

The Alchemy of Ayurveda
A Chefs journey into darkness and light

I'm an American Chef stranded on a Pitta/Kapha island. Egad, how to survive. I'm not particularly interested in immersing myself into an exclusively Indian &/or Vegetarian Diet. I do not drink much, but I want to consume an excellent adult beverage from time to time. So, what to do? I graduated from the Condon Bleu in San Francisco and have been cooking French, New Age (based on vibration, locality, sustainability and ethics), as well as Western Comfort food professionally; for over 40 years. So, here is my take.

First, 8 favourite foods I will create to excite my palate and yet balance my dosha(s).

- Chicken Piccata
- Spicy Wings
- Whole Roast Chicken with Vegetables
- Chicken Stir Fry
- Prime Rib
- Steak Salad
- Fish & Chips
- Hasenpfeffer

Second; the Ayurvedic Substructure from which I will proceed.

Pitta: Rasa's (tastes) consumed that help these hot-headed fools.

- Sweet. We all know what sweet tastes like.
 - Balances: Vata & Pitta.
 - Aggravates: Kapha. (too bad/this will challenge our Pitta/Kapha amalgam)
 - Primary Elements. (Water & Earth)
 - Virya: Cooling
 - Vipaka: Sweet. (post digestive effect)
 - Gunas Associated: heavy, cold, oily, soft, a bit challenging to digest, grounding, building, nourishing.
 - Associated Positive Emotions: love, sharing, compassion, joy, happiness, bliss- the most sattvic of flavors.
 - Emotions of Excess: attachment, greed, possessiveness.
 - Location on the Tongue: the tip.
 - Affinity for Organs: thyroid, upper lungs.
 - Most effected Tissues: all 7 dhatus.

- o Direction of Movement: descending, stabilizing (activates apana vayu),
 - o Additional Actions: moistening, laxative, diuretic, demulcent. emollient, antispasmodic, expectorant, anti-inflammatory.

- Bitter (I've been staring at a bottle of "Swedish Bitters" for about a year that I know I should take). Coffee is often the only bitter rasa people deliberately take.
 - o Balances: Pitta & Kapha.
 - o Aggravates: Vata.
 - o Primary elements: Ether & Air. (Vata's already have enough of this)
 - o Virya: Cooling. (the coolest)
 - o Vipaka: Pungent.
 - o Gunas Associated: cold, dry, light.
 - o Associated Positive Emotions: clarity, introspection, self-awareness, healthy detachment from worldly things.
 - o Emotions of Excess; cynicism, rejection, boredom, isolation, separation, loneliness.
 - o Location on the Tongue: middle edges on the left and right sides (and a small band across the middle of the tongue, connecting these edges).
 - o Affinity for Organs: pancreas, liver, spleen.
 - o Most Effected Tissues: rakta, rasa, majja, shukra.
 - o Direction of Movement: downward, descending, (activates apana vayu).
 - o Additional Actions: stimulates the nervous system, reduces fat, reduces bone marrow, inhibits sexual energy, is antipyretic (reduces fever), anti-inflammatory, antibacterial, anti-viral, cholagogue, laxative, anthelmintic, alterative, diuretic.

- Astringent. The astringent taste is a flavor of dryness that is generally produced by tannins in the bark, leaves and outer rinds of fruits and trees. It causes the mucus membranes in the mouth to contract and results in an immediate dry, chalky (sometimes even choking) sensation in the mouth. The astringent taste is frequently complimented by the sweet or sour tastes.
 - o Balances: Pitta & Kapha.
 - o Aggravates: Vata.
 - o Primary Elements: Air & Earth.
 - o Virya: Cooling (although the least cooling of the cooling rasa's)

- o Vipaka: Pungent.
- o Gunas Associated: dry, cold, heavy.
- o Associated Positive Emotions: stable, unified, collected, grounded.
- o Emotions of Excess: fear, anxiety, nervousness, depression, fixation, rigidity, resentment, harshness.
- o Location on the Tongue: central region at the back of the tongue.
- o Affinity for Organs: colon.
- o Most Effected Tissues: rakta, rasa, mamsa, skukra.
- o Direction of Movement: draws inward.
- o Additional Actions: tones tissues, reduces sweating, cools excess heat, anti-inflammatory, hemostatic (stops bleeding), astringent, vasoconstrictor

So what does this all mean for the Pitta individual.

