

## **Pitta Pacifying Recipes**

### **SPICE BLEND**

Coriander seeds	4 Tbsp
Fennel seeds	2 Tbsp
Cumin seeds	2 Tbsp
Cardamom seeds	1 Tsp
Turmeric powder	1 Tbsp
Ginger powder	2 tsp
Curry leaves dry	2 sprigs if available

**Directions:** Dry roast and grind. Keep in airtight container.

### **RED SWEET PEPPER CHUTNEY**

Red sweet pepper (capsicum)	4
Almonds (soaked and peeled)	10
Channa dal	2 Tbsp
Turmeric powder	1 tsp
Red chillie	1 (optional)
Coriander leaves	3 Tbsp (optional)
Olive oil	1 Tbsp
Salt to taste	

### **Directions:**

Heat the oil and fry the channa dal, almonds, turmeric powder and red chillie to golden color and then add the chopped red pepper and stir fry for 5 mins. Let it cool and add salt to taste and grind it with coriander leaves.

## **SWEET LASSI**

Yogurt	1 cup
Water	2 cups
Rose water	1 Tbsp
Cardamom powder	½ tsp
Turbinado sugar	2 Tbsp or to taste
Salt	a pinch

### **Directions:**

Beat all ingredients in a blender until frothy. Serve in tall glasses.

## **7 CUP ALMOND BURFI**

Almonds	1 ½ cups
Besan or chickpea flour	½ cup
Whole milk	1 cup
Ghee	1 cup
Sugar turbinado	3 cups

### **Directions:**

Grind the almonds to a fine powder. Heat the ghee in a non-stick pan and add the besan and stir for 2 mins to blend with the ghee and then add the almond powder followed by the other ingredients. Keep stirring until it starts foaming on the surface and the batter leaves the sides of the pan. Pour the mix onto a greased tray and cut them into squares or diamonds after it cools down.

## **MAIN ENTRÉE**

### **Sweet potato, green pepper, zucchini subji**

Sweet potatoes	6
Green pepper (capsicum)	2
Zucchini	2
Oil for seasoning	2 Tbsp
Mustard for seasoning	1 tsp
Cumin seeds	1 tsp
Spice mix	3 tsp
Salt to taste	
Curry leaves if available	

### **Directions:**

Boil the sweet potatoes to cook them. Then peel the potatoes and cut them into cubes. Put the oil in a sauté pan and add the mustard when it is heated up. When the mustard seeds splutter add the cumin and roast it. Then add the curry leaves and chopped green pepper. Stir fry for a few minutes and then add the zucchini. Continue sautéing until half cooked and then add the cooked sweet potatoes. Add salt to taste and the spice mix and stir fry till it is well blended.

This can be served with chapatti, saffron rice or buckwheat dosa.