

Vegan Chocolate Cake

1-1/2 cups plain flour
1 cup sugar
1/3 cup vegetable oil
1 teaspoon white vinegar
1/4 cup cocoa
1 level tablespoon baking powder
1/2 teaspoon vanilla essence
1 cup cold water
1/2 teaspoon salt

Preheat oven to 180 degrees C. Grease a 20 cm round or ring cake tin. Sift dry ingredients. Whisk oil, water, vinegar and vanilla. Combine with the dry ingredients, with the minimum of stirring. Bake for 30—35 minutes.

Icing

1/4 cup cocoa
1 cup icing sugar
1/2 teaspoon vanilla essence
1/8 cup water
1/4 cup Nuttelex

Combine all ingredients.

This recipe was contributed by Rachel.

Hari Aum

We think that the food served at the Rocklyn Yoga Centre is quite special. First of all, it is lovingly prepared and offered to people as prasad: a gift of the fruits of Nature selected and combined in ways that will nourish both body and mind. Secondly, most of the ingredients come from our own organic vegetable garden so that they are fresh, delicious and full of life-giving energy (prana).

Visitors to the Centre taste the difference and it is common for them to ask for the recipes of the dishes we serve. This little booklet has been compiled with that request in mind. We hope that it will travel far and wide and enable many people to enjoy some Rocklyn prasad.

When selecting which vegetarian dishes to cook for a meal, it is good to understand how to combine foods in order to obtain sufficient high quality protein. The principle is to eat a good quantity of both a pulse (legume) and a grain at the same meal. Dhal, for example, could be eaten with bread, couscous or rice. Sambar combines nicely with rice and khichari is a complete protein food in itself!

We pass on these recipes with our very best wishes, and extend to you a warm invitation to come and visit us. Our contact details are on the following page.



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Bliss Balls

1-1/2 cups dates
1/2 cup dried apricots
1 cup coconut
2/3 cup sultanas
3 tbs glace cherries (optional—for those who like Cherry Ripes!)
3 tbs cocoa powder or carob
1-1/2 tbs honey
1 tbs tahini
1 cup of nuts: choose a combination of three kinds from almonds, cashews, walnuts, pecans, sesame seeds or sunflower seeds.
2/3 cup of hot water to soak the dates, apricots and sultanas
Extra coconut to roll the bliss balls in at the end

Chop the apricots and dates into medium-small pieces. Soak them and the sultanas in hot water for half an hour to soften them. Then drain them and squeeze the water from them very thoroughly. Save the water—it is delicious, and you can either drink it or use it in another recipe! Chop the cherries and nuts finely. Mix them and the apricots, dates and sultanas with the cocoa, tahini, honey and coconut to a firm consistency—add more coconut if the mixture is too wet. Add a little more honey if you like them sweeter. Roll into balls of your preferred size, then roll in extra coconut. Refrigerate. Makes about 30 medium sized bliss balls.

Super Deluxe Version

Omit cocoa powder/carob and dip the finished bliss balls in melted chocolate.

This recipe was contributed by Swami Bhumi Ratna.

Banana Date Cake

90 grams butter
1/2 cup brown sugar
Grated rind of one orange
2 eggs (optional)
1 cup chopped dates
3 large very ripe bananas, mashed
2-1/2 cups wholemeal self-raising flour
1/4 cup orange juice

Pre-heat oven on 180 degrees.
Cream butter and sugar.
Add orange rind, then eggs. Beat well.
Add dates and bananas.
Stir in flour and add it alternately with the orange juice.
Bake 50—60 minutes.

Vegan version

To make this cake Vegan, substitute 3/4 cup of olive oil for the butter and use a total of four bananas instead of the eggs.

This principle can be used to convert any standard cake recipe to a Vegan one—substitute oil for butter and two mashed bananas for eggs.

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To make the icing, beat together the creamed coconut, lemon rind, icing sugar and lemon juice with enough hot water to give the mixture a spreading consistency. Spread the icing over the cooled cake, then sprinkle evenly with lightly toasted coconut.
Makes a 25cm (10in) ring-shaped cake.

This recipe was contributed by Sannyasi Shubhatma.

Note re quantities

The cup measurement used in the recipes is the standard 250 ml measuring cup.