- o Sweet/Sattvic, cooling, downward moving, generally pacifying to skin, composed of water & earth it is a bit heavy, sticky, nourishing but a bit hard to digest. Helps with all tissues.
- o Bitter/Sattvic, cooling, downward moving, dry & light. Ether & Air. Helps with digestion in a way that can assist with the heavier foods such as sweet. Assists with blood & plasma, neurological and reproductive tissues.
- o Astringent/Tamasic, a balance of Air & Earth to serve as a counter-balance of sorts for Bitter and Sweet. Is outward moving and also assists with blood & plasma, neurological and reproductive tissues.

The Pitta is a fireball ablaze on the surface of water. Water that can turn turbulent in a second. The sattvic properties of Sweet & Bitter elevate his/her condition to its highest potential, and the cleansing and grounding properties of Astringent allow stability, for this whirling dervish. Being constructed of two seeming opposites (water & fire) the pitta individual picks up much Ama (or shrapnel) in the course of their daily activities, so the downward, outward and cooling effects of this diet can allow the individual to continue unscathed on their journey.

Kapha: Rasa's (tastes) consumed to assist this sofa bound creature.

Pungent: The pungent taste is one of dry heat and can be found in spicy foods and many herbs and spices. It is usually created by the presence of aromatic volatile oils, resins, and mustard glycosides that stimulate the tissues and nerve endings of the mouth with a sensation of heat

- Balances: Kapha.
- Aggravates: Pitta & Vata.
- Primary Elements: Fire & Air. Hence the Pitta problem... too much fire.
- Virya: Hot (the hottest of all the rasa's)
- Vipaka: Pungent
- Guna's Associated: hot, dry, light, sharp (penetrating), aromatic.
- Associated Positive Emotions: enthusiasm, excitement, curiosity, clarity, vitality, vigor, concentration, and expansiveness.
- Emotions of Excess: irritability, aggressiveness, anger, rage, competitiveness, envy. Pitta individuals tend to have enough of this already..
- Location on Tongue: center region of tongue.
- Affinity for organs: stomach, heart.
- Most effected Tissues: rasa, skukra.
- Direction of Movement: upward, lightening (activates undana vayu).
- Additional Actions: blood-thinning, antispasmodic, antiparasitic, anthelmintic (deworming), carminative, diaphoretic, vasodilator.

Kapha also is assisted by Bitter & Astringent. (covered above in the discussion of Pitta)

So where does this leave us in creating a food/herb profile for the P3K2 individual? Or in my case, also creating a diet for the K3P2 person as well (my wife). Let us first examine our template of ingredients that pacify and assist the Pitta/Kapha individual.

VEGETABLES:

Arugula	Asparagus	Bell Peppers
Broccoli	Broccoli rabe	Burdock root
Cabbage	Carrot tops	Cauliflower
Celery	Corn, fresh	
Dandelions		
Endive	Green beans	Jerusalem
artichokes		
Jicama	Karela	Landcress
Lettuce	Mustard greens	Okra
Onions-cooked	Parsley	Potatoes,
white		
Sprouts	Summer squash	Spaghetti squash

FRUITS:

Apples	Apricots	Berries
Cherries	Mango	Pears
Pomegranate	Prunes	Quince
Raisins		

GRAINS:

Barley	Basmati Rice, brown & white
Millet	
Wheat	Oats

LEGUMES, BEANS, PEAS, AND SOYBEAN DERIVATIVES:

Aduki beans	Black beans	Black-
eyed peas		
Chickpeas	Muth beans	Urad dhal
White Beans		

NUTS AND SEEDS:

Coconut	Poppy seeds
---------	-------------

DAIRY:

Ghee	Goats milk
------	------------

OILS:

Canola	Sunflower
--------	-----------

SWEETENERS:

Amasake	Dried sweet fruit (apples, apricots, figs, mango, raisins)
Fruit Juice Concentrate	

HERBS, SPICES, AND FLAVORINGS:

Black cumin	Black pepper	Coriander
Cumin	Curry leaves	Dill
leaves		
Gram masala	Mint	Orange peel
Parsley	Peppermint	Saffron
Spearmint	Turmeric	Wintergreen

CONDIMENTS:

Black pepper	Cilantro	Daikon
Mint leaves	Rose water	Sprouts

SEAWEEEDS:

Agar-ager	Arame	Dulse
Hijiki	Kelp	Kombu

Riverweeds

Seaware

Wakame

BREWS AND BEVERAGES:

Carob drinks
ginger juice

Carrot juice

Carrot-

Chicory blends

Goat's milk

Mixed

Vegetable juice

Yogurt drink, mildly spiced

TEAS:

Bancha (twig)

Barley

Chamomile

Chicory

Chrysanthemum

Dandelion

Elder flowers

Hibiscus

Hops

Jasmine

Lavender

Lemon balm

Lemon grass

Nettle

Peppermint

Red clover

Rose flower

Saffron

Spearmint

Strawberry

Violet

Wintergreen

Wild cherry bark

The overlap of Rasa for Pitta & Kapha is Bitter/Astringent. I must pick and choose which Sweet/Pungent to incorporate. Also, I must address some foods I like that are not appropriate for these doshic profile(s), yet, I refuse to not consume them ☺. In the following pages I will give my version of some classic western recipes to address (to the best of my ability) the balance between pacifying the body and exciting the soul. (and tastebuds !)

Incorporating Meat into the Ayurvedic regime.

On the surface, it is considered a Vata question. Vata is light and meat of all kinds are comparatively heavy. Pitta is fire and meat of all kinds are comparatively heating. So, in principle meat would be incorporated into a Vata diet either as an immediate or sustained therapeutic, for the purpose of grounding, heating and nourishing their light/dry/cool physique. But I'm a Pitta; and I like to get things done. And what I would like to get done is for us Pitta/Kapha types to be able to eat some meat. Maybe not all the time, and maybe not all the different ways I have come to enjoy the flavour, but I want it! So let's assemble some recipes where we will attempt to balance the heavy with light, where we will attempt to balance the fire with cool, so as red blooded, independently minded, freedom loving Americans; we can at least enjoy some beef/chicken/fish from time to time ☺.

Some ground Rules:

- No Fruit or Cheese in recipes. Cheese is heavy and cooling, which degreases the Agni needed for digestion. Not a good

addition to meat. Cheese, like fruit is best eaten by itself, at least 40 minutes or so before or after consuming anything else.

- No raw vegetables in the recipes as Meat is already one of the most labor-intensive foods to digest, we do not want to make it any harder on your body to efficiently process the meal. Raw vegetables are quite cooling (it's a bit like trying to eat a nut still in its shell). Cooked green vegetables actually assist with the assimilation of meat.
- The challenge with Kapha is that meat is generally full of glucose, which will need to be addressed; as the rasa sweet is discouraged for our earthbound friends.
- The challenge for Pitta is that heating spices can really assist agni in improving digestion, but the Pitta is already hot enough, and too much heat causes vitiation.
- The average American eats WAY too much meat and of questionable quality. So, if you want to live the healthy 80-120 years we were all designed to do, you need to eat non-GMO, grass-fed beef. Free range, organic chicken, and wild caught fish. Make the meat protein about a fourth of the volume on the plate. And of course, get there is graduated stages, so you don't go mad, or give up, before reaching a good meat-eating equilibrium. PS: s/p stands for salt and pepper in the recipes, "T" for Tablespoon, "t" for teaspoon.

Chicken Piccata:

4

servings

Origins are unclear. First appearing in American (Italian) restaurants in the 1930's. Originally made with veal, this technique can be used for many different types of meat, cut into a thin escalope. In Italy, Piccata is often served as a second course, after the pasta dish and before the entrée.

