)

3 cups sugar

a few drops yellow food colour

1 cup desiccated coconut

Method

1. Peel and de-seed the pumpkin. Using a melon scoop, scoop out balls from the pumpkin.
2. Prick each pumpkin ball with a fork at close intervals.
3. Rub the slaked lime on the pumpkin balls and keep aside for 5 minutes.
4. Wash the pumpkin balls thoroughly. Drain and keep aside.
5. In a heavy bottomed pan, combine the sugar and yellow food colouring with 2 cups of water and bring to a boil.
6. Skim off any impurities floating on the surface, using a slotted spoon.
7. Add the pumpkin balls and cook on high flame for 10 to 15 minutes. Remove from the fire. Cool completely.
8. Drain form the sugar syrup and roll the petha balls in desiccated coconut.
9. Cool completely.

Handy Tip(s)

1. **VARIATION: ANGOORI PETHA PIECES.** Cut the pumpkin into 25 mm. (1") squares and then follow the above recipe from step.
2. Do not roll in desiccated coconut.
3. **VARIATION: PETHA SLICES**
4. Slice the pumpkin into thin slices (approx. 15 to 20 slices) using a wafer slicer and then follow the above recipe from step 2.
5. Do not roll in desiccated coconut.

Hariyali Tikki aur Chole

This potato and methi tikki is filled with cheese. The cheese just melts once the tikkis are

fried with the result that the tikkis taste best when they are hot. Be careful while filling the tikkis with cheese and make sure that the cheese is completely enclosed in the potato portion. Otherwise, the cheese will ooze out of the tikki while it is being fried.

You can enjoy these tikkis with ketchup and can even make a burger out of it.

Cooking Time : 10 mins.

Preparation Time : 5 mins.

Serves/Makes : Makes 10 tikkis.

Ingredients

1 cup grated boiled potatoes

1 cup chopped fenugreek (methi) leaves

4 green chillies, finely chopped

10 cubes mozzarella cheese [cut into 25 mm. (1") cubes]

salt to taste

oil for shallow frying

Main Procedure

1. Combine the potatoes, fenugreek leaves, green chillies and salt in a bowl. Mix well.

2. Divide into 10 equal portions and shape each portion into a 50 mm. (2") diameter circle.

3. Place one cube of the cheese in the centre of each circle. Bring the sides together in the centre so as to seal the cheese stuffing inside the potato circle.

4. Roll the tikki between the palms of your hands in such a way that there are no cracks on the surface. Press firmly on top to make flat tikkis.

5. Repeat the procedure and make 9 more tikkis.

6. Shallow fry on both sides in hot oil on a griddle (tava) until golden brown in colour.

Handy Tip(s)

1. Two medium sized potatoes will give you 1 cup grated potatoes.

2. Instead of mozzarella, you can use your favourite cooking cheese.

Creamy Herbed Potatoes

Ingredients

12 small new red potatoes

2 tablespoons low-fat sour cream

2 teaspoons hing

1 teaspoon salt

freshly ground black pepper to taste

1 tablespoon chopped fresh dill or parsley

Preparation

Scrub the potatoes and place in a saucepan.

Cover the potatoes with water and bring to a boil.

Reduce the heat to medium and simmer until tender, about 10 to 15 minutes.

Drain the potatoes well.

Place the potatoes in a bowl and add the sour cream.

Stir gently and add the salt and pepper and hing.

Serve warm with a sprinkle of chopped dill or parsley or other fresh herb like rosemary, sage or thyme.

Peach-Sweet Potato Bake

Ingredients:

6 Sweet potatoes

1/2 cup brown sugar

1/3 cup cashew pieces

1/2 tsp. Salt
1/4 tsp. Ground ginger
8 oz canned peach halves
3 Tbs. butter

Cut sweet potatoes in half, steam, and peel. Put these in a greased baking dish with peaches. Mix other ingredients together and sprinkle over top. Cover with foil. Bake for 30 minutes at 350 degrees. Uncover and bake for 10 more minutes.

