



Wild Vedic Living School

Recepie E-Book Part 2



Nasturtium

Tropaeolum Majus

Part used: flowers and leafs

Energetics: Pungent, heating, detoxifying

- Tons of Vitamin C
- Antibacterial
- Antifungal
- Antiseptic
- Disinfectant
- Expectorant
- Wound Healer
- Antimicrobial
- Natural Antibiotic

Growing Conditions

- Native to zones 9-10
- Bioregional plant native to Southern CA
- Very tolerant in drought soils
- Easy to grow, great for new gardeners
- Do well partnered in veggie gardens
- Ward off pests

Cilantro Creamy Chutney



Ingredients

- 1/4 of a small yellow onion, coarsely chopped
- 2-3 cloves garlic, chopped
- 1-inch piece of fresh ginger, chopped
- 1/2 of jalapeno, chopped
- 1 bunch cilantro, washed and cut into 1-2 inch sections (including the stems)
- 1/2 cup fresh mint, coarsely chopped
- 1 cup of raw cashews (soaked for 4+ hours)
- 1/2-1 tsp salt, to taste
- 2-4 tbsp fresh squeezed lemon or lime juice, to taste

Instructions

1. In a food processor or blender combine the onion, garlic, ginger, and chilies and process until finely chopped.
2. Add the cilantro, mint, cashews, 1/2 tsp of salt, and 2 tablespoons of lemon or lime juice. Blend until smooth (some texture is okay).
3. Taste and adjust seasonings, paying special attention to the salt and lime or lemon juice as these will help bring out the flavors.

Emerald Dal

Ingredients

- 3 tablespoons [ghee](#) (or [coconut oil](#), but [ghee](#) will elevate)
- 1 large onion, diced
- 4 cloves garlic, rough chopped
- 2 tablespoons ginger, finely chopped
- 1 medium jalapeno, finely chopped (or 1 serrano) this is mildly spicy, add more if you like.
- 1/2 teaspoon [fennel seeds](#)
- 1 teaspoon [black mustard seeds](#)
- 2 teaspoon [cumin seeds](#)
- 2 teaspoons [garam masala](#)
- 1 lb BABY spinach (fresh or frozen)
- 20 fresh mint leaves
- 1 teaspoon dried [fenugreek leaves](#)
- 2 tablespoons water (if using fresh spinach)
- —
- 3/4 cup water
- —
- 1/2 cup plain yogurt (or vegan yogurt)
- 3 –4 cups cooked [black lentils](#) (or aka [caviar lentils](#), [beluga lentils](#) or [French green lentils](#))

1 teaspoon [salt](#), more to taste!



Directions

1. If cooking [black lentils](#) and [basmati rice](#), start them first
2. Make the Spinach Sauce: Sautee the onion in [ghee](#), in a large pan, over medium heat for 3-4 minutes, then add garlic, ginger and chilies. Saute until fragrant and golden. Add the [fennel seeds](#), [mustard seeds](#), [cumin seeds](#) and [garam masala](#) and stir two minutes. Lower heat to low. Add the fresh spinach, fresh mint, fenugreek and 2 tablespoons water. Cover pan, 2-3 minutes, letting spinach wilt. Give a few stirs. Don't overcook!
3. Blend Spinach Sauce: Place the wilted spinach mixture in a blender and add the 3/4 cups of water. Pulse a few times (hold the lid down tight). If you want a smooth sauce, blend until smooth. I left a little texture here. Pour it back into the pan, set on low heat. Don't overheat or you will lose the pretty color.
4. Combine: Stir in the yogurt, lentils and [salt](#). Taste. Adjust [salt](#) to your liking, adding more if necessary! [You want this slightly more salty](#) because you are serving over rice which will mellow it out a lot. For more heat add a pinch of cayenne or chili flakes. To "up" the flavor even more, add a bit more [garam masala](#) spice to taste. If you want a little acidity a tiny squeeze of lemon is nice.
5. Serve with the [basmati rice](#) and [naan](#) bread!
6. Emerald Dal will keep up to 4 days in the fridge.