Equipment needed:

Good Sauté Pan (large enough to hold 4 breasts at a time, with adequate thickness on bottom), pans or plates to reserve meat, excellent tongs (it gets hot). Service plates ready and warm.

Notes:

All prep (mise en place) must be ready before beginning production. See **Bold** text.

Procedure:

- **4: 4oz skinless chicken breast**

Pounded to ½ inch thick between two layers of plastic wrap. Lightly dust with s/p and a pinch of Hing. Reserve off to the side. Warm up sauté pan on medium heat. Add enough safflower oil to lightly coat the pan, bring up to temp.

- **1: Cup of White Wheat flour**

Dredge chicken breasts lightly but evenly in the flour and place in heated pan. Skin side (smooth side) down first. (Always put the side of the breast closest to you down first and then gently place the other end down away from you, so as not to splash yourself with hot oil or liquid)

Brown evenly on both sides and then reserve on a plate or pan on the side.

- **1: Cup Dry White Wine**

Deglaze the sauté pan. (ie: pour wine in pan to release the flavors from bottom of pan.

- **¼: Cup Shallots peeled and diced fine**

Add to reducing wine.

- **2 ½ : Cups Chicken Stock**

Once the wine and shallot mixture has been reduced to a sec (light syrup) add the chicken stock and then put your seared chicken breasts, you had reserved, back in the pan. Then Add:

- **½: Lemon, juiced**

- **1/3: Cup Strained Capers**

Continue reducing the liquid with the chicken breast until chicken is cooked through, (165 degrees) and then reserve the chicken breasts on your service plates. Add in:

- **¼: Cup Ghee (room temp)**

Reduce heat, stir in the ghee well, and once the sauce is combined completely, and has a good nape (sauce will not run when placed on the back of a spoon), gently pour over the chicken breasts evenly, in a nice strip. Garnish with lemon wedge and freshly chopped parsley and a dusting of ground Fenugreek. Serve Immediately.

Great with pasta but from an Ayurvedic perspective, perhaps best served with lightly roasted or sautéed (in water or stock) vegetables.

Ayurvedic Notes:

- Hing will help with digestion
- Safflower oil (-PK+V)
- Fenugreek (-VPK)
- Lemon (-VPK)

Chicken is one of the more acceptable meats for Pitta. Using ghee to add sattvic properties to help counteract the tamasic qualities of wine and shallots. Pickled items like capers are best for Vata types, but in smaller amounts can be tolerated by Pitta/Kapha.

Sweet & Spicy Wings

4

servings

The first plate of wings was served in 1964 at a family-owned establishment in Buffalo called the Anchor Bar. The wings were the brainchild of Teressa Bellissimo, who covered them in her own special sauce and served them with a side of blue cheese and celery because that's what she had available.

Equipment needed:

Large bowl, sheet pans, serving bowl or basket. Something to hold sauces (optional)

Notes:

Pre-heat oven to 400 degrees. Fried Wings are often tastier than baked, but I am going to need more than one year of Ayurvedic study to make P/K healthy fried wings !

Procedure:

- **2 ½: Lbs. Chicken Wings**

Dry off wings with a paper towel (you can put them on a plate and refrigerate for an hour to remove more liquid) and then dust with Turmeric, Coriander (-VPK) and Cumin (=VPK).

Assemble the Dry Rub in a large metal bowl.

- **1/3: Cup Jaggery ground**
- **1: T Turmeric (-VPK)**
- **1: T Coriander (-VPK)**
- **1: T Cumin (=VPK)**
- **1: t Salt (-V+PK)**
- **1: t Onion powder**
- **1: t Garlic powder (-VK+P)**
- **¼: t Hing (-VPK)**

Coat the wings well. Place on oiled or sheet pan (you can use foil to make clean-up easier). Place in oven. Set timer for 35-40 minutes. Keep the light on in the oven and turn over as necessary. May be done in 30 or may take a bit more than 40 minutes, you just have to keep an eye on them.

- **1: Whole Lemon**

Squeeze over wings and serve warm with sauce of your choice. (Hoisin or Plum is nice). We Americans put them in a basket lined with parchment of some kind.

