

VEGETARIAN AYURVEDIC COOKING

OM  
KITCHEN

*VOL. 1 SOUTH INDIAN RECIPES*



MODERN RECIPES  
FOR HEALTH, HAPPINESS,  
LONGEVITY, AND SPIRITUAL  
REALIZATION.

BY GANANATHAMRTANANDA SVAMI

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*SOMA MATHA  
SPIRITUAL CENTER*

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# PRAYER TO GODDESS SHAKAMBHARI

ॐ नारायण्यै च विद्महे

*om nārāyaṇyai ca vidmahé*

*Om. May we have knowledge of Goddess Nārāyaṇī, the Divine Self, the highest Realization, the supreme Wealth, and the Source of Repose for all seekers.*

शाकम्भर्यै च धीमहि।

*śākambharyai cā dhīmahi*

*May we perceive through our contemplation Goddess śākambhari, who dwells in the forest, the bearer of nourishment and vegetation, who is the power of the multitudes, who loves those who nourish and protect others, and who is the constant friend of those who praise Her.*

तन्नो देवीः प्रचोदयात्

*tannó devīḥ pracodayāt*

*May that Goddess of Radiant light, Queen of the Universe, impel our actions and our thoughts.*

## DEDICATION

I dedicate this book to Vijaya Stallings, who taught me much about Āyurveda when I started my study of the subject many years ago. Though I have gone on to study from many sources since that time, his guidance and encouragement in my study and practice of Āyurveda has been invaluable throughout the years. His sincere dedication to his Guru, Ammachi, and his spirit of selfless service which had inspired him to teach Āyurveda and offer Āyurvedic services and counseling services to those in need remains an inspiration to me to this day. For many years, I saw him live a very simple life, somewhat like a sādhu (an ascetic), traveling from place to place with only a few herbs, a few Āyurvedic therapeutic implements, and a few books on Āyurveda. He had avoided seeking name and fame for his work and often sacrificed the material comforts that Western people seek so intently in order to dedicate himself more deeply to his spiritual practice and his service. He was one of the first (if not the first) full-time, Western-born and Western-educated practitioners of Āyurveda in the US. His silent service has touched the lives of many countless people who have experienced great personal transformation on account of their association with him, and who are now helping to bring the knowledge of traditional Āyurveda, Yoga, Mantra, and Meditation to people in the West. Really, I could not have gotten to where I am today without his support, and the writing of this book would not have been possible without his influence. If any of the material in this book is able to help anyone, even a little, surely credit and thanks should go to my teacher, Vijaya.

If diet is right, no medicine is needed.  
If diet is wrong, no medicine is of use.

- Āyurvedic Saying

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# INTRODUCTION

The culinary arts have developed out of necessity. People need to eat nourishing food to live. To make food digestible and savory, certain preparation techniques are necessary. Certain common food items are inedible (or very difficult for the human system to digest) without some form of preparation. Grains and Legumes are good examples of staple foods which require cooking to render them digestible. As the body digests food, the food substances are broken down in the digestive tract so nutrients can be extracted to nourish the body. For many common foods, this would not be possible without cooking. Āyurveda teaches that the process of digestion begins in the body as food is tasted and saliva is excreted in the mouth. Enzymes in saliva start breaking down the food and the saliva also lubricates the food for easier passage through the digestive tract. Food is subsequently broken down in the stomach so nutrients can be absorbed by the intestines as food passes on through the digestive organs. Proper absorption is dependent upon the success of the digestive tract in breaking down the food. For this process to be thorough, it is essential to eat the right foods at the right time and that they are prepared in the right way. When food is cooked, the nutrients start to break down as the food simmers in the pan. This makes foods easier to digest, because the process of breaking down the food has already begun when the food gets to the mouth. This makes the task of digestion and absorption of nutrients easier for the body because it lessens the work of the digestive system.

