Ayurvedic Cooking for Pitta Dosha

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### What Is Your Ayurvedic Constitution?

In each row, circle the statement that best describes you. Circle multiple responses to each statement if more than one is applicable; leave the question blank if no choices apply. Base your choices on what has been most consistent over a long period of your life.

<table>
<thead>
<tr>
<th></th>
<th>Vata</th>
<th>Pitta</th>
<th>Kapha</th>
</tr>
</thead>
<tbody>
<tr>
<td>My bone structure is</td>
<td>Slim, slight, prominent</td>
<td>Medium</td>
<td>Thick, solid, heavy</td>
</tr>
<tr>
<td>My height is</td>
<td>Above or below average</td>
<td>Average</td>
<td>Average or tall</td>
</tr>
<tr>
<td>My hair is</td>
<td>Dry, thin, curly, coarse, frizzy, wiry, scanty, dark</td>
<td>Moderate, fine, golden or reddish, prematurely graying or balding</td>
<td>Thick, oily, abundant, wavy, dark or light</td>
</tr>
<tr>
<td>The pores on my face appear</td>
<td>Small and fine</td>
<td>Large on T-zone, small and fine elsewhere</td>
<td>Large and open</td>
</tr>
<tr>
<td>My weight is</td>
<td>Below average, hard to gain weight</td>
<td>Medium, able to lose or gain weight</td>
<td>Above average, I easily gain weight</td>
</tr>
<tr>
<td>My veins are</td>
<td>Prominent</td>
<td>Even over my body</td>
<td>Not visible</td>
</tr>
<tr>
<td>My hands are</td>
<td>Small, dry, cool, with small, long fingers</td>
<td>Medium sized, moist, warm, pink</td>
<td>Large, firm, cool, oily</td>
</tr>
<tr>
<td>My perspiration is</td>
<td>Scanty with no smell</td>
<td>Profuse and hot with strong smell</td>
<td>Moderate and cold with pleasant smell</td>
</tr>
<tr>
<td>My endurance is</td>
<td>Quick to start with poor endurance</td>
<td>Well-managed with average strength. Intolerant of heat</td>
<td>Slow to start but strong and long lasting once I do</td>
</tr>
<tr>
<td>My appetite is</td>
<td>Irregular, with skipped meals</td>
<td>Strong, must eat regular meals</td>
<td>Constant, but can skip a meal</td>
</tr>
<tr>
<td>I dislike weather which is</td>
<td>Cold, windy, dry</td>
<td>Hot, with strong sun</td>
<td>Cool and damp</td>
</tr>
<tr>
<td>My memory is</td>
<td>Quick to remember – and to forget</td>
<td>Average, clear, distinct</td>
<td>Long term memory is best</td>
</tr>
<tr>
<td>I dream about</td>
<td>Activity, frightening things, flying, running</td>
<td>Anger, fire, violence, passion, the sun</td>
<td>Water, clouds, relationships, romance, snow</td>
</tr>
<tr>
<td>The pace of my activity is</td>
<td>Fast</td>
<td>Medium speed, intense</td>
<td>Slow, steady</td>
</tr>
<tr>
<td>My spending pattern</td>
<td>Earn and spend quickly</td>
<td>Spend on specific goals</td>
<td>Hold on to what I earn</td>
</tr>
</tbody>
</table>

www.elearning.mum.edu
<table>
<thead>
<tr>
<th>My thinking style is</th>
<th>Quick, restless</th>
<th>Organized, efficient, accurate</th>
<th>Slow, methodical, exacting</th>
</tr>
</thead>
<tbody>
<tr>
<td>I love</td>
<td>Traveling, art, esoteric subjects, plays, jokes</td>
<td>Competitive sports, politics, hunting, research</td>
<td>Water, sailing, flowers, good food, business ventures</td>
</tr>
<tr>
<td>Score</td>
<td>Vata:</td>
<td>Pitta:</td>
<td>Kapha:</td>
</tr>
</tbody>
</table>

Count the number of circled responses and total each column. **Determine the section with the highest score. This is the principle/dosha that is predominant for you.** For example, if pitta is the highest score then you have a pitta constitution. However, if two sections have similar scores, then a combination of two doshas dominates your constitution. For example, you may be a vata-pitta or a pitta-kapha.
### Three Dosha Overview

<table>
<thead>
<tr>
<th></th>
<th>Vata</th>
<th>Pitta</th>
<th>Kapha</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Elements</strong></td>
<td>Space, Air</td>
<td>Fire, Water</td>
<td>Water, Earth</td>
</tr>
<tr>
<td><strong>Senses</strong></td>
<td>Hearing, Touch</td>
<td>Sight, Taste</td>
<td>Taste, Smell</td>
</tr>
<tr>
<td><strong>Functions</strong></td>
<td>Movement</td>
<td>Metabolism, Energy production</td>
<td>Physical structure, Fluid balance</td>
</tr>
<tr>
<td><strong>Qualities</strong></td>
<td>Mobile, quick, cold, rough, dry, light,</td>
<td>Hot, sharp, liquid, slightly oily, acidic</td>
<td>Heavy, cold, soft, oily, stable, slow, dull</td>
</tr>
<tr>
<td><strong>Physical characteristics</strong></td>
<td>Light thin build, Dry skin, Averse to cold weather, Irregular hunger and digestion, Tendency to constipation, Light, interrupted sleep, Tends to fatigue, less stamina, Curly hair more likely, Dry skin, Prominent joints, tendons and veins</td>
<td>Moderate build, Averse to hot weather, Strong digestion and appetite, Can’t skip meals, Sound sleep, medium length, Thin, fair hair, Red, blond or light brown hair, Early graying or balding, Reddish complexion, Moles or freckles</td>
<td>Solid, heavier built, Averse to damp weather, Slow digestion, mild appetite, Regular elimination, Great strength and endurance, Heavy, long sleep, Dark, thick hair, Oily, smooth hair</td>
</tr>
<tr>
<td><strong>Psychological characteristics</strong></td>
<td>Acts quickly, Quick to learn, quick to forget, Speaks quickly, Vivacious, always moving, Creative, enthusiastic, Makes friends easily, Tendency to worry and indecision</td>
<td>Acts with medium speed, Medium time to learn, Medium memory, Good speaker, Enterprising, sharp, Courageous, focused, Natural leader, Tendency towards anger</td>
<td>Slow, methodical, Slow to learn, slow to forget, Tranquil, steady, calm, Forgiving, affectionate, Emotionally stable, Tendency towards lethargy</td>
</tr>
<tr>
<td><strong>Balanced dosha</strong></td>
<td>Exhilaration, Alertness, Sound sleep, Normal elimination, Strong Immunity, Proper formation of tissues</td>
<td>Contentment, Courage, Sharp, clear intellect, Good digestion, Normal heat and thirst mechanism, Lustrous complexion</td>
<td>Affection, generosity, Vitality and stamina, Stability of mind, Healthy normal joints, Muscular strength, Strong immunity</td>
</tr>
<tr>
<td><strong>Imbalanced dosha</strong></td>
<td>Dry or rough skin, Constipation, Underweight, Fatigue, Tension headaches, Anxiety, worry, Insomnia, Intolerance of cold, Degenerative arthritis</td>
<td>Hostility, irritability, Visual problems, Excessive body heat, Premature graying or baldness, Peptic ulcer, heartburn, Rashes, inflammatory skin conditions, Inflammatory bowel disease</td>
<td>Lethargy, mental dullness, Excessive sleep, Slow digestion, Oily skin, Nasal allergies, Sinus congestion, Asthma, Obesity, Cysts and other growths</td>
</tr>
</tbody>
</table>
**Pitta-Pacifying Foods**