Whole Roast Chicken

4

servings

Whereas it remains unclear whether the chicken or the egg came first; evidence suggests that ground zero for the bird's westward spread may have been the Indus Valley, where the city-states of the Harappan civilization carried on a lively trade with the Middle East more than 4,000 years ago. Suffice it to say that Chicken has been with us a while.

Equipment Needed:

Roasting Pan, large bowl for tossing vegetables:

Notes:

Pre-heat oven to 400 degrees. Clean the chicken well and pat dry with paper towels.

Procedure:

- **2- 2 ¼ : Lb. Whole Chicken**

Rub Safflower oil into the chicken's skin with your hands to get it well integrated. (-PK+V)

- **6: Stalks Celery**
- **2: Medium sized yellow Onions**
- **3: Whole White Potatoes (peeled)**

Roughly chop up vegetables in approximately 1" squares. Place in large metal bowl. Add:

- **¼: Cup Canola Oil**
- **2: T chopped Parsley (-VK+P+)**
- **2: T chopped Sage (-K+VP)**

Mix the vegetables and herbs together well in the bowl then place mixture in bottom of Roasting Pan. Lightly season with s/p. Add:

- **3: Cups Chicken Stock**
- **1: Whole Lemon, cut in halves (-VPK)**
- **1: T course chopped Tarragon (-VK+P)**
- **½: t Hing (-VPK)**

Place the Lemon, Tarragon and the Hing inside the Chicken's cavity. Pour the stock over the vegetables in the bottom of the pan. Place in the pre-heated oven and set the timer for about 35 minutes. It should take approximately 40-45 minutes. Remove when internal temperature reaches 165 degrees. The vegetables can be served with the chicken, rice make a nice companion.

Chicken Stir-Fry

4

servings

The word 'stir fry' was used for the first time in the 1945 cookbook *How to Cook and Eat in Chinese* by the author Buwei Yang Chao 楊步偉. The word was invented by Yang's husband Yuen Ren Chao (趙元任). So now you know..

Equipment needed:

Large Wok, Numerous bowls to hold prepped vegetables. Slotted Spoon or Spider (wire spoon for straining larger items), Serving Bowl.

Notes:

Much like Chicken Picatta, Stir-Fry requires that the mise en place is ready before beginning the cooking process. Most vegetables are cut on a bias (45° angle) for beauty and flavour. Prepare Saffron Basmati Rice to go with the entrée. (and Instant Pot will work; 1cup of Basmati Rice to 1 cup Purified Water or Stock, pinch saffron (=VPK), cooking 12 minutes)

Procedure:

- **6: Stalks Lemongrass (-VPK)**
- **½: Gallon Purified Water**

Place water in stock pot, add Lemon Grass stalks and boil together until liquid is reduced by half (1 quart). Reserve on the side.

- **4: Whole Skinless 4oz Chicken Breasts**
- **½: t Powdered Hing**

Dust Chicken Breast with the Hing powder and then cut them at a 45-degree angle against the grain in ¼ inch slices. Reserve off to the side.

- **½: Cup Sunflower Oil**
- **2: Broccoli stalks (cut into flowerets)**
- **2: Stalks Celery (1/2" cuts on a bias)**
- **12: Whole Green Beans (1/2" cuts on a bias)**
- **1: Whole Bell Pepper (cut into julienne [1/4" strips])**
- **6: Whole Asparagus (1/2" cuts on a bias)**
- **6: Whole Green Onions (1/2" cuts on a bias)**

Warm the Wok up on a medium flame. Add the oil and then a vegetable(s) in the order presented above. Once they are about half done add:

- **1: Cup Lemongrass Tea**
- **¼: Bragg's Liquid Aminos (all purpose seasoning-a soy sauce alternative)**
- **1: t Black Cumin (-VK+P)**
- **1: T Cardamom (-VKP)**

Stir a few times and then reserve the mixture with you slotted spoon or Spider into a bowl and then place the chicken in the hot Wok. Add more Lemongrass Tea if necessary. Once the meat is

about half done (should not take long), add the vegetables back. Stir a few more moments together and then gently place on a nice service platter. You may put it over the Saffron Rice or have the rice on the side.