Knowledgeable preparation of food is one of the most important keys to regulating healthy digestion and elimination. When foods are combined with knowledge, the undesirable properties of certain foods can be balanced by the addition of other foods. Beans for example are very light, dry, and heavy to digest; they tend to cause gas and aggravate vāta (wind). These undesirable properties may be balanced by cooking beans well with oil and digestive spices like hing, salt, pepper, and lemon juice. If any foods which are difficult to digest are consumed, this can be balanced by the addition of doṣa-specific digestive spices. Proper seasoning is an essential step in the process of preparing healthy, digestible meals. Many people have developed a misconception that we add salt and spices to food only to improve the flavor. It is not a coincidence throughout the world, that the most popular seasoning herbs are also the best carminatives (digestion-promoting herbs). This does not mean that Ayurveda teaches that all food should be hot and spicy, but it must be seasoned appropriately to stimulate digestion. Heavier foods require more digestive spices to digest successfully. For this purpose traditional Indian spices may be used like turmeric, cumin, and cardamom; or Western herbs like basil, marjoram, and thyme.

People undoubtedly eat to nourish the body, but few understand that eating the right foods can help to cure or prevent a whole range of health problems, improve health, increase longevity, promote mental peace and clarity, and help to develop intuition and spiritual awareness. The cells of the body are structured from the nutrients absorbed from the foods people eat. There is a great deal of truth to the saying “You are what you eat.” The foods people eat not only affect the development, structure, and efficiency of their tissues and organs, but also have a direct bearing upon their mental condition and their level of spiritual sensitivity. Though people often do not think about it very much, the quality of the food they eat and how well it is digested is one of the largest factors determining longevity, health, and happiness.

Many people are laboring under the popular misconception that foods which are healthful must be bland, boring, and even unappetizing. When we visit natural food stores, it is very common to find prepared foods which are made from the freshest and highest quality ingredients available, but which also taste terrible. When health food stores and food co-ops were first becoming really popular throughout the country in my childhood, the foods which were sold in these establishments were downright frightening. Sandwiches were made in the cafes of such stores using spelt flour bread which was almost too tough to bite into. They were filled with raw sprouts and little to no seasoning or dressing to improve the flavor or to lubricate the nasty, crunchy mess. Occasionally the latest fad foods would be added, so that the sprouts might be mixed with a handful of flax seeds, or wheatgrass, or spirulina, or some other similarly frightening adulterant without any consideration of taste. .

Highly potent herbs which should be used in the smallest proportions only when needed and with the supervision of a qualified herbalist, were (and are) added to health foods with careless abandon as if they were condiments. The result was invariably a terrible tasting and practically inedible disaster which was all but certain to make a person feel bad not only while eating it, but also for days after the dreadful experience

As terrible as it may sound, this sort of situation is still far too common, though the quality of “health” foods is improving. In those days, in particular, it seemed that all “health” foods necessarily tasted very bad and they all were extremely airy and ungrounding (and therefor also very bad for people’s health). But foods which are good for a person do not have to taste bad and good tasting foods do not have to be bad for a person’s health. Āyurveda has always taught that food should be appetizing. It is understood by Āyurveda that savory food increases a person’s appetite and improves digestion. If you think about a very tasty meal which you have had, you will notice that the tongue begins to salivate. However, if you think about a very unappetizing meal, the body begins to feel sick. Eating foods which taste good to a person really helps promote digestion, and it makes a person feel happy. It increases nourishment and the feeling of fulfillment when eating.

The health food stores are not bad places to get food altogether. They provide many high quality foods and the quality of the products available at health food stores, food coops, and farmers markets has dramatically improved in the last 15 years. I do much of my shopping at such places. But the health food stores have been responsible for causing much misunderstanding among the public about food and for promoting various food fads which have pushed the products of the food manufacturers at the expense of people’s health. Things are gradually changing as people are reading more about Āyurveda and becoming generally more well-educated about food and its effect upon health. Western Medicine is still just beginning to learn about the effects of food on people’s health. It makes a great deal of sense for Western Scientists and Doctors to turn to the ancient Wisdom of Āyurveda and other traditional systems of healing like Chinese Medicine which already have a vast knowledge of food and eating in relation to health. We who have benefited from this knowledge should spread the wisdom of Āyurveda to our friends and families. Though the health food stores have been guilty of contributing to the misconception that natural, organic, and local foods taste bad, certain of the greatest chefs today have been countering this notion by creating top-quality culinary masterpieces using local and organic ingredients. Alice Waters has been credited as one of the most influential chefs of the past 50 years in the US. She has placed a huge emphasis upon using the freshest, organic, locally-sourced ingredients for her meals.

