



# WARMTH

AN AYURVEDIC COOKBOOK

GLUTEN-FREE, DAIRY-FREE  
& VEGAN FRIENDLY

FOOD THAT NOURISHES A KIND MIND,  
WARM HEART & HAPPY BELLY

THE MUDITA INSTITUTE  
BYRON BAY, AUSTRALIA

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*"Health is about moving towards a  
purer & purer happiness.  
Kindness & patience are our first steps.  
Slow down, be kind to yourself & others...  
& you will find the next step."*



# Breakfast



*" Breakfast should not be rushed or eaten on the way out the door, coffee & car keys in hand. This causes the nervous system to become agitated & disrupts digestion, setting up a pattern of rushed & potentially poor choices for the day ahead..."*

# Breaking The Fast...

*By Kester Marshall*

Breakfast is a very special time and yes, in many ways, it is the most important meal of the day. It is our best opportunity to begin on a positive note and in so doing, set the tone for the day ahead.

At this time the body's anabolic processes are at their peak and the tissues are open and ready to receive nourishment. It is, however, as the word itself states, a time when we are 'breaking a fast'. As with any fast the intention is to give the body, particularly the digestive system, a break from processing the things we continually put into it. So, after a night of restful sleep with an empty stomach the end result is hopefully a system that feels light and strong and a hunger that is keen and sharp. This is the feeling that we need in order to enjoy a good breakfast. If for some reason we feel dull or heavy (maybe a large, rich or late meal the evening before), it is wise to continue fasting or eat only very light food until lunch.

Generally speaking whatever we choose to eat should help us to feel more settled in our body; should ideally imbue us with a deep sense of nourishment and abundance, whilst not being so heavy or large that it creates feelings of sluggishness or heaviness.

Breakfast is best eaten between seven and eight (depending on the time of year), and after the morning ablutions - including toilet, teeth cleaning, tongue scraping and a shower. This allows for steady digestion and senses that are ready to receive, with full appreciation, whatever we prepare.

Perhaps the most important thing to remember, however, is that breakfast should not be rushed or eaten on the way out the door, coffee and car keys in hand. This causes the nervous system to become agitated and disrupts digestion, setting up a pattern of rushed and potentially poor choices for the day ahead. Taking all morning to eat breakfast is not really ideal either, but it is essential to take time to enjoy and be mindful of whatever we choose to begin our day with.

NOTE: Do not serve fresh fruit (e.g. bananas) with your porridges or pancakes. Fresh fruit should be eaten on its own, between meals or it will remain in the stomach for too long and ferment, causing undigested food toxins (Ama).

# Vanilla Polenta Porridge

## Ingredients:

- ~ 2 tsp ghee or coconut oil
- ~ 1/4 cup fine polenta
- ~ 1/2 cup unhomogenised cow milk or almond milk
- ~ 1/2 cup boiling water
- ~ 8 strands of saffron
- ~ 8 drops of vanilla essence
- ~ a pinch of ground cardamom
- ~ 1/4 cup flaked almonds
- ~ 4 tsp unrefined sugar or jaggery

## Method:

This porridge reminds us of warm crème caramel. It is comfort food at its best... great for breaky but also makes a delicious dessert!

Soak the saffron strands in 1/4 cup of cold milk.

Add all of the milk, water and ghee to the pot, followed by the polenta. Turn on the heat and stir with a whisk until the mixture comes to the boil. Turn down the heat, add a lid and cook the polenta for at least 20 mins.

Check the pot and stir occasionally, adding a little extra boiling water if required (every polenta will take up water in a different way). While the polenta is cooking, lightly toast the flaked almonds in a small fry pan.

When the polenta is cooked, turn off the heat and add the vanilla essence, cardamom and saffron milk. Stir and let sit for a couple of minutes for the flavours to infuse. Serve warm with the toasted almond flakes on top and a drizzle of maple syrup.

NOTE: If the polenta you've bought doesn't look very fine, you can whizz it in your spice grinder to make it smoother.