- $\frac{1}{4}$: **Cup roughly chopped Mint (-VPK)**
- $\frac{1}{2}$: **Cup roughly chopped Parsley**

Garnish over the top. Serve immediately.

Ayurvedic Notes:

A key to this dish is to insure you do not overcook the vegetables or chicken. We use a medium to medium-high flame and everything cooks rather quickly. This process of not overcooking the vegetables helps balance out the effect of the heavier Guna in the Chicken. You need to have bowls ready as you are putting items in quickly and reserving them quickly as well. Take time cutting the vegetables and the meat beforehand, so the dish can represent beauty.

Roast Prime Rib

6

servings

The exact origin and beginnings of prime rib are unclear, although most historians agree roasts became popular during the Industrial Revolution in the United Kingdom, Australia, Ireland, New Zealand, United States and Canada. It was during those times that Prime Rib was originally known as the "Standing Rib Roast." It's given name was in its simplest of forms as the cut is roasted "standing" on the rib bones. Those from British or Irish households recognized a standing rib roast as a "Sunday Roast." This meal was commonly served with mashed or baked potatoes, stuffing, vegetables, and gravy. Many families consider the Sunday Roast an important tradition, set aside for the afternoon after morning church services have concluded.

Equipment needed:

Large roasting pan with rack to elevate the roast at least $\frac{1}{2}$ " or more.

Notes:

Pre-heat oven to 275 degrees. Have rib roast out at room temperature for a couple of hours before cooking.

Procedure:

- **7.5: Lb. Rib Roast (usually at least 3 ribs). You can go a pound or so either way.**
- **2: Quarts Beef Stock (more if necessary, as you need at least ½" to cover)**
- **1: t Wild Asparagus Root powder (Shatavari) (=VPK)**

Dust the roast with a bit of s/p and a touch of garlic powder. Place Roast on rack in roasting pan that has sides 1.5" high (or more). Combine the stock with the Shatavari powder and pour in the bottom of the roasting pan. Place pan in pre-heated oven. You will be cooking it approximately 15 minutes for every pound.

- **1: Quart Beef Stock**
- **2: Whole Onions (peeled and cut into quarters)**
- **6: Whole Carrots (peeled and cut into 3" lengths)**
- **4: Whole White Potatoes (cut into quarters, lengthwise)**
- **1: Whole Bitter Gourd - 1" cubes (use 3 stalks of Rhubarb if unavailable) (-PK+V)**
- **½: Cup Safflower Oil (=VPK)**
- **1: T Granulated Garlic (-VK+P)**

Toss vegetables in with the Beef Stock, the Safflower Oil and the Garlic. Place around the Prime Rib once the roast has cooked for at least 1 hour. If necessary, put vegetables that will not fit around the roast in a companion roasting pan. Place the roast and the vegetables back in the oven. Once the internal temp at the center of the roast is up to 110 degrees, raise the temperature of the oven to 500 degrees for 10 minutes or until the roast & vegetables have a nice golden, roasted color. By now, the temperature should be around 120 degrees internal. (if for some reason it is still below that, return the oven temperature to 275 and cook until you reach 120 internal temperature in the center of the roast) Remove the roast, cover with foil and perhaps a couple of large towels to hold some heat in and let it rest for about 20 minutes before slicing.

Serve the vegetables on a platter. Remove and strain the broth remaining and use for Au Jus (dipping sauce for the meat). If the roast was closer to 9 lbs, let the roast cook for close to an hour and a half at 275 degrees before adding vegetables.

Steak Salad

4

servings

To be honest, I think I invented it.

Equipment needed:

Large bowl. Grill. Tongs. Cruet for dressing. Salad Spinner. Squirt Bottle for dispensing dressing.

Notes:

You need a better cut of meat for this to work. NY Strip, Flank Steak, Skirt Steak, or Sirloin will all work well. Also, steaks cut from the Tri-Tip Roast can work nicely. Most other cuts result in too much fat or gristle, or the meat being too tough. You can also use Tenderloin, if you want to dazzle. The only issue with tenderloin is it does not have as much flavor or some of the other cuts. Chill the 4 full-sized dinner plates for the salad.