Samosas

- 1.Begin making the samosa dough:
- 2.In a large mixing bowl, combine all-purpose flour and salt.
- 3.Drizzle in the ghee:
- 4.Drizzle the melted ghee or vegetable oil around the flour mixture. Pick up a handful of the dough and rub it between your palms to mix the ghee as evenly into the flour as possible.
- 5.Check the ratio of flour to ghee:
- 6.To see if the flour to ghee ratio is good enough to make crispy pastry, hold a portion of mixture in your hand and make a tight fist, then open it. The mixture should hold its shape.
- 7.Add water:
- 8.Add water to the flour one to two tablespoons at a time while kneading. Knead into a smooth, firm dough. This should take about 5 minutes. Wrap the dough in cling wrap or cover with damp cloth until ready to fill the samosas.
- 9.Make the filling:
- 10.Set a medium pot filled with water over medium high heat. Add the peeled quartered potatoes, and bring them to a boil. Boil the potatoes until they are fork tender, about 15 minutes.
- 11.Set a large skillet over medium high heat and add the oil. Once the oil shimmers, add the cumin seeds to the skillet. Once they sputter, turn the heat down to medium and add the onion. Sauté for 3-4 minutes until the onion is softens. Add jalapeno, coriander, garam masala, ground turmeric, and salt. Give it a quick stir. Add the peas.
- 12.Drain the potatoes and add them to the skillet. Using the back of a wooden spoon or a potato masher, coarsely mash the mixture, leaving no large chunks of potatoes. Stir to combine. You want it mixed well. In the end, the filling should be relatively dry and thick.
- 13.Set aside to cool completely before filling the samosas.
- 14.Knead the dough:
- 15.While the filling is cooling, unwrap the dough, and knead it again for a couple minutes to make it smooth.
- 16.Divide and shape the roll:
- 17.Divide into 6 equal parts. Roll each into smooth balls, and cover with a damp cloth. Pick one ball, press between your palms to flatten, and lightly dab the surface of dough with oil or ghee. This prevents the rolling pin from sticking to the dough. Resist the urge to dust the countertop with flour, as the loose flour will burn when you drop the dough in the oil to fry, giving the samosa an off taste.
- 18.Use a rolling pin to flatten the dough into a circle 6 inches in diameter, 1 mm thickness. Cut in half so you have two half-moon shapes.
- 19.If you're having a difficult time rolling out the dough, place the round between pieces of wax paper or parchment.
- 20.Fill the samosa:
- 21.Pick one half and brush the edges with water using your finger.
- 22.Pick one edge of the dough and place it on top of the other edge, making a cone shape. Gently pinch along the edges of the cone, making sure they are sealed.
- 23.Add 1 1/2 tablespoons of filling into the cone. This should fill it 3/4 of the way. Brush water on the edges of the cone's opening, and pinch the edges together to close the samosa.
- 24.Repeat with the rest of the dough. Cover sealed samosas with a damp cloth. In the end, you should have 12 samosas.
- 25.
- 26.Fry the samosas:
- 27.In a deep pot, add the oil and heat to 200°F over medium heat. Add the samosas to the oil and fry in batches; do not overcrowd the pot. Fry until the samosas begin to turn golden.
- 28.Once the samosas are golden, increase the heat to medium high, bringing the temperature up to 350°F, and cook for another 5 minutes until the samosas have darkened to a deeper brown.
- 29.Take the samosas out of the oil and transfer them to plate lined with paper towels.
- 30.Reduce the heat back to medium or medium low, until the oil temperature drops back to 200°F before going forward with the next batch of samosas. Getting this part right for a samosa is the trickiest part. If you start with high temperature oil, the pastry will turn soggy and oily. So, starting with warm oil and then increasing the heat is the way to go here.
- 31.serve:
- 32.Serve immediately with a side of green cilantro mint chutney.

