

# Lotus Health Services

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

# 3. Grains

# Easy Recipe for Grains

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1. Wash Grain
2. Add moderate amount of water (2-3 times the amount of grain)
3. Add 2 clove, 1 cardamom pod, 1 tiny stick of cinnamon and 1 bay leave
4. Boil until grain is cooked
5. Pour through strainer.
6. Enjoy

# Masoor Dhal Kitcheri (Red Lentils)

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- **Grains & Lentils**
- **1 1/2 Cup Basmati Rice**
- **1/2 cup masoor dal**
- **2 whole clove**
- **1/2 inch cinnamon stick**
- **2 green cardamom pods**
- **1 tsp of turmeric**
- **3 bay leaves**
- **3 curry leaves**
- **soma salt to taste**
- **2 cups water**
  
- Wash the basmati rice and the masoor dal thoroughly under running water. Put in the pot. Add the water. Add all the spices and bring to a boil on high heat. Then cover and lower the heat to a minimum and cook slowly for 10-12 minutes. After the Kitcheri is ready, sauté 1 tsp of panch foran in one tablespoon of olive oil. Add a few chopped fresh cilantro leaves. Add onto the kitcheri. Cover again and let it sit for a few minutes before serving.

# Kitcheri With Vegetables

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## Use the **Kitcheri Recipe**

- **Add: Panch Foran**

- **Vegetable**

- Use typical kitcheri recipe. Add the vegetables of your choice. stir fry the vegetables with panch foran and olive oil before mixing into the kitcheri.

# Moong Dal

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- **1 cup Yellow Moong Dal**
  - **2 cups water**
  - **1/2 tsp turmeric**
  - **1/2 tsp cumin seed**
  - **1 tsp of ghee**
  - **Cilantro leaf**
  - **soma salt to taste**
- Rinse the moong dhal. Add moong dhal to two cups of water. Add the turmeric and the soma salt. Cook with a closed pot for 10-12 minutes. Sauté cumin, and the chopped cilantro leaves in one tsp of ghee. Add to the dhal. Cover and let rest for a few minutes before serving.

# Quinoa

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- **1 cup of quinoa**
  - **1 tsp of ghee**
  - **2 pinches of soma salt**
  - **Water**
- Add the quinoa to one and a half cups water. Add the ghee and the salt. Bring to a boil on high heat. Then cover. Lower the heat to a minimum and cook for 8-10 minutes.

# Basmati Rice

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- ◉ **1 cup White Basmati Rice**
- ◉ **2-3 fresh curry leaves**
- ◉ Wash the rice under running water thoroughly. Add 1 and a half cups water to one cup rice. Add a couple of curry leaves. Bring to a boil in an uncovered pot. Then lower the heat to a minimum. Cover the pot. Cook for 7-9 minutes.



## 4. Chutney

Side dishes that give extra flavor to the food and provide aid to the digestions.

# Cilantro Leaf Chutney

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Effect: Detoxes Heavy Metals

- **2 Cups Cilantro Leaf chopped**
- **1/2 Lime juiced**
- **1/2 teaspoon soma salt**
- **1 teaspoon Walnut Oil**
- **2 tbsp of water**
- **2 thin slices of ginger**
  
- Blend cilantro leaf with some water. Then add other ingredients. Have 1 tbsp twice a day with main meals. Try to make fresh everyday. Keep watch on your bowel movement.

# Pomegranate Chutney

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Effect: Balances Digestive Fire

- **2 tbsp of Pomegranate Seed Powder**
- **1/4 tsp of black cardamom seeds**
- **1/8 tsp of green cardamom seeds**
- **1/2 tsp of soma salt**
- **10 pieces of black peppercorns**
- **1/2 juiced lime**
- **4 tbsp of sucanat**
  
- Make a powder of both cardamoms and black pepper. Add soma salt then add pomegranate seed powder. Put lime juice on the mixture and mix it. Mix in sugar. Leave out till dry. Pack in airtight container. Sprinkle on your food 1 -2 teaspoon with lunch and dinner.

# White Daycon Radish Chutney

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Effect: Support & detox through urine

- **2 cups of chopped white daycon radish**
- **1/2 teaspoon of soma salt**
- **1/2 fresh lime juiced**
- **1 teaspoon of olive oil**
- **1/8 tsp Kalonji / Nigella**
- **1/4 cup of water**
  
- First chop daycon radish and add soma salt and lime juice. Next blend daycon radish with water. Then sauté kalonji with olive oil. Next mix together all ingredients. Eat with main meals, 1 - 2 tbsp.

# Cashew Chutney

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**This is a delightful Chutney that is perfect for Kapha season. Enjoy!**

- 1/2 cup of raw cashews
- 1 tbspn of Lime Juice
- 2 Green Chilies
- 1/2 tsp of Damayanti Devi's Masala
- Soma salt to taste
- In blender puree cashews. Add other ingredients and blend with a little water to make a smooth paste.

