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# Recipes

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## 1. Kitcheree

### Ingredients:

Basmati Rice 1/2 cup, washed  
Fresh chopped cilantro 2 tablespoons  
Ghee/olive oil 1/2 teaspoon (or more)  
Cumin seeds 3/4 teaspoon (ground cumin will do if you don't have seeds)  
Turmeric powder 1/8 teaspoon  
Coriander powder 1/2 teaspoon  
Split Mung Beans  
Quantity of beans depends on your hunger  
For strong hunger: 1/2 cup beans  
For weak hunger: 1/4 cup beans  
For no hunger: 1/8 cup beans

### Directions:

Put 1/2 teaspoon (or more) ghee/oil in bottom of a thick-bottomed pot. Turn burner on high. When ghee is hot, add 3/4 teaspoon Cumin seeds and quickly brown them. When cumin seeds pop, add:  
1/8 teaspoon Turmeric  
1 pinch Asafoetida (Hing) for Sensitive and Stable Blueprints  
If you don't have fresh cilantro, add 1/2 teaspoon Coriander powder.

Fry spices for 5-10 seconds. Then stir in:

1/2 cup washed Basmati Rice  
1/4 cup washed Split Mung beans (or the amount you have chosen)  
1 tsp fresh grated ginger or 1/4 tsp powdered ginger

Stir-fry the beans/rice/ginger mixture briefly in ghee/spice mixture until coated. Add two or three cups water. When it comes to a boil, turn down the heat and simmer 40 minutes or until soft (not crispy) like gruel. You may need to add more water if it gets too thick. Another option is to cook it for 12 minutes in a pressure cooker.

When done, mix in 1/3 cup (or to taste) chopped fresh cilantro.  
Add small amount of rock salt or Bragg Liquid Aminos to taste.



## **Kitcheree**

### **Variations: Spices**

#### ***Sensitives & Stables***

Add 1 teaspoon grated ginger or 1/2 teaspoon dried ginger powder to increase digestive fire.

If you tend to get gassy with beans, add 1 pinch Asafoetida (Hing) if hunger is not strong.

(Do not add if you have Passionate imbalance, acidity, belching, skin issues.)

Add cardamom, cinnamon, cloves, fennel to make it aromatic (balancing to Stables and Sensitives).

Use a small amount of black mustard seeds and/or fenugreek to make it spicy and aid digestion.

#### ***Passionates***

Add 1-3 teaspoons dried coconut shavings towards the end of the cooking.

Use coconut to make it cooling for Passionates.

Oils—You can use coconut oil or olive oil instead of ghee if you are Vegan or prefer no dairy, although ghee is considered the best oil for Kitcheree.

#### ***Variation: Add vegetables***

Vegetables can be cooked with the kitcheree. They are added to the mixture after spices are fried and beans and rice are stir fried and water has been added.

Add from one to three vegetables that harmonize, such as:

- sweet potato, carrot and turnip
- carrot and green bean
- sweet potato and spinach
- cauliflower and carrot
- winter squash and carrot
- summer squash and green beans
- green beans and sweet potato
- broccoli and carrots
- broccoli and sweet potato
- any of these vegetables alone

You can add spinach along with the cilantro at the end of the cooking, or after the pressure cooker has reduced the pressure.

#### ***Variation: Use this recipe to make Dal.***

Dal, a mung bean or lentil stew, is made using this same recipe steaming rice separately.

- As an option, add vegetables to the dal, as above.
- If it is made without vegetables, the vegetables can be cooked separately (see recipe for Ayurvedic Stir Fry)
- It is usually served poured over rice.

#### ***Variations: Dal Soup Recipe. (Cynthia's favorite way to eat kitcheree!)***

Dal Soup is made in the same way as Dal, however instead of adding two cups of water, add three or more, depending on preference. I like it best when it contains vegetables. Rice can then be cooked separately. Then depending on how hungry you are, you can change the proportions of rice and dal.



## 2. Ayurvedic Stir Fry

### Ingredients:

Oil (Sesame, ghee, or olive) 1 teaspoon  
Cumin 1/2 teaspoon  
Coriander 1/2 teaspoon  
Turmeric 1/8 teaspoon (1 pinch)  
Chopped Vegetables (see Kitcheree recipe vegetables and Healing Diet food list.)  
Chop finely if you want them to cook quickly. Add spinach and greens at end.