Ingredients

For the dough:

- 1 cup all-purpose flour
- 1 teaspoon salt
- 2 tablespoons melted ghee or vegetable oil
- 1/4 cup cold water, added a tablespoon at a time

For the filling:

- 2 medium russet potatoes, peeled, quartered
- 1 tablespoon oil, plus more to wrap the samosas
- 1/2 teaspoon cumin seeds
- 1 medium onion, chopped
- 1 1/2 teaspoons minced jalapeno
- 1 teaspoon ground coriander
- 1/2 teaspoon garam masala
- 1/2 teaspoon ground turmeric
- 1 teaspoon salt
- 1/2 cup green peas, frozen and thawed
- 2 1/2 cups of coconut oil

Sweetpotato Quiche



Ingredients

1 tablespoons extra-virgin olive oil, divided,
plus more for pan

1½ pounds sweet potatoes (about 4 small),
peeled, cut into ½-inch or smaller pieces

Kosher salt

1 large onion, thinly sliced

1 small bunch curly kale, stems removed,
torn into bite-size pieces

12 large eggs

4 ounces sharp cheddar, grated (about 1
cup)

1 cup whole-milk Greek yogurt

Directions

Step 1

Heat 2 Tbsp. oil in a large nonstick skillet over medium. Add potatoes, season with salt, and cook, tossing occasionally, until well browned around the edges and just slightly undercooked, 10–12 minutes. Transfer potatoes to springform pan and let cool; reserve skillet.

Step 2

Lightly coat sides of pan with oil. Flatten potatoes slightly with the back of a spoon, packing into the seam where 2 parts of springform pan meet.

Step 3

Preheat oven to 300°. Heat remaining 3 Tbsp. oil in reserved skillet over medium. Cook onion, tossing occasionally, until softened but not browned, 8–10 minutes. Add kale a handful at a time and cook, stirring, until just softened but not limp, 5–6 minutes. Season with salt. Let cool slightly.

Step 4

Whisk eggs, cheese, and yogurt in a large bowl; season with salt and pepper. Set springform pan on a parchment- or foil-lined rimmed baking sheet. Top potatoes with half of kale and onions, then pour in egg mixture. Gently press remaining kale and onions into surface of egg mixture.

Step 5

Bake quiche until edges have puffed up slightly and top is just set with no liquid egg remaining, 55–75 minutes. Let cool before slicing.

Baklava Tahini Dates

Ingredients

20 medjool dates

Rose Infused Tahini Stuffing

3 heaped tablespoons tahini

1/2 teaspoon rose water

pinch of ground cardamom

Baklava Stuffing

1 heaped tablespoon

pistachios

1 heaped tablespoon walnuts

1 heaped tablespoon

almonds

pinch of salt

pinch of cinnamon

1 tablespoon melted

browned butter

1 tablespoon honey

1 tablespoon orange juice

1 teaspoon orange zest

Coating

200g melted chocolate of



Directions

1. Make the rose infused tahini stuffing by mixing the tahini, rose water and cardamom until fully combined. Set aside.
2. Make the baklava stuffing by chopping the nuts finely, or mincing them in the food processor.
3. Melt the butter on medium heat until it begins to brown then switch off the gas. The butter will continue to brown from the heat so it's important to switch the heat off as soon as it starts to brown. Add to the chopped nuts.
4. Add the remaining ingredients - salt, cinnamon, orange juice, orange zest, and honey to the bowl of nuts and butter, and mix thoroughly. Set aside.
5. Now, prepare the dates. Carefully make a cut into the middle of all the dates, and pull the seeds out. Open the dates a little by pushing gently.
6. Now, stuff the dates with the two different stuffings - 10 with rose infused tahini, and 10 with the baklava stuffing.
7. Place these onto a flat tray, cover then put them into the freezer for thirty minutes to firm.
8. Meanwhile, prepare the toppings. Using a microplane, grate the nuts and place the two kinds into two separate bowls.
9. Finely chop the rose petals using a knife, or you can use a spice grinder.
10. Set aside some orange zest.
11. Now, melt the chocolate. Place a pot of water on medium heat until it starts to boil. Switch off the heat and place a heat safe bowl on top containing the chocolate and coconut oil. Stir until fully melted, then set aside, keeping it on top of the water. If you are using multiple varieties of chocolate, repeat this process for all.
12. Take out the dates from the freezer.
13. Using a skewer, pierce the date and then spoon over the melted chocolate.
14. Place the chocolate covered date onto parchment paper, then immediately add a dusting of the toppings - adding the grated walnuts and orange zest to the baklava stuffed dates, and rose petals and pistachios to the rose infused tahini ones. The toppings will set as the chocolate does, so it's important to decorate right after dipping in chocolate.
15. Repeat on all dates.
16. Place the dates in the fridge until fully set and enjoy. If you would like to further decorate with more chocolate, you can do so at this stage.

