

# Lotus Health Services

The Pranic Recipes And Long  
Forgotten Cooking Techniques Of  
Shaka Vansya Ayurveda  
Part 2/3

# Basic Recipes

To Get You Started

# Prebiotic Ghee

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Prebiotic Ghee is the best oil for the body. Ghee means butter that has been slowly heated and filtered to remove protein and other solutes.

Prebiotic Ghee is made from Yogurt Cream that is full of friendly bacteria called Probiotics.

You may order Prebiotic Ghee from Prabha .

Email: [ayurveda08@yahoo.com](mailto:ayurveda08@yahoo.com)

Phone: 301-951-9000

# Yogurt – Essential Daily Food

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- Yogurt is excellent to take at lunch but not in the morning or evening. The reason for this is that yogurt is heavy and the digestion is not able to efficiently burn the yogurt at those times. The fresher the yogurt the better.
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- Yogurt is the BEST probiotic. You must have a probiotic in your diet everyday. If you can't make fresh yogurt daily, then you may use our prescribed capsule to take. Some people do both using the capsule on days they don't have time to make yogurt. Know that yogurt is better than the pill.
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- Store bought yogurt does NOT have sufficient probiotic for therapeutic purposes and will not be enough to correct your gut.
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- Note: to improved the potency of the probiotic, please boil the milk with 1 stick of cinnamon. Leave the cinnamon in until the yogurt is made, then remove.
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- [Yogurt recipe](#)
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# Ayurvedic Buttermilk

## Why Buttermilk:

Very good for assimilation and provides an excellent source of crucial digestive microbes.

### Ingredients for 1 serving:

- \* 1/4 cup fresh cold yogurt (make yourself whenever possible)
- \* 3/4 cup purified cold water (cold is important)
- \* 1/4 tsp cumin powder
- \* 1/4 tsp coriander leaf (also called cilantro)
- \* 1 pinch of soma salt
- Directions:
  - Mix yogurt by itself on low for 3-5 minutes minimum. Then add cold water to yogurt. Mix again on low for 3-5 minutes. Collect and discard the fatty foam on top. Repeat mixing and remove further fatty foam if yogurt still seems thick or solid white (should appear watery but cloudy in color when finished). Add the 3 spices and stir by hand briefly just enough to mix the spices evenly. Serve at room temperature.

# Breakfast

Don't Skip This Meal

# Stewed Apple or Pear

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- ✓ 3 Whole Organic Cloves
  - ✓ Chopped Apple or Pear
  - ✓  $\frac{1}{4}$  to  $\frac{1}{2}$  cup of water
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- Boil water with clove. Add fruit and boil on high until all water is cooked out. Let the fruit just begin to toast in the pan to release a sweet syrup.
  - Very light breakfast which can even be enjoyed before Meditation or Yoga without feeling heavy.

# Oatmeal

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Using a saucepan, sauté in ghee:

- ✓ 3-4 crushed cardamom pods
- ✓ 2 pinches of saffron
- ✓ 1 clove
- ✓ 1 tiny stick of cinnamon
- Add 1 cup of oatmeal and toast with spices
- Add 2-3 cups of milk.
- Stir then boil on medium heat until cooked.



# Need More Protein At Breakfast?

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## 1. Using the Oatmeal Recipe:

- Start with a little more boiled water
- ✓ Add  $\frac{1}{4}$  cup of quinoa
- Then follow standard recipe

## 2. Using the Oatmeal Recipe:

- Sautee 6-8 small cubes of paneer in the ghee until slightly browned.
- Or instead of paneer add a handful of quinoa and sauté in ghee.
- Toast other spices and oatmeal and continue recipe.

# Lunch

The Main Meal Of The Day

# Main Meal Of The Day??

Are You Kidding.. I Hardly Have  
Time To Stop And Eat.. Much Less  
Cook!

# Don't Worry

Watch The Presentation, Learn  
The Points, Then We'll Tell You  
How To Do It With No Stress.