Carrot Cake (dairy-free)

225 ml oil
125 g brown sugar
110 ml honey
325 ml soya milk
700g plain wholewheat flour
2 teaspoons baking powder
1 teaspoon salt
1½ teaspoons ground cinnamon
½ teaspoon ground nutmeg or allspice
225g grated carrot
110g chopped walnuts
110g raisins

Icing

200g creamed coconut
finely grated rind of ½ lemon
3-4 tablespoons icing sugar to taste
3 tablespoons fresh lemon juice
75-100ml hot water
6 dessertspoons lightly toasted dessicated coconut

Preheat oven to 180deg. C/ 350deg. F/ Gas Mark 4
Oil a 25cm (9-10 in) ring-shaped cake tin.
Blend the oil and sugar, add the honey and soya milk,
and beat together. Combine the flour, baking powder,
salt and spices and add to the oil mixture.
Add the carrots, walnuts and raisins, mix well and place
in the pan.
Bake in oven for 55 mins. Or until skewer comes out
clean. Allow the cake to cool for 5 minutes in the pan,
then turn onto a wire rack.



Parboiled Rice

1 cup rice (per 4 persons)
2 cups water
pinch salt

Measure rice into a stainless steel bowl. Wash and allow to drain well. Place in suitable pot with water. Bring to boil, add salt, cover and simmer for approximately 5-10 minutes or until most of the water has been absorbed and the rice grain has begun to soften and expand. There will be a light covering of opaque liquid on the surface. Remove from heat and place on serving board covered for another 15-30 minutes (this continues the cooking and absorption process). Serve.

Brown Rice

1 cup rice (per 4 persons)
4 cups water
pinch salt

Measure water into saucepan and bring to boil. Add salt and rice and bring to boil, then simmer for 20 minutes, stirring regularly. Cook further if softer rice is preferred. Drain and serve.

Couscous

1 cup couscous (per 4 persons)
1 cup water
dash of oil

Pour water and oil in saucepan and bring to boil. Take off heat, stir in couscous with fork and cover. Allow to sit for 5-10 minutes. Fluff with fork. Stir through with dash of oil or butter. Serve.

Couscous salad

250 ml (8 fl oz) water
185 gm (6 oz) couscous
1 finely diced carrot
1 finely diced red pepper
1 finely sliced tomato
1 finely sliced cucumber
3-4 lettuce leaves finely chopped
60 ml (2 fl oz) mustard or vinaigrette dressing
1 handful of finely chopped fresh basil

Boil the water.
Place the couscous in a bowl and pour the water over it.
Set aside to stand for ten minutes, then drain.
Combine couscous with all the salad ingredients and toss together.
Pour the Salad Dressing over the top and toss again.
Garnish with basil.

Serves 6 to 8

Some delicious things

Yoghurt Mint Sauce

125 ml plain yoghurt
2 tbs mint, chopped
1 small green chili, de-seeded and finely chopped
Salt to taste

Mix all the ingredients together and serve.

Chai for 20 people

10 cardamon pods crushed
7 heaped dsp tea
2 inches ginger
5 bay leaves
7 cloves
1 cup sugar
5 cinnamon sticks
3 cups milk powder to 8 litres water
pinch of black pepper

Mix milk powder and water.
Heat milk and sugar.
Grind the cloves, cardamon pods.
Boil cloves, cardamon pods, ginger, pepper, bay leaves and cinnamon sticks in a little water.
Add mixture to milk and sugar.
Make strong tea in a little water.
Strain and restrain tea into milk.
Strain the milk to remove the spices then drink the chai!

This recipe was contributed by Swami Kriyaratna.

Bread

Recipe for one loaf

Use 4 cups of flour per loaf (we use 3 wholemeal and one 1 rye flour).

Add one tsp of dry yeast per loaf and mix in flour.

Make dough with warm water and knead flour 10 minutes.

Place dough into oiled bread tin and let rise in a warm place (should rise in half to three quarters of an hour).

Place risen dough into preheated oven and bake at 210 C for 10 minutes.

Then bake for 45 min at 190 C or until bottom of loaf sounds hollow.

Dhal & dhal combinations

Dhal for four people

300gm red lentils

6 cups water (depending on desired thickness of dhal)

3 tsp ghee or oil

1/2 tsp cumin seeds

1/2 tsp tumeric powder

Optional ingredients: one, some, or all of the following may be added for variety:

3/4 tsp ginger finely chopped

1 small clove garlic finely chopped

1 bay leaf

1/4 tsp chili powder

1 small tomato finely chopped

Cook lentils in water for approximately 25 minutes or until smooth. Heat oil or ghee, add cumin seeds. Fry till golden brown and fragrance is released. Add bay leaf, garlic, or ginger, if desired. Fry lightly and carefully. Add tumeric and chili powder (optional) sizzle on low heat for 1/2 minute stirring constantly, ensuring mixture does not burn. Add 1 tomato (optional) and cook on medium heat for 5 minutes. Add mixture to cooked lentils, salt to taste. Simmer for 5 minutes. Finally, stir in coriander before serving.