Krishna Kraut

Ingredients

- ½ organic cabbage- (1 pound) finely sliced, or shredded (save one outer cabbage leaf for the top)
- ¼ onion – finely sliced
- 2 garlic cloves- minced
- 1 1/2 teaspoons fine sea salt
- 1 teaspoon fresh ginger- finely chopped
- 1 teaspoon finely grated turmeric- or sub ½ teaspoon ground
- Optional additions- grated carrots, whole spices like caraway seeds, cumin seeds, coriander seeds, fresh herbs- use your imagination!



Directions

1. Chop cabbage into thin strips (you can also shred in a food processor) and place in a bowl. Add salt. Massage cabbage well, which will open up its pores and allow for better fermentation.
1. Add onion, garlic, and ginger and toss well using hands or tongs. Add turmeric and toss again with tongs (turmeric will stain your hands). Let stand for 15-60 minutes while you clean up.
1. Mix again will once more and place into the jar, packing down hard. If the liquid does not come up over the cabbage while pressing down, add a little water until it does. Cover with a cabbage leaf, pressing down (to prevent oxidation).
1. To keep kraut pressed down under the surface of the liquid while it ferments you could weigh it down with a small zip lock bag filled with plain water. Tuck it in the jar and cover loosely with the lid.
1. Cover loosely with a lid and place in a bowl or pan on the counter for 4-5 days, covering with a kitchen towel, burping every day or so. (If your lid is loose, you won't need to burp).
1. Fermentation will occur faster in the warmer months and slower during the cold months. It likes to be around 60-72F. In summer, find a cooler spot like in the basement. Longer cooler ferments do offer up the best flavor.
1. When you see a little activity, usually after about 4-5 days- gas and or bubbling when you give it a stir -feel free to taste, letting it ferment and sour longer if you prefer, or keeping it fresh and crunchy by placing it in the fridge to stop or slow the process down.

Lemonbalm and Ginger Oxymel

Ingredients

- 2" piece fresh ginger
sliced
- 1/2 cup fresh lemon
balm leaves roughly
chopped
- 1 cup raw honey.

1 cup raw apple cider vinegar



Directions

1. Put the sliced ginger and chopped sage into a wide-mouth pint jar. The jar should be about 1/4 to 1/3 full of herbs.
2. Fill the jar about halfway with raw apple cider vinegar, more or less depending on your preference.
3. Add raw honey to the vinegar and herbs to fill the jar. Don't worry if the honey is thick, the vinegar will help it to dissolve and combine.
4. Wipe the jar rim, cap the jar with a lid, and give it a few shakes to combine.
5. Put the oxymel in a cool place out of direct sunlight to infuse for at least a week and up to 30 days. Then strain out the sage and ginger with a fine mesh strainer before using.
6. Store the strained oxymel in a jar with a lid in a cool place out of direct sunlight. It will keep for 6 months or more. It can also be refrigerated for longer shelf life.

Notes

- Fill the jar as full as you can without overflowing it, as you don't want too much airspace at the top. This will prevent oxidation, which can make the herbs turn brown.
- If you use a metal canning lid be sure to put a piece of parchment paper under it as the vinegar can react to the metal.
- For adults, take 1-2 tablespoons 2-3 times per day when you feel a sickness coming on.
- This sage and ginger oxymel is safe for children over the age of one, just use a smaller dosage based on their size.
- Oxymels should not be given to children under the age of one due to the raw honey.