Aubergine (Brinjal) Fold and Feta Rolls

Serves 4

Preparation Time 30 mins to 1 hour

Cooking Time Less than 10 mins

Ingredients

1 large aubergine, about 500g/1¼lb
120ml/4floz extra virgin olive oil
2 tsps Hing powder
finely grated zest of 1 lemon
1 small tomato
275g/10oz Greek feta cheese
8 large fresh basil leaves
8 sundried tomatoes in olive oil, drained and finely sliced
salt
Freshly ground black pepper
8 fine metal trussing skewers or cocktail sticks soaked in cold water for 30 minutes.

Instructions

Trim off the stalk end of the aubergine and then cut lengthways into 8 x 5 mm/¼in thick slices discarding the ends.

Arrange the slices in a single layer on a large baking tray, sprinkle lightly with some fine salt and set aside for 30 minutes to 1 hour - this will make them easier to roll later on as well as draw out some of the water.

Rinse the aubergines in cold water and then pat them really dry with kitchen paper.

Mix the olive oil with the Hing, lemon zest and some seasoning. Brush over both sides of each aubergine slice then season with plenty of pepper. Place on the barbecue over medium-hot coals and barbecue for 2-3 minutes on each side until lightly charred.

Set aside and leave to cool a little. Cut the tomato into 4 thick slices, discarding the ends and then cut each slice in half again to make 8 slices.

Cut the feta cheese into 8 slices. Place the aubergine slices onto the work surface and place a piece of tomato in the middle of each slice. Arrange a slice of feta on top, then roughly tear the basil and scatter on top. Sprinkle over the sun dried tomatoes and season with plenty of freshly ground black pepper. Flip over both ends to enclose the filling and secure with a cocktail stick.

Brush the outside of the rolls with the rest of the Hing and lemon oil and barbecue over medium-hot coals for 1-2 minutes on each side or until they are heated through and slightly golden.

Serve at once.

NEW POTATOES WITH PARSLEY AND ALMOND PESTO

Serves: 6

While some savour the powerful flavour of the classic basil and walnut or pine-nut pesto, others find it overpowering. We like to think of this pesto as a mellower alternative.

24 small new potatoes, scrubbed
1 cup firmly packed fresh parsley leaves
1/4 cup toasted almonds
1 tsp hing
2 tablespoons extra-virgin olive oil
Juice of 1/2 lemon
Salt and freshly ground pepper to taste

Cook or microwave the new potatoes until tender but firm. Let cool to room temperature, then cut in half.

Place the remaining ingredients in the container of a food processor.

Process until ground to a coarse, paste-like texture, adding 1 to 2 tablespoons of water to loosen the mixture. Toss at once with the potatoes. Serve warm or at room temperature.

Red Chile-Citrus Zest Pesto

This is a decidedly US South-western pesto! Try whisking about 2 tablespoons into a cup or so of plain vinaigrette for a flavourful and spicy salad dressing. We also like to brush it on curd stakes before they go on the grill.

Ingredients

6 dried ancho chillies
2 tablespoons grated lime zest
2 tablespoons grated lemon zest
3 tablespoons grated orange zest
2 tablespoons chopped fresh cilantro (coriander) leaves
2 tsp hing
1/4 cup toasted pumpkin seeds
1 tablespoon sugar
1/4 cup grated queso fresco or crumbled feta cheese
1/2 cup olive oil
Salt to taste

Preheat the oven to 232 degrees. Place the ancho chillies on a cookie sheet and toast in the oven for 3 or 4 minutes, or until fragrant. Transfer the anchos to a mixing bowl, cover with warm water, and weight down with a plate or pan so the anchos remain submerged. Let soak for 10 to 15 minutes, or until just pliable. Drain the anchos; stem and seed them under running water (this reduces the HEAT). Transfer to a food processor and add the citrus zests, cilantro, hing, pumpkin seeds, sugar, and cheese. Process until smooth, then drizzle in the olive oil with the motor running. Season with salt to taste. Keeps, refrigerated, for up to 1 week or frozen for up to 2 months.