<table>
<thead>
<tr>
<th>Favor the Following Foods:</th>
<th>Avoid or Reduce the Following Foods:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General</strong>: food not too hot; cool or lukewarm drinks; sweet, bitter, and astringent tastes</td>
<td><strong>General</strong>: pungent, sour, and salty tastes</td>
</tr>
<tr>
<td><strong>Grains</strong>: wheat, rice, quinoa, barley, oats, amaranth</td>
<td><strong>Oils</strong>: almond, corn, safflower, sesame</td>
</tr>
<tr>
<td><strong>Beans</strong>: yellow mung dal, small kidney beans, adzuki beans</td>
<td><strong>Grains</strong>: buckwheat, rye, corn</td>
</tr>
<tr>
<td><strong>Vegetables</strong>: asparagus, artichoke, Brussels sprouts, cucumber, white pumpkin, fennel, butternut squash, peas, okra, zucchini, chicory, cauliflower, broccoli, cabbage, green beans, celery, potato, sweet potato, green papaya, sprouts, lettuce, tender radish (with ghee or butter), chard, kale</td>
<td><strong>Nuts</strong>: all except coconut</td>
</tr>
<tr>
<td><strong>Dairy</strong>: ghee (clarified butter) milk, panir, ricotta cheese, fresh mozzarella, butter, sweet buttermilk, sweet lassi, cream</td>
<td><strong>Seeds</strong>: all except sunflower and pumpkin</td>
</tr>
<tr>
<td><strong>Sweeteners</strong>: date sugar, rock sugar, or raw whole cane sugar in small quantities</td>
<td><strong>Spices</strong>: chili pepper, cayenne, black pepper, mustard seeds, celery seeds (ajwan), fenugreek, asafetida (hing), ginger powder</td>
</tr>
<tr>
<td><strong>Oils</strong>: coconut, olive, sunflower</td>
<td><strong>Fruits</strong>: papaya, sour orange, sour grapes, sour pineapple, berries, cranberries, grapefruit, sour plums, banana</td>
</tr>
<tr>
<td><strong>Nuts &amp; Seeds</strong>: sunflower seeds, pumpkin seeds, almonds in small quantities</td>
<td><strong>Herbs and Spices</strong>: mint, parsley, cilantro, rosemary, basil, coriander, cumin, turmeric, saffron, fennel, cinnamon, cardamom, cloves, ginger (small amounts) lime juice</td>
</tr>
<tr>
<td><strong>Fruits</strong>: sweet grapes, pomegranate, avocado, mango, coconut, melons, apple, pear, raisins, dates, figs, apricot, sweet orange, sweet pineapple, persimmon, cashew fruit, papaya (small amounts)</td>
<td><strong>Dairy</strong>: sour milk products, yogurt, cheese (especially old and salty), salty butter, quark, sour cream</td>
</tr>
</tbody>
</table>
## The Six Tastes

<table>
<thead>
<tr>
<th>Sweet</th>
<th>Sour</th>
<th>Salty</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Earth + Water)</td>
<td>(Earth + Fire)</td>
<td>(Water + Fire)</td>
</tr>
<tr>
<td>Increases Kapha Decreases Vata, Pitta</td>
<td>Increases Pitta, Kapha Decreases Vata</td>
<td>Increases Pitta, Kapha Decreases Vata</td>
</tr>
<tr>
<td>Most grains like wheat, rice, barley, corn</td>
<td>Sour fruits like lemon, lime, sour oranges</td>
<td>Any kind of salt like sea salt, rock salt</td>
</tr>
<tr>
<td>Most legumes, such as beans, lentils and peas</td>
<td>Sour milk products like yogurt, cheese, sour cream, whey</td>
<td>Fermented substances like wine, vinegar, soy sauce, sauerkraut, pickles</td>
</tr>
<tr>
<td>Milk and sweet milk products, such as cream, butter, ghee</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweet fruits like dates, figs, grapes, pears, mangos</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Certain cooked vegetables, especially starchy tubers: potato, sweet potato, carrot, beet</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sugar in any form</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Vata dosha is balanced by sweet, sour, and salty
Pitta dosha is balanced by sweet, bitter, and astringent
Kapha dosha is balanced by pungent, bitter, and astringent
### The Six Tastes