Now many of the greatest chefs throughout the country are realizing that fresh, local, natural foods simply taste better. In Richmond, Virginia, we have been selling medicinal herb plants at some local farmers markets, and have seen that many of the top chefs in the area come weekly to the farmers markets to select fresh local, seasonally available meats, dairy, fruits, and veggies for their restaurants. Many of these chefs are not particularly health conscious; they simply understand that fresh, natural, and local ingredients produce tastier meals. Yet as people eat better quality foods, they begin to feel better and start to appreciate the health benefits of eating better quality food as well as the better flavor.

Whether they realize this or not, these chefs are leading the way in the natural food movement, by demonstrating that local, natural, healthful foods are not only better for people's health, but they actually taste better. In my days of culinary training and work in restaurants, I had the opportunity to learn a lot about the food industry and the many ingredients used in food preparation. I also enjoyed the opportunity to eat at some of the finest restaurants in the US and in Europe, and often to talk to the chefs about their thoughts about food. Most of the great chefs not only understand the vast superiority of fresh, natural ingredients, but they insist upon them for the meals they cook. One of the best meals I recall ever eating was served by a very nice little restaurant on the West coast of Canada that grows most of its own produce in a garden outside the restaurant. What tomato from the supermarket can ever compare to a ripe heirloom tomato picked off the plant? The comparison is like night and day. With more flavorful ingredients, less salt, and fat, and seasoning are needed to make a dish taste good.

Fresh, local, organic food is not as cheap as the mass-produced and mass-marketed produce from factory-farms, but prices are becoming much more reasonable. When we taste how good such foods can be and feel how good they make us feel, we can understand that it is well worth spending a little more. If we feel better, and the mind is clearer, we will do better work, and better work means that we get more accomplished in less time. This gives us more time to work for more money if desired, or to spend more time with our friends and family and to do the things we enjoy in life. When we are happier, also we will become more productive when we work. When we think of the many days we have had to cancel work or other plans due to illness, and we realize that much of this could be avoided by eating better foods, the value of healthy food becomes clearer. Who in their right mind would not want to feel better, and if this is possible by eating better tasting food, why would anyone sane person not consider this practice.

We have tried to keep the recipes in this book as simple as possible, but it is unavoidable that it will take some time to cook fresh foods. People rush around from place to place now, never taking time to slow down and enjoy the finer things in life like a beautiful sunrise or a good, simple home-cooked meal. We have offered many suggestions for reducing the cooking times in this book and we have simplified our recipes whenever possible to make them more approachable for modern working people, but we have not compromised on the quality of our recipes. Many cook books are full of recipes which are either inadequate or barely-acceptable in quality, and they also contain a few rare gems. Cookbooks for healthy eating in particular tend to contain many recipes which are mediocre at best. We have tried our humble best to create a book of recipes which are all truly, exceptionally tasty. If the taste of a dish has not stood out as impressively sumptuous to us as we have tested the recipes, we have not included it in this book. On this principle we have not compromised.

The older generations remember a time when families ate home-cooked meals, and they understand that the best tasting dishes require work and time to prepare. People are shifting away from making such complex and time-consuming delicacies and they are favoring frozen food, instant foods, and prepared foods. Many cook-book authors are now following the modern trends and incorporating many modern prepared foods into simple, but unexceptional versions of the old standards. We can not condone or advocate these ways which deviate from the time-tested methods of food preparation. Frozen foods, packaged foods, prepared foods, dehydrated foods, etc., etc. can not compare in taste to the real thing, and they do not provide a fraction of the nourishment. We have seen in our practice of Ayurveda with clients over the past 10 years that the common preservatives, additives, food dyes, pesticides, hormones, flavorings, binders, fillers, and chemicals of all sorts in food are surely single-handedly causing many of people's health problems today. Yet such additives and preservation methods are increasingly common.