Procedure:

- **16-18 Oz Beef Steak**
- **S/P and Garlic powder to taste**

Grill the steaks to an internal temperature of 120-125 degrees. Any more than that, and your meat will be tough. If a customer is squeamish, remind them you could be serving steak tartar. Reserve steak off to the side.

- **12 Oz. Mixed Greens (I would recommend Romaine, Green & Red Leaf, Arugula, and perhaps some baby spinach or kale)**
- **1 Cup Flat Parsley leaves (whole)**
- **2 Whole Yellow, Red or Orange Bell Peppers cut into ¼" julienne (strips)**
- **½: Whole Jicama, sliced into ¼" julienne (strips)**

It is important to spin the lettuce well and make sure it is completely dry, or your measurements (portion) will be off. Mix the greens and the vegetables together in a big bowl, cover and chill.

- **1/3: Cup Apple Cider Vinegar**
- **1: T Filtered Water**
- **1: T Raw Honey**

- 1: T Lemon Juice (-VPK)
- 1: t Dijon Mustard
- 1: t Oregano (fresh, minced)
- 1: t Basil (fresh, minced) (-VK+P)
- 1/2: t Thyme (fresh, minced) (-VK+P)
- To Taste: s/p

Mix together. Combine completely,

- 1 Cup Safflower Oil (=VPK)

Add Oil. Mix well. Pour into squirt bottle.

Assembling the Salad:

Cut the steak(s) into ¼" strips going across the grain. Reserve. Toss the Salad one more time, and place on chilled plates. Make sure the vegetables are featured prominently. Then fan the steak in a beautiful concentric circle beginning at the center where the lettuce is at its peak. You can be creative as to exactly how to fan this out. Once your guests are ready to eat, squirt some to the dressing into and around the greens (not too much!). Serve immediately. Bread is not exactly the Breakfast of Champions in the Ayurvedic World, but a nice slice of fresh Sourdough on the side would be splendid.

Ayurvedic notes:

In many ways this is not the best Ayurvedic meal, but it is important to remember that greens genuinely assist in the assimilation of something as heavy as steak. The vinegar in the dressing lightly "cooks" the greens, which makes them even more digestible.

Fish n' Chips

4 servings

The first fish and chip shop in the North of England is thought to have opened in Mossely, near Oldham, Lancashire, around 1863. Mr. Lees sold fish and chips from a wooden hut in the market and later he transferred the business to a permanent shop across the road which had the following inscription in the window, "This is the first fish and chip shop in the world".

Equipment needed:

4-quart sauce pan, Spider (wire spoon) or Slotted Spoon, 5 bowls; 3 for mixing, 2 for straining the fish & the chips. Baskets for serving. 4 Ramekins.

Notes:

Lots of newspaper to drain the fried fish and to hold the meal in its baskets.

Procedure:

- **1: Cup Real Mayonnaise**
- **¼: Cup Pickle Relish**
- **2: Lemons; juice of ½ lemon for sauce. (-VPK)**
- **¼: t Salt**

Combine in bowl and pour into 4 Ramekins. Refrigerate. Cut the remaining 1.5 lemons into 8 total wedges and reserve.

- **4: White Potatoes. Peeled and sliced lengthwise in Pont-neuf or French Fry shape (1/3"x1/3"x2 1/2"). Soaked in water (cover them completely)**

Reserve them to the side.

- **1: Quart Safflower Oil (=VPK)**

Slowly warm up Oil to 350 degrees in the 4-quart stock pot. Keep an eye on it, so it does not overheat.

- **2: Cups Coconut Milk**
- **4: 4oz Cod Fillets**

Soak the Cod Fillets in the Coconut Milk for at least 2 hours before Cooking

- **¼: Cup Sweet Rice Flour**
- **¾: Cornstarch**
- **1: T Baking Powder**
- **1: T Jaggery ground**
- **½: t Salt**
- **¼: t Black Pepper (ground)**

Mix together well.