# Main Points

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## Lunch Should Include:

1. Protein
2. Vegetable
3. Grains
4. Chutney – optional, but gives variety and aids digestive fires.
5. Drink – water or lassi
6. Bread (optional) - chapati
7. Dessert - optional , but a nice touch don't you think?

These foods are discussed in the cooking class video, but lets go through the basics point by point.

# 1. Protein

# Basic Points

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- ❑ For Vegetarians: Paneer (Indian Cheese) is an excellent source of intelligent protein.
- ❑ Also combining grains and legumes such as rice and lentils (dahl) is a complete protein.
- ❑ Remember Quinoa is a complete, light & easy to digest protein.
- ❑ For Non Vegetarians: Chicken or Fish cooked with your spice mix.

# How To Make Paneer

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1. **1 Gal of Milk**
  2. **3 juiced Limes**
  3. **Bring the milk to a boil.**
  4. **Immediately stir in lime juice.**
  5. **When curd separates from the whey, strain in a cheesecloth.**
  6. **In the cheesecloth, put on a plate with a weight on top. Squeeze several times to drain off excess water.**
  7. **Put in the freezer for 5 minutes . Then cut.**
- ☐ **If you choose to buy Paneer, you may get Nanak Paneer at Indian Grocery Stores.**



# How To Cook Paneer

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1. Chop paneer into little cubes.
2. Fry the paneer in melted ghee or olive oil.
3. Add some salt and some of your spice mix.
4. Fry until golden brown.
5. This can be eaten alone, or added to a vegetable or rice dish.

# Paneer & Spinach

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- 1 cup of Paneer cubed
  - 1 cup of spinach blended
  - some salt to taste
  - Your own spice mix or:
    - Tsp of turmeric
    - 1/2 tsp of fenugreek powder
    - 1 tsp of coriander powder
    - 1/2 tsp of Damayanti Devi's Masala
  - Water
  - 2 tbsp olive oil
- Warm the olive oil and sauté all the spices for 30 seconds. Add the cubed paneer and coat thoroughly in the oil and spice mixture. Blend the spinach and add to the paneer. Add some warm water. Lower and simmer for 8 minutes. Add some some salt to taste. Enjoy.

# 2. Vegetables

# An Easy Vegetable Cooking Technique

1. Wash and cut the vegetable.
2. Put some olive oil or ghee in a pan and heat till oil pulls away to the sides of the pan. Note: with olive oil better to put some water, heat, then add oil to the hot water. Olive oil has a low boiling point and breaks down in high heat.
3. Add whole items first: whole spices, curry leaves, ginger etc. Fry for a few seconds until you can smell them.
4. Add spice mix and fry for a few seconds until you smell the aroma of the spice.
5. Add vegetable. Stir and fold in spice and oil.
6. Put on lid and heat for a few minutes, stirring occasionally, until all the vegetables are hot.
7. Turn heat down to medium. Replace lid and let vegetable cook slowly and steam.
8. When vegetable is 80% cooked, add any cilantro if you like.
9. Turn heat on high and cover with lid. Let vegetable heat up to high temperature (about 3 minutes).
10. Turn off heat and let the vegetable rest for about 10-15 minutes. DO NOT REMOVE LID until you are ready to eat.

# Practice This Technique

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- It works well with almost any vegetable and creates a delicious dish while maintaining the Prana of the food.
- Prana is maintained by cooking slowly and infusing the vegetable slowly with water, oil and spices.
- Hard, fast frying of the food kills the Prana.