When we were in cooking school, we were encouraged by our professors to go on to get degrees in chemistry and we were told that the highest paying jobs in the food industry are offered to chefs who are also well versed in chemistry. This is a frightening state of affairs, but this is how it has become. It is increasingly hard to avoid unwanted chemical toxins in food. And even many "health food" brands are using "organic" chemicals and genetically modified ingredients. We must become better educated about what we put in our bodies and we must be careful about what we buy. In this case simpler is often better. Before I buy food, I read the list of ingredients and if I do not know what the ingredients are, I generally will not buy that product. This makes sense, because we are putting these things into our bodies.

We exercise and we very intentionally take herbs, vitamins, supplements, and medicines; and then we are potentially undoing all these efforts by playing chemical roulette with our foods.

Our purpose here is to revive people's interest in cooking and eating good food, because we believe it will improve their lives substantially. We have seen this happen time and time again as people begin to integrate the simple guidelines of Āyurvedic nutrition into their lives. Whatever little changes a person is able to make will help. If people try cooking and eating this way just one day a week, we believe that this will make a huge difference. Once people begin to feel better, their efficiency in other work will improve and this will create more time and more interest in good cooking. We encourage people to get the whole family involved in cooking, as was common in the not-so-distant past. Let the wives, husbands, and children all work together to create tasty, healthy meals for the whole family. We want to see more people inviting their friends and extended family for home-cooked meals. If you do not live with family, invite your health-conscious or your foodie friends for potluck meals. This does not have to be a special weekend event. We can eat good foods together with loved ones every day. Why not meet a couple of colleagues for a mid-day lunch-break potluck? One person can prepare some rice; and another a curry; and another a chutney. In this case, foods may have to be prepared in the morning or even the night before which Āyurveda generally does not recommend.

Ayurveda typically recommends cooking foods fresh for each meal to ensure the maximum nutrients possible are still present in the prepared food. Yet healthy, home-cooked, but leftover food is much better when we look at the alternatives. The point is that it should be possible to eat good quality food for everyone, if people work together like they used to. If your friends don't know how to cook, give them a copy of this (or another good) cook book and encourage them a little. This will help us to dispel forever the myth that healthy food must taste bad. The intention of this book is to introduce the basic principles of Āyurvedic nutrition to inspire people to eat better and feel better. People may wish to read this book for inspiration in their quest to eat healthier foods and to gain ideas as to how to make the practice of preparing food and eating a spiritual discipline. They may wish to cook the recipes from this book occasionally or every day as they are able so that they can experience the power of healthy, tasty Āyurvedic meals to improve their lives. Many of these recipes, I have cooked again and again over the years which are my personal favorites. Many others, I have created to help inspire people toward what is possible and to encourage them to experiment to cook healthy culinary masterpieces at home. Good food does not have to be extremely complicated or difficult to prepare, but it does take some work and some knowledge.

We have been compiling notes for this book, doing research, and testing and writing recipes for over 15 years. We are sure that these recipes will continue to be revised and that in time many others will be added.

People may get ideas from the text and recipes herein to create their own variations of the dishes we have given recipes for, or to create Āyurvedic remakes of other traditional favorites, or their own original dishes. In any event, as people slowly adopt the principles of eating and living introduced in this book, it is our expectation, and our humble prayer that their health will improve; that they will become happier and their minds clearer; that their spiritual awareness will increase; and that this will lead to greater peace and prosperity for humanity.

Gananathamritananda Giri

Richmond, Virginia, November 2013

Amid our busy schedule of teaching and renovating the property we have purchased to use as a home base for our work, it has been difficult to find time to work on editing and formatting the large collection of recipes we have been compiling for this book. We have decided instead to release the recipes a few at a time as recipe booklets. Breaking down the massive task of editing the hundreds of recipes into smaller groups of recipes has been a way to make this overwhelming task into one which is more manageable. We are pleased to be able after years of work to release this first volume of a few of our South Indian-style recipes. We hope that you all enjoy!