Serves 2: GF, Vegan Option

# Raggi Porridge

## Ingredients:

- ~ 3-4 *tbsp ghee or coconut oil*
- ~ *¼ cup raggi flour*
- ~ *½ cup unhomogenised cow milk or almond milk*
- ~ *½ cup boiling water*
- ~ *4 tsp rapadura sugar*
- ~ *a pinch of ground cardamom & ground cinnamon*

## Method:

Melt the ghee in a medium sized pot over low-moderate heat then add the raggi flour. You need enough ghee for the flour to be slightly moist, not dry. It's a dry grain so needs extra ghee to balance its dry qualities. Toast in the ghee for 2-3 mins until the grain turns a deep chocolate colour.

Remove the pot from the flame and add all of the milk then all of the boiling water, being careful of any steam that is created. Return the pot to the flame and gently bring to a simmer stirring continuously and vigorously with a whisk to avoid lumps.

As the milk warms up, the raggi will thicken suddenly. If it gets too thick, add some more boiling water until the porridge is a thick soupy consistency. Keep simmering for several minutes then add the sugar/jaggery and spices and stir through. Remove from the flame and place a lid on the pot to rest for a few minutes. Serve warm.

OPTIONAL: To make this a heartier porridge you can add a small handful of raw cashews or you can toast some cashews on a dry frypan and sprinkle them on top.

NOTE: Raggi is a type of red millet. It is very astringent which is why it likes lots of oil. It is very high in iron, is good for all constitutions (especially Kapha), is gluten free and tastes suspiciously like chocolate! You can purchase it from most Indian grocers. This is a great porridge for the kids!

Serves 2: GF, Vegan Option

# Lunch



*"If we take the time to stop around midday  
& eat a decent meal we are rewarded with  
energy levels that are stable throughout  
the afternoon & are less liable to suffer  
from sugar cravings resulting from  
afternoon swings in blood sugar."*

# The Midday Feast...

*By Kester Marshall*

Ideally lunch should be the main meal of the day. It is the time when the midday sun is at its peak and therefore its companion, our digestive fire, is at its strongest. The body's metabolism is therefore at its most vibrant and if we allow just a little time and are careful not to over eat then our body can process food quickly and turn it into nourishment for the tissues and fuel for the mind.

As we are usually busy in the middle of the day and at our most intense level of activity, the temptation might be to push through and simply gloss over lunch. It's all too easy to eat something at our desk or on the run, ignoring the chance to rest briefly in a quiet, peaceful place and refuel our bodies for the afternoon shift.

If we take the time to stop around midday and eat a decent meal, we are rewarded with energy levels that are stable throughout the afternoon and are less liable to suffer from sugar cravings resulting from afternoon swings in blood sugar.

We also tend to react better to stress, feel less rushed and our state of mind remains unhurried, more relaxed and more conducive to calm, productive thought.

Of course, you may also choose to prepare any of the following lunch recipes for the evening meal. If this is the case, you may just choose to eat a little less of each.

NOTE: Please note that if you would like to avoid eating onion or garlic you can substitute these with asafoetida powder (also known as hing) in all of the recipes.



# Maharaj Kicharee

## Ingredients:

- ~ 1 tsp ghee or oil
- ~ 1/2 tsp turmeric
- ~ 6 curry leaves
- ~ 1/4 tsp asafoetida/hing
- ~ 1/2 tsp mustard seeds
- ~ 1 tsp cumin seeds
- ~ 1 tsp agni spice mix (pg 117)
- ~ 1/2 - 1 tsp salt
- ~ 1 brown onion, finely chopped
- ~ 1 small tomato, diced
- ~ 1/2 cup basmati rice
- ~ 1/2 cup split mung daal
- ~ a handful of fresh coriander, finely chopped
- ~ 1 tsp jaggery/rapadura
- ~ 4-5 cups boiling water
- ~ lemon juice

## Method:

This version of kicharee is a little bit fancy and totally delicious! Rinse the rice and daal in the saucepan 3-4 times until the water runs clear. Add 4-5 cups of water from a recently boiled kettle. Bring to the boil and simmer until the daal has broken down and the rice is completely cooked (adding more water if required).