<table>
<thead>
<tr>
<th>Pungent (Spicy)</th>
<th>Bitter</th>
<th>Astringent</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Fire + Air)</td>
<td>(Air + Space)</td>
<td>(Air + Earth)</td>
</tr>
<tr>
<td>Increases Vata, Pitta Decreases Kapha</td>
<td>Increases Vata Decreases Pitta, Kapha</td>
<td>Increases Vata Decreases Pitta, Kapha</td>
</tr>
<tr>
<td>Spices like chili, black pepper, mustard seeds, ginger, cumin</td>
<td>Certain fruits like olives, grapefruits</td>
<td>Sprouts, lettuce, green leafy vegetables, rhubarb, most raw vegetables</td>
</tr>
<tr>
<td>Certain vegetables like radish, onions, garlic</td>
<td>Green leafy vegetables like spinach, green cabbage, Brussels sprouts, zucchini</td>
<td>Pomegranate, apples, berries, persimmons, cashew, unripe fruits</td>
</tr>
<tr>
<td>Eggplant, bitter gourd, chicory</td>
<td>Certain spices like fenugreek and turmeric</td>
<td></td>
</tr>
</tbody>
</table>

Vata dosha is balanced by sweet, sour, and salty
Pitta dosha is balanced by sweet, bitter, and astringent
Kapha dosha is balanced by pungent, bitter, and astringent
Lesson 1

Pitta Spice Mix

Spice mixes are an easy way to enliven your food whether you are cooking at home or eating out. They save time, and this spice combination provides a Pitta-balancing blend of all the six tastes.

10 parts fennel powder
4 parts coriander powder
2 parts turmeric powder
2 parts cumin powder
1 part cinnamon powder

Mix all spices together in bulk and store in a jar. If you can, grind the seeds yourself in a coffee grinder. This will yield more aromatic and fresh spices. When you are cooking a meal, place a small amount of oil in a frying pan on medium heat. Add spice mixture, measuring out one or two teaspoons of spice mixture per serving. Sauté spices until the aroma is released – be careful not to burn them. You can flavor your soups, dal, and vegetables this way.

Green Bean Salad with Walnut Sauce

Serves 4

Step 1
1 pound (450 g) green beans, cut into 1-inch (2.5-cm) pieces
1 daikon radish, cut into small cubes
1 carrot, cut into small cubes

Step 2
½ cup (125 ml) chopped walnuts
2 tablespoons olive oil
2 tablespoons lime juice
1 teaspoon Pitta Spice Mix
1 teaspoon ground coriander
½ teaspoon salt
2-3 tablespoons cold water

1. Steam vegetables for 20-25 minutes until tender and let them cool.
2. Place walnuts, olive oil, lime juice, Pitta Spice Mix, coriander, and salt in a blender. Blend to a paste, slowly adding water until smooth. Use rubber spatula to force mixture down the sides of the blender. The sauce will be very thick. Stir walnut sauce into salad. Add more salt if necessary. Chill in the refrigerator for 30-60 minutes before serving.
Quinoa-Panir Burgers
Makes 10 burgers

Step 1
1 tablespoon ghee
1 tablespoon Pitta Spice Mix
½ cup (125 ml) zucchini, finely chopped
1 stalk celery, finely chopped

Step 2
½ cup (125 ml) quinoa, washed
1 cup (250 ml) water
½ teaspoon salt

Step 3
6 ounces (180 g) grated panir
⅓ cup (80 ml) minced fresh parsley
2 tablespoons arrowroot or cornstarch
1-2 tablespoons water, if necessary
Ghee for frying

1. Heat the ghee in a skillet. Add Pitta Spice Mix, zucchini, and celery and sauté over medium heat for 10 minutes.
2. Add quinoa, water, and salt, and bring to a boil. Cover and simmer on low heat for 20 minutes. Let it cool to room temperature.
3. Add panir, parsley and arrowroot or cornstarch into quinoa and mix well with a spoon. If the mixture is too dry add one or two tablespoons water. In a large cast iron or other nonstick frying pan, heat 1 tablespoon ghee. Shape the mixture into burgers and fry them on both sides until they are brown. Leave enough space between the burgers so that you can easily flip them. Repeat with the second batch. Serve with Green Bean Salad and Cilantro-Coconut Chutney.
**Cilantro–Coconut Chutney**

Chutneys are Indian relishes that are served with nearly every meal. Most chutneys are hot, as they contain fresh ginger and chilies, which are Pitta aggravating. Chutneys not only add flavor but they also stimulate digestion. This cooling chutney contains all the six tastes emphasizing the ones that balance Pitta dosha: sweet, bitter and astringent.

1 bunch fresh cilantro, about 1½ cups (375 ml)
10 fresh mint leaves
½ cup (80 ml) fresh coconut or 2 tablespoons dried coconut, ground in a coffee grinder
¼ cup (60 ml) soaked raisins
1 tablespoon lime juice
1 teaspoon Pitta Spice Mix
1 teaspoon coriander powder
¼ teaspoon salt
2-4 tablespoons coconut milk

Wash cilantro and chop it in a blender or food processor. Add the rest of the dry ingredients except for coconut milk and blend until smooth. Add coconut milk and blend again. Depending on whether you are using fresh coconut or dried coconut, you will need to adjust the amount of coconut milk.

**Date-Apricot Delight**

These little balls are quite sweet and satisfying even though they don’t contain sugar. Although Pitta dosha is pacified by sweets, refined sugars are not recommended in Maharishi Ayurveda.

*Step 1*

⅔ cup (160 ml) dried coconut flakes

*Step 2*

1 cup (250 ml) chopped soft dates, (about 12) e.g. Medjol
1 cup (250 ml) chopped dried apricots (about 20)
2 tablespoons rose petal jam or 1 tablespoon rose water
2 teaspoons ground cardamom

1. Grind coconut flakes in a coffee grinder into a fine powder.
2. Combine dried fruits, rose petal jam, and cardamom in a food processor. Process until the dried fruits completely break down and turn into a soft paste. Add ½ cup (125 ml) of the coconut powder and mix well.
3. Take a half tablespoon-full of the paste and roll it into a ball with your hands. Roll the ball in the remainder of the ground coconut. Repeat with rest of the paste. Place balls in a container and refrigerate. They will last for several days in the fridge.
Coconut Curry for Pitta
Serves 3 or 4

Gluten Free

Curry normally evokes a spicy flavor including chili peppers, cayenne pepper, and black pepper. These pungent spices aggravate Pitta dosha so we substituted Pitta pacifying spices and used a lot more of them to increase flavor. We kept a little bit of fresh ginger and compensated with coconut milk, but if your Pitta dosha is really high, you may want to skip the ginger entirely.