The recipes in this booklet draw heavily from the traditional cuisines of the Southern Indian States of Tamil Nadu, Andhra, Kerala, and from Sri Lanka, where my gurus are from. They have been reworked a little in many cases to reduce the level of spiciness and to adjust the seasonings to make the dishes balancing to people of all constitutions so much as possible. Most people in the West are not extremely familiar with the cuisines of Southern India, aside from a few famous dishes commonly offered in restaurants like dosas and idlis. It is a rich and varied cuisine that has a well-developed repertoire of vegetarian dishes. Ayurveda advocates a vegetarian diet for health, and most South Indian dishes are vegetarian. There is no other culture on Earth with such a rich and varied vegetarian cuisine. The cooking techniques are somewhat different than Westerners are accustomed to. Spices are sautéed in ghee or oil over high heat, shaking the pan or stirring as the spices pop, darken in color, and flavors develop. This technique requires good preparation to have the needed ingredients nearby and a mindful eye and quick hand to successively add the spices as they brown, before they burn.

Many dishes are begun or ended by frying spices in ghee and then adding other ingredients or pouring this ghee over a finished dish. Though we have created Ayurvedic recipes for many other regional Indian dishes, popular restaurant-style Indian dishes, popular Western dishes and others of various world cuisines, we decided to begin by offering the 16 recipes in this booklet. We intend to publish more of our recipes in the near future. We hope that this little booklet may inspire our readers to cook more fresh, tasty, healthy, natural, and vegetarian meals.

Gananathamritananda Giri

Old Church, Virginia July 2020



## DIGESTION FOR THE THREE DOSHAS

Digestion according to Ayurveda is of four types: balanced, or disturbed by one of the three doshas. This is described in the following chart.

|   |  |
|---|--|
| <b>Samagni</b><br>(Balanced digestion)    | This condition is the ideal of health categorized by normal appetite, easy and painless digestion and elimination, and mental peace. It results from the balanced state of the three doshaa. |
| <b>Vishamagni</b><br>(Variable digestion) | This condition creates variable appetite and digestion along with gas, bloating, constipation, and pain. It is cause by an excess of vata dosha.   |
| <b>Tikshnagni</b><br>(Sharp digestion)    | This condition creates intense and constant appetite along with quick but ineffective digestion, and heartburn, acid reflux, ulcers, and diarrhea. It is caused by an excess of pitta dosha. |
| <b>Mandagni</b><br>(Slow digestion)       | This condition creates a dull, steady, constant appetite along with weak digestion, obesity, congestion, dullness, and lethergy. It is caused by an excess of kapha dosha.                   |





# Rava Vegetable Upma (Savory Semolina and Veggies)

*Vata Pitta Kappa =*  
*Serves 4*

Rava is the South Indian name for semolina, which is a by-product of milling wheat used to make upma, pasta, and couscous. Semolina is very much like cream of wheat, which could be used as a substitute. Semolina is called Sooji in Hindi. Upma is a savory porridge-like dish made from various grains. Upma is nutritious and quick and easy to prepare.

## Ingredients

1 cup semolina (rava / sooji)  
3 tbsp ghee or oil 1 tsp mustard seed  
Small pinch of hing  
1/8 tsp methi (fenugreek) seeds  
¼ tsp chana daal (or mung dal)  
1 small cinnamon stick  
1 green chili cut in half  
1 tbsp cashew nuts  
½ tsp fennel seeds  
1 bay leaf broken in half  
¼ tsp cumin seeds  
7 curry leaves  
1 tsp coconut powder  
½ tsp curry powder  
3 tbsp carrot, finely diced (1/8th inch dice)  
3 tbsp green peas  
3 tbsp green beans or long beans, sliced  
into very thin rings  
5 cups water  
1 tsp of saindav salt  
1 tbsp cilantro

## Directions

- 1 Dry roast the semolina in a heavy pan over medium heat stirring for a few minutes until the semolina becomes fragrant and light golden brown.
- 2 Heat the ghee over medium-high heat with the mustard seeds. Then place a lid on the pan and shake gently until the mustard seeds pop. Then remove the lid and reduce the heat to medium. Add hing, methi, chana daal, cinnamon and the chili to the pan and gently stir until the daal develops a light golden brown color. Then add the cashews, fennel seeds, and bay leaf and stir until they begin to brown. Then add the cumin seeds and the curry leaves into the pan, stir for a few seconds.
- 3 Then add the vegetables and sauté for about 5 minutes, until the veggies soften. Add the sooji, coconut, curry powder and salt. Stir to coat the grains with the ghee.
- 4 Then add the water carefully stirring to avoid clumping. Bring to a boil stirring and then reduce the heat to a simmer. Simmer, stirring carefully until the upma thickens to the desired consistency (we like our upma thick: thicker than oatmeal).
- 5 Remove from heat and then add the cilantro. Serve with chutney, pickle or powdered jaggery.