Makes 1 cup

Scrambled Curd - Great Vegetarian Dishes by Kurma dasa

This is the vegetarian counterpart to scrambled eggs. Fresh curd cheese (panir) is scrambled with sour cream and sprinkled with black salt (which has a distinct sulphur-like flavour), spices, and fresh herbs to produce a stunning result. Serve at breakfast with hot gradually add the lemon juice and toast or Puffed Fried Breads (Pooris), and Tomato Chutney.

PREPARATION AND COOKING TIME: 40 - 50 minutes

YIELD: enough for 4 - 6 persons

Ingredients:

6 litres (10 1/2 pints) full-cream milk
7 tablespoons (140 ml) lemon juice
2 tablespoons (40 ml) ghee or butter

1/2 teaspoon (2 ml) yellow Asafoetida powder (in some places this also has wheat or rice flour in - get the resin and grate it to a fine powder if you can purchase it)

1/2 teaspoon (1 ml) turmeric

1/2 teaspoon (2 ml) sweet paprika

1 teaspoon (5 ml) salt

1/4 teaspoon (1 ml) coarsely ground black pepper

3/4 cup (185 ml) cream or sour cream

2 tablespoons (40 ml) coarsely chopped fresh coriander leaves

1 teaspoon (5 ml) Indian black salt (kale namak), finely ground

1. Boil the milk in a heavy-based 8 - 10 litre saucepan, stirring constantly. When the foam rises, gradually add the lemon juice and reduce the heat to low. Stir very slowly until the solid curd cheese separates from the yellowish whey. (If separation does not occur after 1 minute, add a little more lemon juice.

2. Pour the curds and whey into a colander lined with a triple-thickness of cheesecloth. Press under a heavy weight for 10 to 15 minutes.

3. Unwrap the curd cheese and break it into 2 1/2 cm chunks.

4. Heat the ghee or butter in a large pan or wok over moderate heat. Saute the asafoetida and turmeric in the hot ghee. Add the pieces of curd cheese and stir gently until the turmeric-coloured ghee is well distributed. Increase the heat and add the paprika, salt, and pepper. When the curd cheese is well mixed, remove from the heat.

5. Add the cream or sour cream and the black salt, stirring carefully. Add the fresh herbs, mix well, and serve hot.

Ekadashi Egg Substitute – Recipe

More Cooking Tips Solutions by Annie Berthold-Bond, www.Care2.com Producer, Green Living Channels. "This egg substitute really works! I've used it for baking very successfully, although note that it doesn't leaven like eggs for souffles or sponge cakes." We've adapted this recipe from a great book called The Allergy Self-Help Cookbook by Marjorie Hurt Jones, R.N.

Simple Solution: Here is the recipe for substituting 1 egg:

INGREDIENTS

1/3 cup water

1 tablespoon whole flaxseed (available in most health food stores)

Place the water and flaxseed in a pan, and bring to a boil. Lower the heat and simmer, watching closely as the mixture thickens to a gel (about 5 minutes). Remove the pan from the heat before the mixture gets too thick and gummy. The flax seeds don't need to be removed from the gel.

Bubble and Squeak

Ingredients

1 large potato, peeled and chopped

100g/3 1/2oz cabbage, thinly sliced

a knob of butter

salt and pepper

freshly grated nutmeg

25g old used ghee dripping (full of flavour), for frying

Method

1. Boil the potatoes until tender, drain and allow to get quite cold.

2. Steam the cabbage until tender and plunge in cold water.

3. Finely chop and crush the potatoes.

4. Drain the cabbage well and mix in the potatoes.
 5. Season with grated nutmeg and salt and pepper.
 6. Take tablespoons of the mixture and shape into round cakes.
 7. Fry them in hot old ghee dripping to a good crisp golden brown on both sides.
- Serve piping hot.

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