

**Some Recipes  
to help you  
have  
a  
Wonderful  
Weekend Retreat**

With thanks to Taraloka

**and Padmaloka**

## Vegetable Curry (Serves 12)

4 medium onions  
5 cloves garlic  
1"-2" piece of ginger, grated  
2teasp cumin seeds  
2 teasp coriander seeds  
1 teasp mustard seeds  
2 teasp cardamom seeds  
1 tablesp turmeric  
1 aubergine, 2 cm chunks  
2 green peppers, thickly sliced  
1 cauliflower, cut into florets  
8 medium carrots, rounds or thick sticks  
2 large sweet potatoes, 2 cm chunks  
3 courgettes, sliced  
2-tablesp bouillon  
1 litre water  
2 tablesp copped coriander  
 $\frac{1}{2}$  block coconut

- ❖ Fry onions in 4 tablesp sunflower oil for 10 mins
- ❖ Add crushed garlic & ginger
- ❖ Grind spices with pestle and mortar & fry gently for 2-3 mins.  
(If preferred use ground spices)
- ❖ Add aubergine and stir fry for 5 mins
- ❖ Add peppers, carrots, courgettes and sweet potato
- ❖ Add stock and water (& coconut if used)
- ❖ Simmer for 40 mins.
- ❖ When ready stir in chopped coriander

## Ratatouille Sauce

(serves 20)

1 mug oil  
6 large onions  
12 cloves garlic  
3 aubergines  
30-40 mushrooms  
7 courgettes  
5 peppers  
1 large tin tomatoes  
1 tbsp muscovado sugar  
5 bay leaves  
4 teasp paprika  
1 pts vegetable stock  
Small tin tomato puree or 1 tube  
Salt & pepper  
Herbs: 3 teasp basil, 1 teasp oregano and 1 teasp thyme

- ❖ Fry onion until brown
- ❖ Add garlic & aubergines (add more oil if necessary) cook 5 mins
- ❖ Add mushrooms
- ❖ Add tomatoes, puree, sugar, stock, paprika & herbs
- ❖ Bring to boil, simmer 20-30 mins
- ❖ Add courgettes and leave until ready to serve (courgettes will cook in heat of sauce)
- ❖ Add salt & pepper to taste
- ❖ Use 80g pasta or spaghetti per person

### Tomato free version for 2 people

- sauté 1 small onion til browning, add 2 cloves garlic
- add 2 sliced courgettes,  $\frac{1}{2}$  pepper and 6 mushrooms and sauté over low heat for 10 minutes
- add 150ml water, 1 teaspoon stock powder,  $\frac{1}{4}$  teaspoon basil,  $\frac{1}{4}$ teaspoon oregano and simmer for 10 minutes
- mix 1 teaspoon cornflour with a little cold water, pour in enough to thicken the gravy

### Aubergine, pepper, mushroom, onion or garlic free version

- follow the above substituting the appropriate vegetables

## Quick Broccoli Soup (serves 12)

3 lb broccoli, cut into florets and including stalks  
1½ litres vegetable stock  
1 small carton soya cream  
salt and pepper  
2 tablesp fresh mint or 1 teasp dried mint (optional)  
1 litre soya milk  
juice of 1 lemon

- ❖ Simmer broccoli in stock with mint, salt and pepper for 25-30 minutes
- ❖ blend until smooth
- ❖ add single cream or soya cream, heat gently - DO NOT BOIL as the soup will curdle
- ❖ add lemon juice at end and serve

## LENTIL SOUP

(for 12 people)

450g lentils  
3 large onions  
6 stalks of celery  
6 carrots  
3 potatoes  
3 litre water or stock  
1 tablesp dried mixed herbs  
salt and pepper to taste

- ❖ Rinse the lentils thoroughly.
- ❖ Chop all vegetables finely.
- ❖ Sauté onion and celery in sunflower oil
- ❖ Mix lentils with vegetables, cover with the water and bring to the boil, adding the herbs.
- ❖ Simmer for 40 min until lentils are tender. Season well at the end of cooking.