# Glossary of Terms and Ingredients

We have created a glossary of special Ayurvedic terms and Indian spices and ingredients with a few notes on their properties and how to use them. These items should be available at a well-stocked Indian market or are available online.

**Ajamoda** - is the Sanskrit name for Ajwain seeds (*Trachyspermum ammi*). These potent little seeds look like aniseeds, but smell strongly like oregano or thyme. They are great to dispel gas from the GI tract and aid in digestion of heavy foods like beans. They have a strong flavor and so little bit goes a long way. They decrease vata and kapha, but increase pitta.

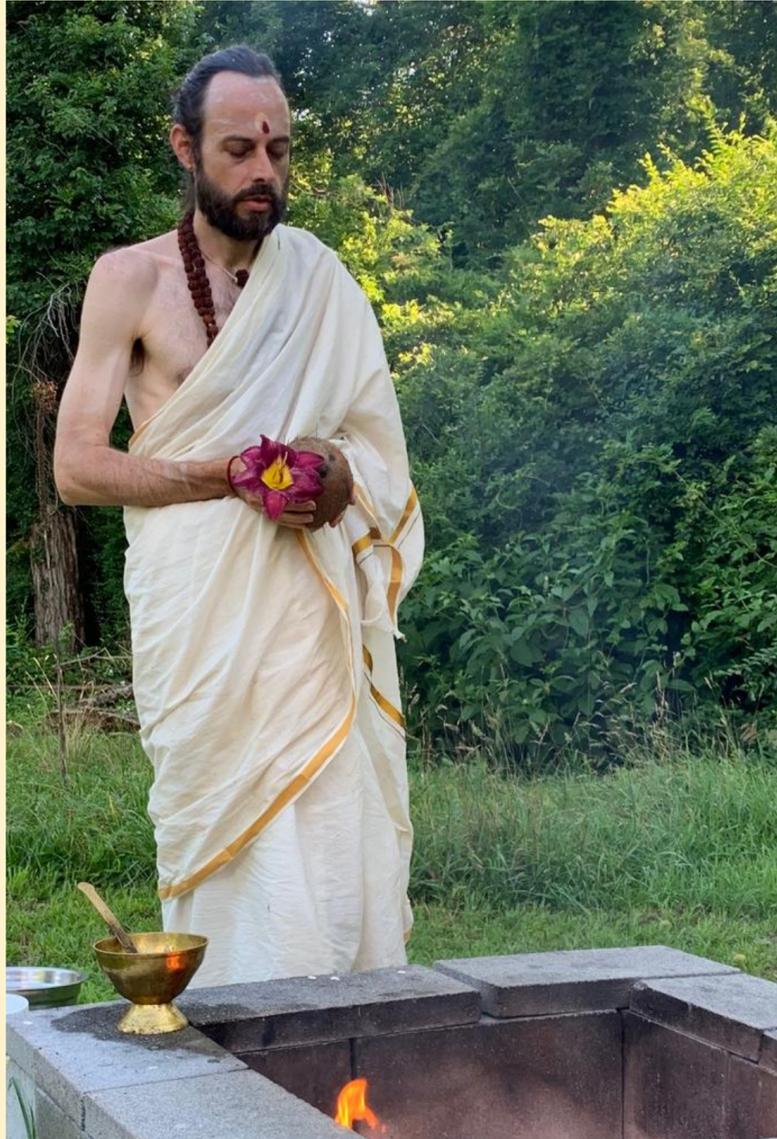
**Ajwain** - see Ajamoda arrow root - arrow root starch is used for thickening sauces. We prefer it to corn starch which is often made from genetically modified corn. It is mixed to a smooth consistency with an equal amount of water before adding to boiling liquids. It can be used interchangeably with kudzu and tapioca starch. These three can be bought at health food stores or online.