Step 1
2 tablespoons ghee
2 tablespoons Pitta Spice Mix
1 tablespoon ground coriander
2 celery stalks, finely chopped
1 fennel bulb, finely chopped
2 tablespoons shredded fresh ginger
1 teaspoon turmeric
1 cup (250 ml) water

Step 2
2 heads broccoli, chopped
1 zucchini, chopped

Step 3
4 ounces (120 g) paneer, cubed
1½ teaspoons salt

Step 4
1½ cups (375 ml) coconut milk
½ cup (125 ml) chopped fresh cilantro or Thai basil
Juice of half a lime

1. Heat ghee in a wok or large skillet. Sauté Pitta Spice Mix for 30 seconds then add celery, fennel, ginger, turmeric, and water. Cover and bring to a boil. Lower heat and simmer for 15 minutes.
2. Add broccoli and zucchini and simmer for another 15 minutes.
3. Add paneer and salt and simmer another 5 minutes until vegetables are tender.
4. Add coconut milk and bring to a boil. Turn off heat and add cilantro and lime juice.
Serve with Sautéed Basmati Rice or rice noodles.
Sautéed Basmati Rice
Serves 3 or 4

Frying the rice in ghee for a few minutes will keep the grains distinct and fluffy. Adding the lime juice also helps the grains to remain separate and light.

**Step 1**
1 cup (250 ml) basmati or other long-grain white rice
1 tablespoon ghee

**Step 2**
2 cups (500 ml) water
1 teaspoon fresh lime juice
¾ teaspoon salt

1. Wash and drain rice. Heat ghee in a saucepan over moderate heat until hot. Pour in the rice and gently stir-fry for about 2 minutes.
2. Add the water, lime juice and salt. Increase the heat and bring to a boil. Reduce the heat to low, cover and simmer without stirring for 20 minutes until the rice is tender and the water is fully absorbed. Turn the heat off and let the rice sit, covered, for 5 minutes. Just before serving, uncover and fluff rice with a fork.

Sweet Rose Lassi
Serves 2

Lassi is an Ayurvedic drink to be served during or after a meal. It aids digestion and is good for all doshas. Mixing yogurt with water makes it lighter and more easily digestible. While yogurt is not recommended for Pitta, lassi is suitable, as long as it is sweet.

1½ cups (375 ml) water
½ cup (125 ml) fresh plain yogurt
1 tablespoon turbinado sugar (raw cane sugar)
1 teaspoon rose water
¼ teaspoon ground cardamom

Blend ingredients in a blender until frothy. Serve it immediately and enjoy a delectable drink for all seasons.
Kofta balls are the Indian vegetarian version of meatballs. They can be made from a variety of vegetables, paneer, and dal. Most often, they are deep fried, but this baked version is more suitable for Pitta and just as delicious.

**Step 1**
- ½ head cauliflower about 14 ounces (420 g), cut into pieces
- 2 medium potatoes, about 8 ounces (240 g), peeled and cubed
- 1 cup (250 ml) peas

**Step 3**
- 1 teaspoon salt
- 1½ teaspoons turmeric
- ½ cup (125 ml) chickpea flour
- ½ cup (125 ml) cream of wheat or semolina flour
- 1 tablespoon melted ghee

1. Steam cauliflower and potatoes for about 15 minutes. Add peas and continue steaming until the vegetables are tender, about 10 more minutes. Drain well.
2. Preheat oven to 350°F (180°C).
3. Using a potato masher, mash the vegetables together. With a spoon, mix in salt and turmeric thoroughly. Add chickpea flour and cream of wheat and mix well. Grease a casserole dish with ghee. Rub your palms with a film of ghee and roll mashed vegetable mixture into balls about 1 inch (2.5 cm) in diameter. Place kofta balls in the casserole dish.
4. Bake for 30 minutes. Turn balls over and bake for another 20 minutes or until golden brown.

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**Mint Chutney**

2 cups (500 ml) coarsely chopped fresh mint
2 cups (500 ml) coarsely chopped fresh cilantro
3 to 4 tablespoons yogurt
2 tablespoons lime juice
1 tablespoon minced fresh ginger
½ teaspoon salt

Place all ingredients and only 2 tablespoons of the yogurt into a blender or food processor. Puree until you get a smooth paste, scraping the side of the food processor down with a spatula. Add more yogurt if the chutney is too thick.
Hummus
Makes about 2 cups (500 ml)

Vegan
Gluten Free

Hummus is an excellent, easy-to-prepare recipe that is rich in protein, iron, and calcium. A popular Middle Eastern appetizer and dip, it can be easily adapted to other cuisines and served in sandwiches, wraps, and as a side dish for vegetables and grain burgers. It takes less than 5 minutes to mix in a food processor. Hummus is most suitable for people with Pitta and Kapha constitutions, Vata people may eat it in moderation.

**Step 1**
2 cups (500 ml) cooked chickpeas
¼ cup (60 ml) chickpea cooking water
3½ tablespoons lime juice
2 tablespoons tahini (see recipe below)
½ teaspoon salt

**Step 2**
2 tablespoons olive oil
2 tablespoons chopped parsley

1. Place chickpeas, lime juice, tahini, and salt in a food processor with 2 tablespoons of the cooking water. Blend into a smooth cream. Add more water if necessary.
2. Transfer hummus into a serving bowl, stir in olive oil, and garnish with parsley.

**Tahini**
2 tablespoons sesame seeds
½ teaspoon cumin seeds

Roast sesame seeds and cumin seeds together. Using a coffee grinder, grind seeds into a fine powder.
Tabouli
Serves 4

Tabouli is a Middle Eastern parsley salad that is very refreshing in the summer. With the addition of mint and cucumber, it is a perfect dish for Pitta.