### Directions:

Put oil in heavy-bottomed frying pan and turn heat to high.  
Add spices, frying them for a few minutes.  
Add cut vegetables and stir fry to coat vegetables  
Add water to 1/2 height of vegetables, cover. They will steam. They are done when they can be cut with a fork.  
Use Bragg liquid Aminos or Rock Salt to taste.  
You can add 1/4 teaspoon dry ginger with spices or add fresh ginger with vegetables or with water.  
You can use fresh cilantro instead of coriander, adding it (diced) after the vegetables are cooked.

## 3. Hot Spiced Milk

If you have a hard time getting to sleep or get hungry before bed, hot spiced milk is a delicious drink with grounding protein and no fiber to keep you up. Take it an hour before bed.  
The ginger and turmeric counteract the mucous-producing tendencies of milk and often those “allergic” to milk can digest this. Drink it one hour before bed. Try it, you’ll like it!

### Ingredients:

1/2 cup water  
1/2 cup whole milk  
1/2 teaspoon ginger (dry) or 1 teaspoon ginger root (fresh)  
pinch of turmeric

### Directions:

Put all in a pot, bring to a boil and simmer for 10 minutes  
Then add ¼ to 1/2 teaspoon cardamom (to taste).  
Steep 2 minutes. Strain into cup.  
Add sweetener to taste (Sensitive-raw sugar; Passionate-brown sugar; Stable-honey.)  
Drink.  
(If cardamom is in pods or not powdered, boil the pods with ginger & milk & turmeric)



#### 4. Simple Sweet Apple Chutney

Sweet apple chutney is a condiment which balances the Passionate Blueprint. Other fruits and nuts can also be added. To make it balancing for Sensitive and Stable Blueprints, add chilies and black mustard seed fried in ghee.

##### Ingredients:

2 large cooking apples quartered, peeled, cored and sliced (around 1 lb)  
2 tablespoons ginger root, peeled and minced (or you can use 1 Tablespoon candied ginger or half tablespoon ginger powder instead)  
10-20 raisins  
1/8 cup water  
1/8 teaspoon rock salt (to taste)  
1/2 teaspoon cinnamon  
1 teaspoon cardamom  
1/4 teaspoon clove  
1/8 teaspoon nutmeg  
Sweeten as needed, adding either:  
Sensitives: 1-2 teaspoons raw sugar  
Passionates: 1-2 teaspoons brown sugar  
Stables: 2-4 teaspoons honey

##### Directions:

In saucepan, place sliced apples, ginger, and water. Bring to boil, then cover. Cook on medium/low until apples are soft (around 30 minutes). Remove from stove. Add the rest of spices and sweetener and salt to taste. The flavor is best after 30 minutes or so.

#### 5. Almond Milk

Almond Milk is an excellent immune-booster drink, increasing energy, strength, sexual power and stamina. It is high in easily-assimilated protein and is taken in cases of general weakness and a run-down feeling, and when sexual energy is low. Taken in excess it will increase weight.

##### Ingredients:

15-20 raw almonds  
few peppercorns  
pinch cardamom  
honey

##### Directions:

At night, put 15-20 raw almonds in a glass of warm water. The almonds must be soaked for at least 8 hours. They must be whole almonds, with skins intact, NOT blanched almonds. If low energy is accompanied by a Pitta/Passionate Blueprint imbalance or inflammation, add equal amount of raisins to the almonds, soak and blend them together, without pepper.

The next morning, at least one hour before breakfast (preferably two hours before breakfast), peel the almonds, discarding peels and soaking water.

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Put peeled almonds into blender. Add 1-2 cups water, a pinch of cardamom and a peppercorn or two (if hunger is low and no fire imbalance).

Blend for 5-8 minutes on “high” until almonds are completely pulverized, with no paste or pieces left, a liquid consistency throughout. Add honey to taste and blend again briefly.

If this does not suit your normal schedule and you can’t adapt to this routine, you can take almond milk any time during the day at least three hours after a meal and at least one hour before a meal. It can be taken before bed, though the first thing in the morning is best.