# Tamarind Chutney

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- Sweet Tamarind - 1 whole. Skin it. Put in hot water and soak for about 15 min or until the water is nicely brown.
- Next, put all the contents in a blender and blend on slow setting. The tamarind seed will bounce around and not blend.
- Next pour the juice through a strainer to strain out the seeds and pulp. To the juice add:
  1. Some lime juice
  2. Few pinches of Soma Salt
  3. Shredded slice of ginger
  4. A little olive oil and cilantro.
- Eat the above like a pickle before the meal

# 5. Drinks

# Basic Points

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- ◉ Room temperature water sipped with the meal aids digestion.
- ◉ Digestive Lassi improves digestive fires while eating.
- ◉ Sweet lassi is more filling. It is good as a snack between meals.
- ◉ Chai is tea that is not taken with meals.



# Digestive lassi

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Effect: Pro-biotic support

- **1/2 cup fresh organic yogurt**
  - **1 and 1/2 cups cool water**
  - **1/4 tsp toasted cumin seeds**
  - **1 tbsp fresh cilantro leaves**
  - **Soma Salt to taste**
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- Blend the yogurt, the water and the spices all together. add some salt. enjoy.

# Sweet lassi

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## **pro-biotic support**

- **1/2 cup fresh organic yogurt**
  - **1 and 1/2 cup cool water**
  - **1 tsp pure edible rose water**
  - **one pinch of saffron**
  - **2 pods of green cardamom**
  - **Sugar to taste**
- Blend the yogurt in the water. Stir in the spices and the rose water.

# Chai With Turmeric

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- Effect :Antioxidant & Relaxing Tea
- **1 teabag of English Breakfast Tea**
- **1 teabag of Tetley Tea**
- **1 pinch of turmeric (good if you have a cold, otherwise you may omit)**
- **2 Green Cardamom Pods**
- **½ stick of cinnamon**
- **1 pinch of nutmeg powder**
- **2 pinches of saffron**
- **1/4 cup of whole organic milk**
- **1 1/2 cup of water**
- **2 whole cloves**
- **Sugar to taste**
- **Boil spices in water for 5 minutes. Then add teabag. Boil for 3 more minutes. Then add milk and bring to a boil.**

# 6. Bread

# Chapati – Indian Flat Bread

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- **2 cups of Atta Whole Wheat flour (Golden Temple Brand at Indian Store)**
- **Some water**
- **Soma Salt to taste**
  
- **Put Atta in a round bowl. Add some salt. Add some water and start mixing with a fork until pasty, add some more water if needed. Start kneading with hand once you have a dough consistency. Keep kneading for a few minutes until the dough is stretchy but not too tight. Then take small pieces, make into round balls and spread out with a rolling pin, cook on a tawa (Indian bread pan) or any flat surface on low to medium heat. When the dough starts making bubbles, flip onto the other side and cook for a few more seconds.**

# 7. Dessert

# Dr. Doug's Rice Pudding

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- 2 tsps of ghee
  - 4 crushed cardamom pods
  - 1 tiny stick of cinnamon
  - 1 pinch of saffron
  - 1 bay leave
  - ¼ cup of basmati rice
  - 2 cups of whole organic milk
  - Sugar to taste
- Sautee the ghee, cardamom, cinnamon, saffron in a frying pan. Add rice and toast. Add milk and bay leave. Bring to low boil. Transfer whole mixture to a preheated crock pot. Let cook for 2 hours or until rice is tender and mixture is still “milky”. Add sugar to taste and enjoy.

# Dinner

Wow, Haven't I Cooked Enough?



# Yes You Have!

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- ⦿ Dinner should be light.
- ⦿ Leftovers from lunch not more than 4 hours old are acceptable.
- ⦿ Avoid heavy yogurt, cheese or meat at night.
- ⦿ Try to have dinner no later than 7pm.

# Crock Pot Cooking

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- ◉ Crock pots are slow cooking pots that can be used to make your lunch the night before.
- ◉ Experiment with different recipes and combinations.
- ◉ Here is one example...

# Crock Pot Kitcheri – 1 serving

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Night before cook in crock pot.

- 1/4 cup of mung dal
- 3/4 cups of rice
- 1/2 cup of chopped broccoli or cauliflower.
- 2 cups of water
- 1 tsp of soma salt

Next Morning

- Sautee some ghee, your spice mix and protein (paneer, fish or chicken)
- Stir into the kitcheri.
- Put in food thermos and take to work.
  
- This is a complete meal. Vary the recipe by changing veggies. Can sauté veggie in the morning instead of adding at night. Can use Quinoa instead of rice.

# Panasonic Versatile Rice Cooker

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- Another great way to cook your food on the road or at work.
- This cooker has 3 compartments you can cook in.
- Just put in your grain, vegetable and protein.
- Cook with the lid on – hardly any aroma escapes.
- When cooked, add some ghee or olive oil and some of your toasted spice mix or DD's Masala.
- On the road, you can buy an AC inverter from Radio Shack and use this to cook in the car.

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