# Cabbage & Methi Leaf (Fenugreek)

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Effect : Cooling & Cleansing

- **2 cup cleaned & chopped white cabbage**
- **1/2 cup fresh cleaned fenugreek leaves**
- **1 tbsp olive oil**
- **1/2 tsp Panch Foran**
- **soma salt to taste**
- **Your own spice mix or:**
- **1/4 tsp turmeric powder**
- **1/4 tsp cumin powder**
- **1 tsp of coriander powder**
- **4 fresh curry leaves**
  
- Warm the olive oil in the pot on medium heat. Add panch foran and then either your spice mix or the other spices mentioned above. Note: to make things easier you can already have mixed them in a small bowl beforehand. Give a few seconds so the heat brings out the potency of the spices. Be careful not to burn them as they heat up very quickly. Add the curry leaves. Then add the cabbage. Mix in the fenugreek leaves. Some soma salt to taste. Coat the cabbage with the oil and the spices well. Add some water to keep from burning. Lower the heat, cover the pot, and cook for 10-12 minutes.

# Karela (Bitter Melon)

- Effect: Improves Sugar Metabolism
- **2 cups clean chopped Karela (cut lengthwise into fourths, the chopped into very small pieces)**
- **1-2 tbsp Olive Oil**
- **1/2 tsp fenugreek powder**
- **2 tsp coriander powder**
- **4 fresh curry leaves**
- **1/2 tsp "dry mango powder" (amchoor)**
- **1/2 tsp turmeric**
- **soma salt to taste**
- **optional: may add some raw brown sugar to taste before serving**
- Warm the oil. Add all the spices and the curry leaves. Add the karela. Blend the karela with the spices and stir fry. Add amchoor after sautéing for 4-5 minutes. Add some water if necessary to avoid burning. cover and cook on medium to low heat for 10 minutes. You may sprinkle 1 tbsp of sucanat and half a cup of hot water at the end to attenuate the bitterness.

# Lauki & Green Papaya

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- Effect: Prodigestive
- **1 cup of chopped/peeled Green Papaya**
- **2 cups of chopped/peeled Lauki Squash**
- **teaspoon of Panch Foran**
- **1-2 tbsp of olive oil**
- **1/2 tsp of fresh grated ginger (optional)**
- **4 curry leaves**                      **Your Own Spice Mix To Taste or:**
- **1/2 tsp cumin**
- **1 tsp coriander**
- **soma salt to taste**
- Warm the oil. Add the panch foran. Add the ginger and all the spices. Stir fry the papaya in all the spices coating them well. Then add the chopped peeled lauki. Add the soma salt. Cover and cook on low heat for 10-12 minutes.



# Lauki & White Daycon Radish

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- Effect: Cooling for Liver
- **2 cups peeled chopped lauki**
- **1 cup white Daycon radish peeled/chopped**
- **1 tbsp olive oil**
- **1 tsp Panch Foran**
- **1 tsp of your spice mix or:**
- **1/4 tsp of turmeric**
- **1/4 tsp of cumin powder**
- **1 tsp of coriander powder**
- **4 curry leaves**                      **soma salt to taste**
- Warm the olive oil and add all the spices. Add the Daycon radish and stir fry for 3 minutes. Add the lauki. add some warm water. Cover and cook for 10-12 minutes.

# Spinach Methi (Fenugreek)

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- Effect: intestinal cleansing
- **2 cups of chopped spinach leaves**
- **1 cup of chopped fenugreek leaves**
- **soma salt to taste**
- **Your Spice Mix or:**
- **1/4 tsp turmeric**
- **1/4 tsp cumin powder**
- **1 tsp of coriander powder**
- **4 curry leaves**
- Warm the oil. Add all the spices. Then stir-fry the methi leaves. Add the spinach. Add some warm water. Cover and cook slowly for 8-10 minutes.

# Putting It All Together

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- If you really are serious about cooking your own food, you must look at:
- **30 Minute Lunch and Breakfast Cooking For The Serious Patient**
- This will teach you how to make your own breakfast and lunch to take to work **AND** clean your dishes in 30 minutes.

# 30 Minute Lunch and Breakfast

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- ◉ The trick to doing this in 30 minutes in the morning is to properly prep the night before. With a little thought and preparation, you can have a wonderful breakfast and a perfect Ayurvedic lunch in 30 minutes or less (including clean up and even guys can do it!)
- ◉ [Recipe](#)

You can see all of our Recipes

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