## 6. Ghee (Clarified Butter)

### Ingredient:

1-2 pound of raw, unsalted, organic butter.

### Directions:

Place butter in a heavy pot at low heat.

The butter will melt and the milk solids (white) will come to the top. Periodically skim off the milk solids and discard, or wait until the end of the process when they sink and the ghee can be poured off.

Eventually the boiling will decrease to tiny bubbles. The water must be totally boiled off. How to determine that moment, before it burns? One technique is to wait until it stops bubbling; another is to drop a drop of water on the ghee and see if it sinks (not done) or skips (done).

When it is done, immediately take it off the burner. If it cooks too long it turns caramel color and tastes odd. It is said that it is not harmful to eat, but it does not taste like ghee. (It is burnt.)

Allow it to sit for 30 minutes so that any remaining milk solids fall to the bottom of the pot. Then pour the clear yellow liquid into a glass container, pouring it through cheesecloth to capture the milk solids that have dropped to the bottom of the pot.

If any clear water remains at the top, you can re-cook it to remove that water, or put it in the refrigerator and use soon. If all water is removed, ghee will last unrefrigerated for 100 years. Old ghee is said to have strong healing properties.

### **Ghee**

Another technique is to transfer the ghee to a new pot before it is completely done. That way you leave the milk solids in the bottom of the first pan and the ghee in the second pan is less likely to burn. In the second pot, you boil off the remaining water.

Ghee is the best remedy for disturbances of the Passionate Blueprint, inflammatory problems. Many Ayurvedic herbal remedies are taken with ghee, as it takes the herbs directly to the liver. It does not increase cholesterol the way butter does, according to Ayurveda. It is high in protein and is taken with milk to increase vital energy reserves called Ojas (a concept similar to the Immune System.)



## 7. Rice Pudding

Rice pudding gives strength and increases passion! It is not good for weight loss.

### Ingredients:

basmati rice 1/2 cup  
whole milk 2 cups  
water 2 cups  
raisins 10  
ginger 1/2 to 1 tsp powder or 1(or more) tsp fresh ginger root grated or chopped  
nutmeg 1/8 to 1/4 teaspoon  
cardamom 1 tsp decorticated or in pods, or 1-3 tsp powder  
cinnamon 1/4 teaspoon  
rock salt one pinch or more (shouldn't taste salty)  
honey to taste

### Directions:

1. Put rice in large pot.
2. Rinse rice with water several times, pouring off the water.
3. To rinsed rice, add milk and water, ginger and cardamom pods or decorticated cardamom. (If your cardamom is powdered, do not add it until the end of the process.) Stir.
4. Bring to boil. Keep an eye on it so the milk doesn't boil over. Stir few times.
5. When it comes to a boil, reduce heat to simmer. Put on lid.
6. Simmer until rice is translucent. You may need to add water if it gets too thick. It should stay soupy. Then take off the burner. (This will take around 1/2 hour to 45 minutes)
7. When cooked and taken off the burner, stir in rest of spices: nutmeg, cinnamon, cardamom (if powder), rock salt, honey to taste.
8. Serve warm or cool.

### **Special note:**

You can adjust the spices to your taste. It should not taste strongly salty or too sweet. Variations: add almonds at the end, and/or a pinch of black pepper (not on healing diet).

## 8. Baked Pears with Ginger and Nutmeg

I prefer Bartlett or Comice pears, but any pears will work. If they are slightly green they will still be delicious!

### Ingredients:

Two medium sized pears, washed and cut in half.  
Fresh ginger, diced, or powdered ginger  
Powdered nutmeg

### Directions:

Put the pears cut-side down into an oven-proof pot with a cover (or cover with aluminum foil). Cut tiny slices into the pears and insert tiny pieces of ginger, or sprinkle the pears with ginger powder. Sprinkle nutmeg powder over the pears.

Add a small amount of water on the bottom of the pan (1/4") and cover the pan.  
Bake at 375 for approximately 45 minutes or until soft. They take longer than you think and should be quite soft. Serve in small bowls and pour the "sauce" from the bottom of the pan over them.