## DHAL (For 12)

12 tbsp / 180ml sunflower oil  
4 med. onions, thinly sliced  
3 large garlic cloves, finely chopped  
6 tsp / 30ml cumin seeds  
6 tsp / 30ml curry powder  
6 tsp / 30ml ground coriander  
(1 tsp ground cinnamon if you wish)  
500 g mixed lentils (red lentils and mung dhal), washed thoroughly  
1½ litres of stock  
6 bay leaves  
½ packet frozen spinach

- ❖ Heat the oil on a low heat.
- ❖ Cook the onions for 5 mins
- ❖ Add garlic and cumin seeds and cook until the onion is soft.
- ❖ Stir in the curry powder and ground coriander and carry on cooking until the onions are browned.
- ❖ Stir in the lentils
- ❖ Pour in the stock and bring to the boil
- ❖ Add the bay leaves
- ❖ Cover and simmer gently for 45 mins, stirring occasionally.
- ❖ Take out bay leaves
- ❖ Add frozen spinach 5 mins before end of cooking
- ❖ Add salt if needed only at the end of cooking

## Herby Stew (Serves 12)

3 packs tofu  
4-tablesp tamari  
3 medium onions  
4 cloves garlic  
3 sticks celery, sliced diagonally  
5 medium carrots cut into 3 cm sticks  
2 large sweet potatoes cut into chunks  
3 large courgettes, sliced thickly  
10 mushrooms  
2 tablesp fresh thyme or 1 teasp dried thyme  
1 teasp dried dill  
1 teasp fresh mint or  $\frac{1}{2}$  teasp dried mint  
1 lemon, zest and juice  
1 tablesp bouillon stock powder  
1 teasp paprika

- ❖ Cut tofu into chunks and marinade in tamari for at least 1 hour
- ❖ Sauté onions for 5 mins in oil
- ❖ Add garlic and sauté for 2 mins
- ❖ Add sweet potatoes, carrots and celery and sauté for 5 mins
- ❖ Add courgettes and mushrooms
- ❖ Add bouillon, herbs, paprika and lemon to 800 ml boiling water
- ❖ Add to vegetables with the tofu and tamari and simmer for 45 mins
- ❖ To thicken the stock, add 1-2 tablesp corn flour slaked in a little cold water until pouring consistency. Add to stock, stirring until thickened. Serve.

## CELERY AND CASHEW NUT SOUP

(serves 12)

2 medium onions, chopped  
2 medium potatoes, chopped  
1 head celery, chopped  
6 oz. /150g broken cashew nuts  
2 oz. /50g margarine or 3 tablesp sunflower oil  
2.5 pts /1500ml vegetable stock  
1.5 pts /900ml soya milk  
1 teasp dill  
1 teasp oregano  
salt and pepper to taste

- ❖ Saute vegetables in a little vegetable oil until onion is transparent.
- ❖ Add cashew nuts and continue cooking for 5 mins, stirring frequently.
- ❖ Add stock, bring to boil, cover and simmer for 20 mins.
- ❖ Allow to cool slightly, add soya milk and blend.
- ❖ Re-heat to serving temperature.
- ❖ Adjust seasoning to taste.



# Roast Veg, tofu, baked potatoes, salad, tahini sauce – dinner!

(Padmaloka Recipe)

for 60 people you will need:

## Roast Veg:

- 850 g fennel
- 4,2 kg onion
- 4,2 kg carrots
- 4,2 kg mushrooms
- 2,5 kg peppers
- 2,5 kg frozen beans
- 3 kg tofu
- rosemary
- basil
- oregano

## Baked potatoes:

- 14 kg potatoes

## Salad

- 4x rocket
- 2x lollo rosso
- 2x lettuce

## Tahini sauce:

- 120 ml olive oil
- 1,6 litre tahini
- 1,5 litre water
- 800 ml lemon juice
- white pepper and salt