**Ashwagandha** - is perhaps the most popular and widely available tonic herb in Ayurveda. It is one of the most nourishing and strengthening herbs available. It gives strength to all the organs and tissues. Its name means "smells like a horse," and it is thought to bestow the strength of a horse. It is great for weakness, depression, emaciation, general debility, hypothyroidism, and conditions of vata in general. It is said to be good to reduce vata and kapha while being only slightly aggravating to pitta. This Ayurvedic herb is not typically used in cooking, but it has a mild flavor and can be added in small quantities to nearly any dish.

**Aval** - see flattened rice Basmati rice - is called the queen of rice in India. It is well known for its long grains which cook separately and its fine aroma. Though it is a white rice and highly refined, it is somewhat more nourishing and less prone to exacerbate diabetes than other varieties of white rice. When rice is called for in the recipes, we have used basmati. Other varieties of rice could be used like sona masoori, ponni rice, or even rosematta rice from Kerala (though this is not a white rice and must be cooked somewhat differently). Any rice from India, generally must be rinsed in several changes of water to remove starch and contaminants.

**Bay leaf** - Indian "bay leaves" are different than western bay leaves from the bay laurel (*Laurus nobilis*). They come from a species of cinnamon (*Cannamomum tamalia*) and smell somewhat like cloves. They are called tej patra in Sanskrit and are available at Indian markets labeled as such or possibly labeled "bay leaf." They are longer than laurel leaves and have three vertical lines running the length of the leaf. They are one of the four aromatic ingredients in the ancient Ayurvedic formula called chatur jata, which is added to many formulas to improve taste and absorption. Though laurel leaves do not match Indian bay leaves in fragrance, they surpass them in healing qualities. Laurel leaves were used by the oracle of Delphi to help increase intuition and spiritual awareness. We tend to use the Western and Indian bay leaves interchangeably. Bay laurel can be widely found in supermarkets, but the Indian bay leaves must be found through specialty sources.





## About the Author

Gananathamritananda Giri, known affectionately as Swamiji by his students, is a Hindu priest and spiritual teacher. Swamiji has practiced and taught the ancient healing tradition of Ayurveda for nearly 20 years. Before beginning his own continuing study of Ayurveda, Swamiji attended culinary school at Johnson and Wales University in Norfolk, Virginia, after which he worked in restaurants for several years. He quickly became disenchanted by the fast pace and stressful routine of restaurant work and the low quality food being served. Struggling with mental stress and various health concerns brought on by unhealthy lifestyle and diet, he embarked upon a formal study of Ayurveda. He received certification in the practice of Ayurveda through Dhanvantari Ayurveda Center, under the guidance of Vijaya Stallings. Swamiji practiced Ayurveda with clients for about 15 years, before gradually discontinuing his work with individuals in order to focus on teaching. Swamiji has an extensive knowledge of Ayurvedic herbs and spices and their various healing properties. He also has accumulated a great deal of knowledge about world cuisine and enjoys cooking for others. Through the years, he has developed a large repertoire of healthy and tasty recipes inspired by the great dishes of world cuisine and based upon the age-old wisdom of Ayurveda. Swamiji is the owner of Siddhi Tea, a company producing premium quality Ayurvedic herbal teas. He is the Spiritual Director of the Soma Matha Spiritual Center based out of Richmond, Virginia, which is a not-for-profit organization established to teach the traditional spiritual practices of Yoga, Meditation, Mantra, Ayurveda, and Vedic Astrology. Swamiji remains occupied teaching, cooking, growing food and herbs, and conducting Vedic healing rituals for the benefit of the world. Inspired by the various common health problems arising from the fast paced lifestyle and poor dietary habits of his clients, and by the request of many who have tasted his cooking, Swamiji has begun to publish his recipe collection with the intention of inspiring others to cook. He teaches that good food is the best medicine and that healthy food should taste great and improve not only one's physical health, but also their mental well-being, and spiritual awareness.