3 cups (750 ml) chopped Italian parsley
1 medium cucumber, cubed
1 cup (250 ml) chopped mint
½ cup (125 ml), bulgur soaked overnight
2 to 3 tablespoons lime juice
1 to 2 tablespoons olive oil
½ teaspoon salt

Mix all ingredients in a large bowl. Serve chilled.

Notes:
Bulgur is a precooked product so it is not necessary to cook it. If you forget to soak it overnight, you can pour boiling water over the bulgur and let it soak for 20 minutes.
Condensed milk puddings are very popular in India and are made by reducing the milk by boiling to one-half or less. Use a heavy, nonstick pan to minimize scorching and sticking. If you have access to an Indian grocery store, you can buy the Indian noodles called seviya. This recipe uses the untoasted version. Otherwise, use the finest vermicelli you can find.

**Step 1**
6 cups (1500 ml) whole milk  
½ teaspoon saffron threads

**Step 2**
2 tablespoons ghee  
1 cup (250 ml) vermicelli or capellini d'angelo, broken into 1-inch pieces  
½ cup (125 ml) slivered, blanched almonds  
1 cinnamon stick

**Step 3**
½ cup (125 ml) turbinado sugar (raw cane sugar)  
¼ cup (60 ml) soaked raisins  
1½ teaspoon ground cardamom

**Step 4**
1 teaspoon rose water

1. Bring milk and saffron to a boil in a large pot over moderate heat. Reduce the heat to low and keep cooking it until it is reduced to 4 cups (1000 ml), about half an hour.  
2. In the meantime, heat ghee in a frying pan. Add vermicelli, almonds, and cinnamon stick and fry on low heat, stirring to ensure even browning until they turn golden brown, about 5 minutes.  
3. Add the toasted vermicelli and almonds to the milk. Add sugar, raisins, and cardamom and simmer until the vermicelli is soft, about 5 minutes.  
4. Add rose water and serve warm or room temperature.
Ghee

Ghee is clarified butter — the butter oil, without the lactose and other milk solids. The cooking process also eliminates the water content, making ghee light and resistant to spoilage. Unlike some vegetable oils, ghee does not burn and can be used for high-temperature cooking. Ghee imparts the benefits of the best essential fatty acids without the problems of oxidized cholesterol, trans fatty acids or hydrogenated fats. According to the Ayurvedic texts, ghee helps digestion by balancing excess stomach acid and promotes mental functioning.

1-2 pounds (500-1000 g) unsalted butter

Heat butter over low heat in a saucepan. Over the next 30 to 40 minutes, the water will boil away and the milk solids will rise to the top and then sink to the bottom of the pan. When this happens, strain off the ghee—the golden liquid at the top—into a suitable container. Discard the milk solids remaining in the pan. Caution: Do not leave butter or ghee unattended while heating. Oils tend to burn and should be monitored while cooking.

Panir

Makes about 1¾ cups or 12 ounces

Panir is a fresh cheese commonly used in Indian cooking. Panir does not melt so it is possible to cook it or fry it. In order to make panir, the milk needs to be nonhomogenized.

½ gallon (2 L) whole milk
1 cup (250 ml) yogurt or lemon juice

1. Bring the milk to a full boil. Gently stir in the yogurt or lemon juice. Do not stir for more than a few seconds. After a few more seconds, the curds and whey will separate. Separation is complete when white curds are floating in yellowish whey. If the liquid remains milky, stir in more yogurt or lemon juice and wait another few seconds.
2. For soft or medium panir: Pour the entire contents of the pot through a sieve or a colander. Scrape off any remaining panir in the bottom of the pot. Allow to drain just until the whey is gone, but for no more than 1 hour.
   For hard panir: Continue to simmer the coagulated panir for 10 minutes. Remove the pot from the heat, cover, and allow to stand for no less than 10 minutes. Line a sieve or colander with cheesecloth or unbleached muslin, allowing the edges to drape over the sides. Very gently ladle the curds into it without breaking them up and scrape off the panir at the bottom of the pot. Bring up the edges of the cloth over the cheese. Cover with something flat, like a pie pan. Place a weight on it, such as a book or a jar of beans. Allow to drain for several hours or overnight.
3. Ideally, serve panir the day you prepare it or at lunch following an overnight draining. It will, however, last 2 to 3 days in the refrigerator if well wrapped.

Recipe source: Heaven’s Banquet by Miriam Kasin Hospodar

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Homemade Yogurt
makes 1 quart (1 L)

2 tablespoons plain yogurt
1 quart (1 L) organic whole milk

Allow yogurt starter to reach room temperature. Boil milk until it foams. Remove from heat, and allow to cool to about 100°F (40°C). Pour milk into a thoroughly cleaned glass jar or ceramic bowl. Mix in the yogurt starter. Cover the jar or bowl, and set aside in a warm place (for example, on the stovetop or in the oven heated only by the oven light). This gentle heat will activate the yogurt-making process. Let sit overnight. In the morning, you’ll have delicious, sweet-tasting, fresh yogurt. You can also use an electric yogurt maker.
Risotto is a traditional Italian dish usually made with Arborio rice, lots of butter, and parmesan or other cheese. In this version, we used ghee instead of butter. Since ayurveda does not recommend aged cheeses, especially for Pitta people, we added a mashed avocado at the end to recreate the creaminess required for finished risotto. If you replace the ghee with olive oil, the dish easily becomes vegan.

The key to making risotto is to add the liquid gradually and keep stirring it frequently until the rice becomes creamy and soft. This may take up to an hour.