- chop veg and put fennel, onions, carrots + oil + salt in baking tins, cover with kitchen foil and put it in the oven (210 degree.) for 2 hours, turn veg after 1 hour – **Dish 1 (Roast Veg)**
- peel, chop and part boil potatoes, put them on trays with oil and rosemary and bake them in the oven – **Dish 2 (Potatoes)**
- chop tofu and put on trays with oil, put in oven (210 deg.) for 15 min, then turn and another 15 min
- fry mushrooms and peppers in a pot, boil green beans separately and add to mushrooms and pepper + add baked tofu + oregano + basil + salt + black pepper – **Dish 3 (Veg 2)**
- wash and cut salads – **Dish 4 (Salads)**

Serve with blended tahini sauce!!!!

# Curry, Dahl and Rice – dinner!

(Padmaloka recipe)

for 60 people you will need:

## Curry:

- 500 ml sunflower oil
- 200 g garlic
- 200 g ginger
- 3 kg onions
- 3 kg carrots
- 3 kg aubergines
- 3 kg mushrooms
- 4 kg red pepper
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- 4 DSP black mustard seeds
- 4 DSP cumin seeds
- 4 DSP ground cardamom
- 1 DSP ground cloves
- 2 DSP cumin powder
- ( you can also add 1-2 kg sweet potatoes)

## Dahl:

- 3 kg red lentils
- 2 DSP turmeric
- 50 g ginger
- 200 ml sunflower oil
- 4 DSP cumin seeds
- 1 bulb garlic
- 4 DSP salt
- 2 bunches fresh coriander

## Rice:

- 3,5 kg white or brown rice

## Dahl:

- wash lentils and put in a pot and double with water
- add turmeric and ginger
- boil it
- in the end fry in a pan separately oil + garlic + cumin seeds and put it in the dhal
- just before serving add the thinly chopped fresh coriander

## Curry:

- turn oven on for aubergines (180 Celsius)
- put chopped aubergines on baking tray with 1 DSP salt per tray and sunflower oil
- bake them for 20 min, then turn the aubergines and bake for another 15 min
- chop all veg + garlic + ginger
- big pot with oil + black mustard seeds + cumin + onions + ginger + garlic + 3 DSP of salt
- after 5 min put red pepper in pot and top with lit
- boil carrots separately + salt
- fry mushrooms separately + salt
- turn curry down + add rest of spices
- put carrots, aubergines and mushrooms in curry (best at the end)

# Spicy Peanut Soup – lunch!

(Padmaloka recipe)

for 60 people you will need:

- 2,5 kg onions
  - 2,5 kg sweetcorn
  - 2 bulbs garlic
  - 50 g ginger
  - 600g creamed coconut
  - 1,2 kg peanut butter
  - 1 flat DSP fresh chillies
  - 1,5 DSP coriander seeds
  - 2 DSP turmeric
  - boullion
  - salt and pepper
  - 150 ml lemon juice
  - 30 DSP corn flour
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- Heat oil in pot
  - add coriander, sweet corn, onion, garlic, ginger and chilli
  - blend peanut butter with hot water separately and add to the pot
  - add coconut to the soup and 13 litre water (220 ml per person) and bring to boil
  - blend corn flour with hot water separately and add to soup to thicken it
  - add turmeric, bouillon, salt and pepper, lemon juice

# Pumpkin Soup – lunch!

(Padmaloka recipe)

for 60 people you will need:

- 12 kg of grey pumpkin or butternut squash
- 6 big onions
- 1 litre coconut milk
- 1 litre soya milk
- sunflower oil
- boullion
  
- peel onions and pumpkins
- put sunflower oil and onions in a pot + 2 fists of salt
- when onions are clear put water and all the cut pumpkins in the pot
- when pumpkins are cooked, add:
  - o 1 flat desert spoon (DSP) of white pepper
  - o 2 flat DSP of ground nutmeg
  - o 1 fist of salt
  - o 1 litre soya milk
  - o 1 litre coconut milk

Liquidise and serve with roasted seeds (sunflower or pumpkin)