In a second smaller pot, heat the ghee over low heat then add the mustard seeds. When the seeds are popping, add the onion and sauté until soft and golden. Now add the tomato, curry leaves, hing, cumin, agni spice mix and the turmeric. Cook on a low heat for 5 mins then add the mixture (called a “chonk”) to the pot of mung daal and rice. Add a little boiling water to the onion/spice pot and swish it around to mop up the remaining spices and turmeric and add this to the kicharee pot.

Now add the salt and sugar and cook the kicharee for a further 5 mins so the flavour of the spices are infused into the daal and rice. When cooked, add the coriander and serve warm with a pinch of salt, a teaspoon or two of ghee, a squeeze of lemon and some chilli-free chutney. It is also great with some lightly steamed greens on the side.

Serves 2-3: GF, Vegan Option

# Chickpea Curry

## Ingredients:

- ~ 4 tbsps ghee or oil
- ~ 2 brown onions, finely chopped
- ~ 2 inches fresh ginger, very finely chopped
- ~ 3 garlic cloves, crushed
- ~ 2 tsp ground cumin
- ~ 3 tsp ground coriander
- ~ ½ tsp tamarind paste
- ~ ½ cup fresh coriander, washed & chopped
- ~ 1 ½ cup chickpeas (soaked overnight in cold water)
- ~ 2 medium tomatoes, washed & chopped
- ~ salt to taste

## Method:

This curry is also inspired by a recipe from our teacher, Dr Ajit. Drain the soaked chickpeas and boil in different water with salt, in a pressure cooker for 30-40 mins. The chickpeas are done when they can be easily squished between your fingers.

Make a paste of the garlic and ginger in a mortar and pestle or spice grinder. Heat the ghee or oil and add the onion, sautéing until brown. Add the garlic/ginger paste, cook for 1-2 mins, then add the tomatoes and cook until soft. Add the spices and cook until the oil begins to separate.

Drain the chickpeas, keeping the water. Add the chickpeas, stirring and then add the reserved cooking water a bit at a time until you have a nice gravy consistency (you separate it because you may not want to add it all). Finally, add the coriander before serving. Eat hot with rice or flat breads.

Serves 4: GF, Vegan Option

# Adzuki Bean & Pumpkin Curry

## Ingredients:

- ~ 1 pinch asafoetida/hing
- ~ 1/2 tsp ajwain seeds
- ~ 1 tsp salt
- ~ 2 tbsp ghee or oil
- ~ 2 bay or 8 curry leaves
- ~ 1 garlic clove, finely chopped
- ~ 2 tsp fresh ginger, finely chopped
- ~ 1/2 tsp turmeric
- ~ 1 tsp ground coriander
- ~ 1 tsp ground cumin
- ~ 1 brown onion, finely diced
- ~ 1 cup adzuki beans (soaked overnight in cold water)
- ~ 1 medium tomato, diced
- ~ 1/2 a butternut pumpkin cut into 2-3 cm cubes
- ~ 8 large leaves spinach/ chard, finely chopped
- ~ salt & pepper to taste

## Method:

Drain the beans and add them to a pressure cooker with 1 tsp salt, ajwain seeds, hing and twice their volume in cold water. Once they've come to pressure, cook for 20 mins.

In another pan, heat the ghee, add the bay leaves then sauté the onions until soft and slightly golden. Turn down the heat a little and add the garlic and ginger. Cook for a minute before adding the turmeric, coriander and cumin. Now add the tomato and cook until soft. Next, add the pumpkin and the boiling water and stir until the pumpkin is covered in the spice mix. Put on the lid and let simmer over low heat until the pumpkin is just soft. When the beans are cooked and the pumpkin soft, add the adzuki beans to the pumpkin pot... along with all of the water, which will be like a thinnish gravy. (If you want the curry to be a little thicker, you can choose to not add all of the water or you can reduce the curry down to the desired consistency). Now add the spinach and simmer altogether for about 5 mins. Finally, add salt and pepper to taste and serve with a squeeze of lemon juice and flat breads or rice.