**Step 1**
1 pound (450 g) asparagus
1 cup (250 ml) water

**Step 2**
2 tablespoons ghee
1 stalk celery, finely chopped
1 1/2 teaspoons **Pitta Spice Mix**

**Step 3**
1 1/2 cups (375 ml) Arborio rice or medium-grain white rice
2 teaspoons chopped fresh rosemary
1 cup (250 ml) peas
4 cups (1000 ml) hot water

**Step 4**
1 1/4 teaspoon salt
1 avocado, mashed

2. Melt ghee in a heavy large saucepan over medium heat. Add celery, **Pitta Spice Mix**, and sauté until tender, about 5 minutes.
3. Add rice and stir for 1 minute. Add 1 cup (250 ml) water and chopped rosemary; simmer until liquid is absorbed, stirring often, about 4 minutes on medium low heat. Continue to cook for 15 minutes, adding more water by 1/2 cupfuls (125 ml) and allowing liquid to be absorbed before adding more, stirring often. Add remaining asparagus stalk pieces, reserved asparagus tips, and peas and continue cooking until rice is just tender and mixture is creamy, adding water as needed and stirring often, about 20 minutes longer. Add reserved asparagus puree, salt and stir until absorbed, about 15 minutes. Total cooking time is about an hour.
4. Add avocado and serve right away. Garnish with rosemary sprigs if desired.
Roasted Zucchini with Pesto
Serves 3-4

Vegan
Gluten Free

Zucchini and summer squashes are some of the best vegetables for Pitta, and, fortunately, there is abundant supply of them in the summer. They are excellent sautéed, roasted, or grilled. Most commercial pestos contain garlic, which is not recommended in ayurveda, especially for Pitta people due to its heating quality. However, pesto is easy to prepare in a blender or food processor. If you cannot get it to become really smooth, don’t worry, it tastes just as fine when it is a bit chunky.

**Step 1 Pesto:**

tablespoon (160 ml) fresh basil about 0.75 ounces (22 g)
2 tablespoons olive oil
1 tablespoon chopped walnuts
Pinch salt

**Step 2**

3 medium zucchinis, about 21 ounces (600 g)
1/2 teaspoon salt

1. Preheat oven to 400°F (200°C).
Make pesto by combining ingredients in a blender and puree until you get a smooth paste.
2. Quarter zucchinis lengthwise and place them in a 13 x 9-inch (33 x 23-cm) baking dish. Spread pesto evenly on zucchini slices. Sprinkle with salt and roast until soft, about 45 minutes.
**Ricotta Cheese**  
*Will make about 12 ounces*  

You will need a thermometer to make ricotta cheese. The milk is not supposed to be heated over 185°F (85°C) and without a thermometer it is hard to tell when that happens. Any kitchen thermometer will do; the easiest one is the kind you can clip to the side of your pan so the thermometer stays in the milk the whole time. You might want to use a large, 4-quart pot, just in case you let the milk boil. If that happens, nothing is lost. You can keep cooking the milk and make panir.

2 quarts (2 L) whole milk  
4 tablespoons lemon juice  
½ teaspoon salt

1. Start heating the milk in a heavy bottomed saucepan set over medium-high heat. Gently cook the milk stirring occasionally to prevent scorching. Continue heating the milk until the thermometer reads 185°F (85°C). This should take about 10 minutes. Once the milk is heated up to 185°F (85°C), remove the pan from the heat. Add the lemon juice gradually and gently stir for 30 seconds. The milk will immediately begin separating into curds. Add the salt and continue stirring for 30 seconds longer. At this point, place a clean towel over the pot and let it sit for two hours.

2. Using a slotted spoon, gently transfer the curds from the pan to a large colander lined with cheesecloth. Set the colander over a bowl and let the whey drain off for 30 minutes. You can adjust this time to get the cheese to your desired consistency. Drain longer for a firmer cheese and less for a looser cheese.

3. Transfer to a clean container and use immediately or place in the refrigerator. It will stay good in the refrigerator for up to 4 days.

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**Ricotta Raspberry Pudding**  
*Serves 4*  

This is a quick, protein-rich, Italian dessert you can make any time you have ricotta cheese. You can also try it with other sweet berries or seasonal fruits such as peaches. Just make sure to match the flavor of the jam with the fruit. You can substitute rose petal jam for some or all of the fruit jam. Try to use jam sweetened with cane sugar of fruit juice.

**Step 1**
8 ounces (240 g) fresh ricotta cheese  
3-4 tablespoons raspberry jam  
½ cup (80 ml) cream or coconut milk

**Step 2**
1 cup (250 ml) fresh raspberries

1. Puree ricotta, jam and cream in a blender or food processor until smooth.  
2. Spoon into bowls and garnish with raspberries.
**Rose Limeade**  
*Makes a Quart (1 Liter)*

- Vegan
- Gluten Free

### Step 1
- ¼ teaspoon cardamom seeds
- ½ cup (125 ml) hot water
- ¼ cup (60 ml) turbinado sugar (raw cane sugar)

### Step 2
- 1 tablespoon lime juice
- 1 tablespoon rose water
- 3 ½ cups (875 ml) cool water

1. Place cardamom and sugar in a large bowl or pitcher and pour hot water on top. Stir to dissolve sugar and let it sit for several hours so that the flavor of the cardamom infuses the water.
2. Add rest of the ingredients and stir.
Semolina Uppma with Cabbage and Zucchini
Serves 3-4

Uppma is a simple and light Indian dish that resembles a fluffy version of Italian polenta. If you cannot find semolina, you can substitute cream of wheat or farina. It is a comfort food and makes a quick light dinner.

Step 1
1 cup (250 ml) fine-grained semolina

Step 2
3 tablespoons ghee
1 teaspoon cumin seeds
2 teaspoons urad dal
2 cups (500 ml), about 8 ounces (240 g) shredded white cabbage
1 cup (250 ml), about 4 ounces (120 g) shredded zucchini
½ cup (125 ml) peas
½ teaspoon turmeric

Step 3
2½ cups (625 ml) water
1 teaspoon salt

Step 4
2 tablespoons chopped fresh cilantro or parsley
½ tablespoon lime juice

1. Place semolina in a large, heavy frying pan over medium heat. Stir-fry for 6-8 minutes until the grains darken a few shades.

2. Heat the ghee in a large skillet on medium-high heat and sauté cumin seeds and urad dal until the urad dal turns reddish-brown, 2-3 minutes. Stir in vegetables and turmeric and sauté for 2-3 minutes. Reduce the heat to medium, cover, and cook for 10 minutes until vegetables are limp but still tender-crisp.