# OM KITCHEN

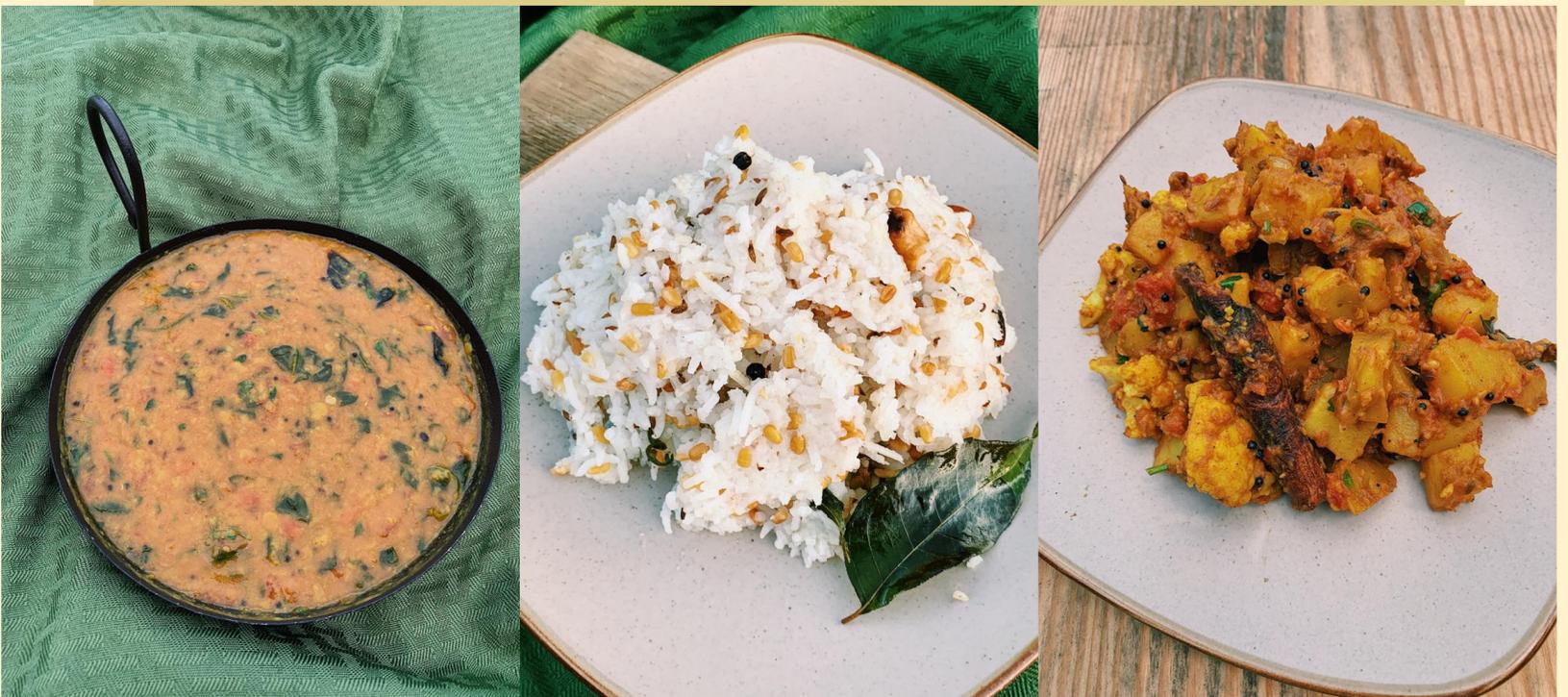
## VEGETARIAN AYURVEDIC COOKING



Many people tend to have a misconception that healthy food tastes bad. Which is simply not true. Freshly cooked food, prepared from fresh, natural, organic ingredients is not only more wholesome but tastier as well. The recipes within this book draw from the ancient wisdom of Ayurvedic medicine and from Swamiji's extensive knowledge of the culinary arts and the healing properties of food. These dishes are tasty and bring about healing and happiness.

From the Author's introduction:

"People rush around from place to place now, never taking time to slow down and enjoy the finer things in life like a beautiful sunrise or a good, simple home-cooked meal. We have offered many suggestions for reducing the cooking times in this book and we have simplified our recipes whenever possible to make them more approachable for modern working people, but we have not compromised on the quality of our recipes." Our humble wish is that this book may inspire people to cook more fresh, healthy meals at home. This will help their health, their emotional state, and this will be of great benefit to the many people they encounter.



Soma Matha Spiritual Center  
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