Serves 4-6: GF, Vegan Option

# Dinner

# Yellow Mung Daal

## Ingredients:

- ~ 1 *tbsp ghee or oil*
- ~ 1/2 *tsp mustard seeds*
- ~ 1 *tsp cumin seeds*
- ~ 1 *tsp agni spice mix*  
(pg 117)
- ~ 1-2 *tbsp fresh ginger,*  
*finely grated*
- ~ 1/8 *tsp asafoetida/hing*
- ~ 6-8 *curry leaves*
- ~ 1/2 *tsp turmeric powder*
- ~ 1 *cup yellow split mung*  
*beans*
- ~ 4 *cups boiling water*
- ~ a *bunch of coriander;*  
*stalks finely chopped,*  
*leaves rough chopped*
- ~ *juice of 1/2 a lemon*
- ~ *salt to taste*

## Method:

Soak the mung daal for at least 30 mins, wash it 3-4 times then drain.

In a large pot, heat up the ghee or sunflower oil/rice bran oil. Add the mustard seeds and fry until they start to pop. Add the cumin seeds and curry leaves, then the ginger and coriander stalks. Cook for a minute or two then add agni spice mix and then the drained mung daal. Stir for a few minutes then add the boiling water, turmeric and hing. Cook over a low-moderate heat for 20-30 mins (or 8 mins in a pressure cooker, once it comes to pressure) or until the daal has lost its form. If not using a pressure cooker, add more boiling water as required. When cooked, turn off the heat and let rest for a few mins. The daal should be a soupy consistency, not too thick.

Before serving, add the coriander leaves, lemon juice and salt to taste. Serve with rice or flatbreads and a side salad or stir-fried veggies. If you'd like it a little greener, add some finely chopped chard/spinach leaves 5-10 mins before you're ready to serve up.

Serves 2: GF, Vegan Option

# Zucchini & Spinach Soup

## Ingredients:

- ~ 1 *tbsp ghee/olive oil*
- ~ 1 *brown onion, finely chopped*
- ~ 1-2 *garlic cloves, finely chopped*
- ~ 1 *tsp ground cumin*
- ~ 1 *tsp ground coriander*
- ~ *salt & pepper to taste*
- ~ 2-3 *medium zucchinis diced into cubes*
- ~ 5 *large leaves of spinach or chard, finely chopped*
- ~ 2 *handfuls red lentils*
- ~ 4 *cups boiling water*
- ~ *grated fresh parmesan cheese and roasted pine nuts (optional)*

## Method:

Heat the oil in a large pan and add the onions. Fry over low heat until soft and slightly golden and then add the garlic. Fry for a couple of minutes then add the ground cumin and coriander. Stir until the onions are coated in spices then add the zucchini and lentils. Stir until the mixture is covered in the spices and cook for a few minutes with the lid on, stirring occasionally.

Now, add the boiling water and a few pinches of salt and bring to the boil. Turn down the heat and simmer half covered for 10 mins or until the zucchinis and lentils are well cooked.

Add the spinach and cook for another 5 mins. Turn off the heat and with a stick blender, blend to your desired consistency. Season further with salt and pepper, to your taste. You can garnish the soup with fresh basil leaves and roasted pine nuts and/or grated parmesan and serve with flat breads or mountain breads.

Serves 3-4: GF, Vegan Option

# Hot Green Smoothie Soup

## Ingredients:

- ~ 2 tbsps olive oil
- ~ 1 red onion, finely diced
- ~ 1 clove garlic, finely chopped
- ~ 1 tsp salt
- ~ Juice of 1/2 a lemon
- ~ 4 cups boiling water
- ~ Salt & pepper to taste
- ~ 2 sticks celery, finely diced
- ~ 1 zucchini, finely diced
- ~ 1 bunch English spinach, roughly chopped
- ~ 1 small bunch parsley, stalks removed & chopped

## Method:

A delicious light soup for when you feel like you need a good hit of greens!

Heat the olive oil up in a medium sized pan. Add the onion and cook on a low heat until caramelised.

Add the garlic and sauté for a minute then add the celery. Cook the celery for about 3 minutes then add the zucchini, cooking for another 3-5 minutes.

Next, add the boiling water and salt, bring back to the boil and cook until the celery is soft. Add the spinach and parsley and cook until just soft but still nice a green.

Turn off the heat and whizz up with a stick blender, add the lemon juice and then add additional salt and pepper to taste.

Serve immediately..... fresh, vibrant green and hot!

Serves 2: GF, Vegan