3. Carefully pour in water, add salt and bring to a boil. While stirring, slowly sprinkle in the semolina to avoid clumping. Reduce the heat to low and cook stirring occasionally, until all the liquid is absorbed and the uppma is light and fluffy, about 10 minutes for semolina, 6-8 for cream of wheat. The texture should resemble mashed potatoes.

4. Stir in cilantro and lime juice.
Lesson 4

Couscous Pilau
Serves 3-4

Vegan

Step 1
2 cups of water
1 cup couscous
½ teaspoon salt

Step 2
1 tablespoon coconut oil
½ cup pumpkin seeds
½ cup soaked raisins

1. Bring water to boil. Add salt and couscous, lower heat to medium, cover, and cook for 5 minutes. Remove from heat and let it stand for 5-10 minutes.
2. In a small saucepan, heat coconut oil. Add pumpkin seeds and sauté for 2 to 3 minutes until light brown. Add raisins and sauté for another 2-3 minutes. Add it to the cooked couscous. Serve warm.
**Broccoli and Panir**  
*Serves 3-4*  

Vegan  
Gluten Free

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**Step 1**
1 tablespoon coconut oil  
12 ounces (360 g) panir, cubed

**Step 2**
1 tablespoon coconut oil  
¼ teaspoon fennel seeds  
¼ teaspoon urad dal  
¼ teaspoon of cumin seeds  
3 cups (750 ml) broccoli, chopped  
1 teaspoon minced fresh ginger  
1 teaspoon turmeric  
1 teaspoon salt  
¼ cup (60 ml) water

**Step 3**
¼ cup (60 ml) roasted cashews  
2 tablespoons chopped fresh cilantro

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1. Fry panir in coconut oil, stirring frequently until golden brown, about 5 minutes.
2. In the meantime, heat coconut oil in another pot and sauté fennel seeds, urad dal, cumin seeds, over low heat until the seeds start to pop. Add broccoli, ginger, salt, turmeric and water. Cover and simmer until tender, 10 to 12 minutes.
3. Add fried panir and cashews to broccoli. Sprinkle with chopped fresh cilantro.
Asparagus and Red Bell Peppers
Serves 3-4

Vegan
Gluten Free

Step 1
1 pound (450 g) asparagus, cut into 1-inch (2.5-cm) pieces

Step 2
2 tablespoons coconut oil
¼ teaspoon fennel seeds
¼ teaspoon urad dal
¼ teaspoon cumin seeds
3 to 4 curry leaves (optional)
¼ teaspoon minced fresh ginger
¾ teaspoon salt
¼ medium red bell pepper, thinly sliced
½ teaspoon turmeric

Step 3
¼ cup (60 ml) coconut flakes
⅓ cup (80 ml) chopped fresh cilantro

1. Steam asparagus for 5 minutes.
2. Heat coconut oil in a saucepan and add urad dal, fennel seeds, cumin seeds and curry leaves. As soon as seeds start to pop, add ginger, salt, steamed asparagus, sweet bell peppers and turmeric. Simmer vegetables until tender, about 10 to 12 minutes.
3. Add coconut flakes and fresh chopped cilantro.
**Saffron Tapioca Pudding**

*Serves 4*

**Step 1**
4 cups (1 L) milk  
4 tablespoons tapioca  
½ teaspoon saffron threads  
3 tablespoon hot water

**Step 2**
1½ tablespoons cornstarch or arrowroot

**Step 3**
½ cup (80 ml) roasted, slivered, blanched almonds  
½ cup (80 ml) turbinado sugar (raw cane sugar)  
5 medjol dates, chopped  
2 tablespoons ghee  
½ teaspoon ground cardamom

**Step 4**
½ teaspoon rose water

1. Wash tapioca and soak in milk for 5 minutes. Soak the saffron threads in hot water for 5 minutes. Combine milk and tapioca in a large, heavy, nonstick pot and start heating it on high heat. Add soaked saffron threads.  
2. When the milk is lukewarm, beat in the cornstarch or arrowroot, stirring vigorously until it dissolves.  
3. Continue cooking on medium heat and add almonds, sugar, dates, ghee and cardamom. Lower heat and continue cooking, stirring occasionally. Cook until the pudding is thickened, about 15 minutes.  
4. Add rose water. Cool to room temperature or serve warm.

**Watermelon Mint Cooler**

*Serves 1*

Vegan  
Gluten Free

1 pound (450 g) seedless watermelon, about 3 cups (750 ml), cut into cubes  
10 mint leaves  
Juice of ¼ lime  
Mint leaves and lime slice for garnish

Blend all ingredients in a blender and serve garnished with mint leaves and a slice of lime.
This light salad is great for a summer picnic or potluck. You can also substitute bulgur for the couscous. If you use bulgur, add it to the peas and corn along with the 2 cups water and salt.

**Step 1**
1 tablespoon olive oil
2 teaspoons **Pitta Spice Mix**
1 cup (250 ml) peas
1 cup (250 ml) corn

**Step 2**
1½ cups (375 ml) wholewheat couscous
2 cups (500 ml) hot water
1 teaspoon salt

**Step 3**
3 tablespoons olive oil

**Step 4**
1 small cucumber, finely chopped
½ daikon radish, finely chopped
1 sweet apple, e.g. red delicious, finely chopped
½ cup (125 ml) roasted, chopped walnuts
1 cup (250 ml) chopped fresh parsley
½ cup (125 ml) chopped fresh basil
12 chopped mint leaves
juice of ½ lime

1. Heat ghee in a large skillet. Add **Pitta Spice Mix** and sauté for 30 seconds. Add corn and peas, cover and cook on medium heat for 10 minutes. Add a few tablespoons of water if necessary.
2. Add couscous, water and salt to the vegetables. Bring to a boil, cover, and cook on low heat for 5 minutes. Let it sit for 5 minutes.
3. Transfer couscous to a large salad bowl and stir in olive oil. Let it cool, stirring it occasionally to prevent the couscous from forming clumps.
4. Once the couscous has cooled off, add rest of the ingredients and stir well.
Combining vegetables with fresh cheeses into a savory pie can turn any mundane vegetable into a more exciting dish. This version takes less than an hour to make including the cooling time. You can use any vegetable to make a pie and you can also use grated panir instead of ricotta cheese.