- **¾: Cup Gluten-Free Ale (add more if consistency is too dry)**

Whisk in until batter forms. Batter should flow easily from a spoon, slightly thicker than the consistency of heavy cream.

- **1/2: Cup White Rice Flour**
- **½: Cup Cornstarch**

Dredge Cod, one piece at time, into the mixture. Shake off excess. Carefully lower fish into the hot oil. Cook until batter sets, about three minutes. Flip the fish over and cook for another three minutes or so. It should look golden brown. Strain on clean newspaper.

- **4: Strain the Potato "chips" and dab off excess water. Make sure they are dry.**

Place the ½ the Chips in the oil and stir. Adjust temp on stove to ensure fry temp is about 350 degrees. After a couple of minutes pull them out and let them drain on clean paper. Do the same with the other half. Maintain your fryer temp is at 350 degrees and re-fry each batch of potatoes one more time, until they are golden brown. (it is necessary to fry them twice to remove enough water so they will be crispy) Remove them, lightly salt them and let them drain on paper for a moment.

Assembly:

Line 4 baskets with clean paper or newspaper (to be more authentic). Evenly distribute Chips in the baskets and then place a Cod Fillet with them. Give each basket 1 ramekin of Tarter Sauce. Garnish with 2 lemon wedges each. Serve immediately.

Ayurvedic Notes:

Other than the Lemons and the Safflower Oil, the main benefit of this recipe is I was able to use a great many ingredients from the Major or Pacifying food groups mentioned earlier in this paper, that are specifically for the Pitta/Kapha individual.

Hasenpfeffer

4

servings

Hasenpfeffer is a traditional German dish of brined and stewed rabbit. "Hase" is German for hare or rabbit while "pfeffer" literally translates to pepper, referring to the general spiciness of the recipe which hinges on a spicy vinegar marinade with a long soak time. A gravy is usually made from the brine, in which the rabbit is cooked, and ladled over noodles, potatoes or dumplings. A favourite of the Fudd family, I'm sure.

Equipment needed:

Large stainless steel bowl. Large cast iron skillet.

Notes:

Rabbit is easier for the Pitta/Kapha to process than Beef or Chicken. Any time you marinate meat and then cook it fully, it is also easier to digest.

Procedure:

Pickling Spice.

- **2: T Mustard Seeds (whole) (-VK+P)**
- **1 T Allspice (whole)**
- **2 t Coriander (whole) (-VPK)**
- **1 t Red Pepper Flakes**
- **1 t Ginger (ground) (-Vk+P)**

- 2 Whole Bay leaves (crumbled)
- 2 Sticks, Cinnamon (broken in half) (-VK+P)
- 6 Cloves (whole) (-VPK)

Place mustard seeds, allspice berries, whole coriander seeds, and red pepper flakes into a small glass jar with a tight-fitting lid. Shake to combine. Add ground ginger to seeds and shake again. Sprinkle crumbled bay leaves over spice mixture and place cinnamon stick halves into the jar. Seal and shake to combine. Mixture can be stored in the tightly sealed jar for up to 1 month without loss of flavor.

- 1: Onion, large ¼" slices
- 3: Cups Apple Cider Vinegar
- 3: Cups Purified Water
- 1: T Pickling Spice
- 2: t Salt
- ½: t black pepper
- 2: Bay Leaves
- 8: Cloves

Combine in large stainless steel bowl.

- 1: Whole Rabbit (around 2.5 Lb.) Skinned and cut into serving-size pieces

Add to Mixture in the bowl. Cover & refrigerate for 48 hours. Turning occasionally.

- 1: Cups Buckwheat Flour
- 3: T Ghee
- 2.5: Cups Marinade
- 1: Cup Sour Cream

Remove the meat, strain and reserve marinade. Dry meat well, coat lightly with the flour. In a large skillet, add the Ghee; brown the meat well. Gradually add Marinade. Cover and bring to a boil. Reduce heat and simmer until tender, about 30 minutes. Remove meat to warm platter. Add Sour Cream to pan juices, stir just until heated through. Spoon over Rabbit.