

The background features two dark spoons resting on a dark blue surface. The spoon on the left is filled with a vibrant red powder, while the spoon on the right is filled with a bright yellow powder. Both powders have spilled out onto the surface around the spoons. Scattered across the blue background are several small, light-colored, round seeds or grains. The lighting is dramatic, highlighting the textures of the powders and the smooth surface of the spoons.

Plant Based Masterclass e-Book

A journey of Modern Ayurvedic Cooking.

Autumn immune building recipes
By Lydia Rega



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The principles of **Ayurvedic cooking** is based on a knowledge dating back to at least 10,000 years ago, integrating health, nutrition, wellness and balance between mind, body. It is the only holistic healthy eating and cooking approach that considers eating according to your body type.

Ayurvedic Cooking emphasises correct food combining, offer explanations on why certain foods are incompatible, causing common health issues. Applying this ancient knowledge can immediately bring changes to overall health and wellbeing. This holistic cooking introduces you to the fascinating world of life enhancing plant based foods and how to apply basic principles to your kitchen, tailoring health benefits that are customised to optimise healing and boost energy rapidly.

With this knowledge you can start a journey on becoming a holistic healer, improving the health of yourself and your loved ones.

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Warming Black Sesame & Tahini Porridge with pan-fried banana fritters

Ingredients

1 cup of steel cut oats, soaked
overnight in cold water
2 tablespoons of hulled
tahini
1 tbs of black sesame seeds,
freshly ground
Pinch pink salt
1 1/2 cup coconut milk
2 tsp coconut sugar
1 teaspoon of grated fresh
ginger

Toppings

2 tbs goji berries
1 tsp black sesame seeds
2 tbs pumpkin seeds
3 tbs sunflower kernels
1/2 tsp cinnamon powder
1/2 tsp cardamom powder
1/4 tsp nutmeg powder
1 tbs ghee (or coconut oil)
1 banana, quartered

Warming Black Sesame & Tahini Porridge with pan-fried banana fritters

- 1.** Rinse and drain the oats and place in a medium pan with the tahini, salt and coconut milk over medium heat and bring to boil. Reduce the heat and simmer for 10 mins.
Stir in the sugar and ginger to combine.
- 2.** Pan fry the bananas in ghee, face down for 2-3 mins, then turn once and fry for a further 1 min. Set aside.
- 3.** Mix the goji berries, sesame seeds, pumpkin seeds, kernels and spices together in a small bowl with the cinnamon, cardamom, nutmeg powders.
- 4.** Serve the porridge into bowls and topped with the banana fritters (any left-over ghee from the pan pour over) and then top with berry seeds, spices & mixture.



Serves

2



Minutes

15



Dosha

Vata
Pitta
Kapha



Tulka Ayurveda Summer Post Digestive Soup

3 spring onions, sliced (or shallots)
2 tbs ghee or sesame oil
2 tsp of Ayurvedic curry powder
250g buckwheat udon noodles or wholemeal noodles,
broken.
1 lemongrass stalk, bruised.
1 bunch of silverbeet or spinach, chopped stalks removed
(optional)

Tulka Ayurveda Summer Post Digestive Soup

- 1.** In a medium saucepan, add the ghee and once melted add the spring onion and cook for 2-3 mins.
- 2.** Add the curry powder and cook for another 2 mins then add approx.
- 3.** Add 4 cups of water and the noodles, bring to boil and simmer for 15mins.
- 4.** Add the silverbeet and lemongrass stalk (whole) and cook for another 10mins.
- 5.** Serve with fresh lime wedges.



Serves

2



Minutes

25



Dosha

Vata
Pitta
Kapha



Almond Crusted Autumn Vegetables with pearled cous cous

4 cups of diced zucchini, green leaves & green beans
or broccoli
1/2 cup of finely ground almonds
2 tsp turmeric powder
2 tsp ground cumin
1/2 tsp cayenne pepper
6 curry leaves or bay leaves
2 tsp apple cider vinegar
1/2 tsp freshly ground pepper
1 tsp pink salt
4 Tbls of vegetable oil
Handful of fresh basil leaves or coriander leaves,
chopped.
180g pearled cous cous,
Lemon for serving

Almond Crusted Autumn Vegetables with pearled cous cous

- 1.** Place cous cous in small saucepan, cover with water and bring to boil. Simmer for 15mins, or until soft. Drain & set aside.
- 2.** Place the diced vegetables in a medium saucepan with 300mls of water, bring to boil. Simmer for 10 mins.
- 3.** In a mixing bowl, add all remaining ingredients except the basil, mix thoroughly. Add this to the vegetables and cook for another 2mins. Mix in the cous cous.
- 4.** Serve with topping of fresh basil leaves and heavy squeeze of lemon juice.



Serves

2



Minutes

25



Dosha

Vata
Pitta
Kapha



Want to learn more about Ayurvedic cooking?

Sign up today for our
“Plant Based Cooking Masterclass”

19 April, 11:00- 12:30 pm ACST

Livestream via Zoom

Tickets: \$22.95

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www.portelliotwellness.com