Filling:

Step 1
1 pound (450 g) chard

Step 2
1 tablespoon olive oil
2 teaspoons Pitta Spice Mix
¼ cup (60 ml) water

Step 3
Pie crust:
1½ cups (375 ml) whole spelt flour
½ teaspoon salt
½ teaspoon baking soda
4 tablespoons ghee
2 tablespoons yogurt
1-2 tablespoons water

Step 4
12 ounces (360 g) ricotta cheese
¼ cup (60 ml) fresh parsley
2-4 tablespoons fresh oregano
1 teaspoon salt
¼ cup (60 ml) chopped walnuts

1. Wash chard and cut off the stems.
2. Heat ghee in a wide skillet and sauté Pitta Spice Mix for 30 seconds. Add chard and water, cover, and sauté for 10 minutes until leaves are tender.
3. In the meantime, preheat oven to 400°F (200°C). Using a mixer and a large bowl, mix flour, baking soda, and salt. Add ghee and mix until mixture resembles fine crumbs. Stir in yogurt. If necessary, add 1 or 2 tablespoons of water until the pastry gathers into a ball. Roll two inches larger than inverted 9-inch (23-cm) pie plate on lightly floured board. Fold pastry over your rolling pin and ease into plate.
4. In a food processor, chop the cooked chard. Alternatively, you can chop the cooked greens on a cutting board with a knife. Add ricotta, parsley, oregano, and salt and mix well. Place the filling in the pie and spread it evenly. Sprinkle with walnuts. Place in oven and bake for 20 minutes. Let it cool for 15 minutes before serving.
**Coconut-Mint Dal**

*Serves 4*

**Vegan**

**Gluten Free**

**Step 1**
1 tablespoon olive oil
2 teaspoons **Pitta Spice Mix**
1 small zucchini, about 4 ounces (120 g), chopped
½ cup (125 ml) mung dal
¼ cup (60 ml) fresh or powdered dried coconut
3 cups (750 ml) hot water

**Step 2**
4 mint leaves, chopped
1 teaspoon salt
4 mint leaves for garnish

1. Heat ghee in a saucepan and sauté **Pitta Spice Mix** for 30 seconds. Add zucchini, mung dal, coconut, and water, and bring to a boil. Reduce heat and simmer for 20 minutes.
2. Remove dal from heat and add mint leaves salt. Blend soup and garnish with whole mint leaves.

**Green Salad with Pears, Avocado, Dried Apricots and Pumpkin Seeds**

*Serves 4*

**Vegan**

**Gluten Free**

**Step 1**

*Dressing*
1 tablespoon olive oil
1 tablespoon lime juice
1 tablespoon honey
1 tablespoon chopped fresh dill
Pinch salt

**Step 2**
1 head lettuce
1 avocado, cut into cubes
1 ripe sweet pear, chopped
1 medium size cucumber, chopped
¼ cup (60 ml) chopped dried apricots
¼ cup (60 ml) roasted pumpkin seeds

1. In a large salad bowl, mix dressing ingredients with a whisk.
2. Wash and spin salad leaves and chop them into bite-sized pieces. Add to the dressing and toss until the lettuce is coated with the dressing. Add rest of the ingredients and toss lightly.
**Summer Fruit Salad**  
_Serves 4_  
Vegan  
Gluten Free

This light and sweet salad can be eaten as a dessert, afternoon snack, or pancake topping. Use fresh, ripe fruits.

1 mango  
1 pear  
1 peach  
4 ounces (120 g) strawberries  
¼ cup (60 ml) raisins  
¼ cup (60 ml) chopped walnuts  
1 teaspoon cardamom  
Mint leaves for garnish

Peel and cube mango, pear and peach. Quarter strawberries. Gently mix all the ingredients; let it stand for 10 minutes.

**Green Power Sauce**  
_Serves 3-4_  
Gluten Free

This quick sauce is very versatile depending on how thick you make it. You can serve it as a side dish with rice or any grain, use it as pasta sauce, or eat it as soup with a piece of bread.

**Step 1**
1 teaspoon ghee  
1 teaspoon **Pitta Spice Mix**  
2 ounces (60 g) panir, chopped  
1 bunch, about 8 ounces (240 g), leafy greens, e.g. chard, kale, collard roughly sliced  
¼ cup (60 ml) chopped parsley  
½ cup (125 ml) water  
¼ teaspoon salt

**Step 2**
1 teaspoon fresh lime juice  
1 teaspoon olive oil  
Water as needed

1. Heat ghee in a saucepan and sauté **Pitta Spice Mix** until fragrant. Add panir, greens, parsley, water and salt. Bring to a boil, lower heat, cover, and simmer on low for 10 minutes.  
2. Place in a blender, add lime juice and olive oil and some cold water. Blend until smooth. You may add more water depending on what consistency you like.
Thermos Lunch
Serves 1

Vegan
Gluten Free

1 teaspoon ghee
1 teaspoon cumin seeds
2 teaspoons Pitta Spice Mix
¼ cup (60 ml) basmati rice

1 ¼ cups (375 ml) zucchini, finely chopped
¼ teaspoon salt
1 cup (250 ml) hot water

1. Fill a 16-ounce (500-ml) thermos with hot water to preheat it.
2. Heat ghee in a pot and roast cumin seeds until they pop. Add Pitta Spice Mix and sauté for 30 seconds. Add rice, mung dal, chopped vegetables, and salt. Cover with the water and boil for 2-3 minutes.
3. Empty water from thermos. Without wasting time, pour the mixture into the thermos flask. (You may need to use a spoon to help it go in more easily.) Screw on the lid quickly and leave the thermos closed for approximately four hours. The meal will cook while you go about your business and will be freshly cooked and ready to eat four hours later.

Notes:
If the time between cooking and eating is 5-6 hours, then less than 2 minutes cooking on the stove is necessary. If the time is only 2-3 hours, then a little more is required. The exact amount of time also depends on how well your food or thermos retains heat.