Sambar for four people

1 cup red lentils
2 tsp each of fine grated fresh ginger and garlic
1 tsp salt
1 tsp tumeric
2 tsp sambar powder (see next page)
1/2 tsp fresh chili, chopped fine (optional)
2 tsp black mustard seeds
2 tbs fresh coriander, chopped fine
1 tbs tamarind pulp, dissolved in a little water. This measurement is for pure pulp, without seeds.
Pinch asafoetida
1-1/2 cups potatoes, 1 cup carrots, 1/2 cup long white radish (optional), all chopped into approx. 2.5 cm cubes.
2 cups of silver beet or spinach, very finely chopped
1/2 cup tomatoes, cut small
Oil and ghee
Approx. 5 cups water. Add more during cooking if needed. Sambar should be of the consistency of a thickish stew.

Wash lentils and soak them overnight. When ready to start cooking, rinse and drain them.

Heat enough oil or ghee to cover the bottom of the pot. Fry the black mustard seeds until they pop. Turn down the heat, then add the ginger, garlic and chilis and fry briefly.

Then add the tumeric and sambar powder. Fry for a few seconds longer, then add the lentils, potatoes, carrots, radish and water. Stir well. Bring to the boil. Add salt. Cover and simmer until the vegetables and lentils are cooked.

Zucchini Soup

Zucchini
Finely chopped ginger
Water
Cumin powder
Sweet paprika powder
Pinch of salt
Pinch of black / white pepper
Fresh basil or oregano/tarragon
Finely chopped garlic or onions are optional

Wash zucchini and chop into cubes. Finely chop the ginger and onions/garlic if used. Lightly fry spices and ginger, add zucchini and fresh water. Add the dried herbs if used. Cook until it is tender. Add the fresh herbs. Blend to puree. Enjoy!

This recipe was contributed by Sannyasi Shubhatma.

Soups

Pumpkin Soup

Cut pumpkin pieces and start to boil. Add salt.
Fry ginger (plenty) and add coriander and cumin, salt and pepper.
Fry chopped leek or spring onion and chopped silverbeet stems in oil or ghee.
When mixture is half cooked add fried ingredients.
Add nutmeg 1/2 tablespoon.
Grate carrot and add last.

Lentil and Pumpkin Soup

250 grams pumpkin, diced
2 tbs vegetable oil
125 grams red lentils
1.5 litres water
knob of butter
Salt and pepper, to taste.

Lightly saute the pumpkin in vegetable oil for 5 min. Add lentils and water and bring to the boil. Simmer for 20 to 30 minutes and blend. Season with salt and pepper and knob of butter. Serves 6 – 8.

Add fresh coriander, asadfoetida, tamarind, silverbeet and tomatoes. Stir well. Remove from heat, cover and keep warm (maybe wrap in a blanket). Let stand for half an hour. Check that the silver beet is cooked. Just before serving, stir through a good heaped teaspoon of ghee.

Sambar can be made with other vegetables as well. Pumpkin can be substituted for carrots; cauliflower and zucchini make nice additions. Vegetables should be added to the lentil mixture according to the time that they need to cook.

Sambar Powder

4 parts coriander
.25 parts cardamons
.25 parts cloves
.5 parts cumin
1 part black pepper
1 part dried red chilies (optional)
1 part caraway seeds
2 sprigs curry leaves or 3 or 4 bay leaves

Dry roast in large flat pan stirring all the time until slightly dark in colour and grind fine whilst warm.

This recipe was contributed by Sannyasi Divyajyoti.

Khichari

Measure quantities of rice into stainless steel bowl (1 cup per 4 people and 1 cup per 5 people if cooking for large numbers).

Add red lentils (half the quantity of rice).

Wash carefully removing / sifting any stones from the lentils.

Place in a heavy based saucepan suitable to the quantities required.

Cover the rice and dhal well with sufficient water.

Add a little tumeric and salt.

Bring to boil and simmer over low heat for some time.

Keep the saucepan lid slightly open to prevent spillage.

Stir frequently using a wooden spoon.

Continue to add boiling water to keep up the consistency and prevent sticking.

The rice and dhal will absorb water and expand.

Consistency will become thick and creamy when completed.

An opaque film of liquid may remain on the surface when the rice and lentils are well combined.

Remove from heat.

Add a knob or two of ghee and finely chopped coriander if available.

Place on wooden serving board well wrapped in a woolen blanket. Absorption will continue during the sitting stage. Check and stir before serving.

Have some boiling water on hand to add before serving if necessary.

Use stainless steel ladle to serve.



Vegetable Sabji

For 4-6 people

1 kg potatoes diced
1/2 kg carrots cut diagonally
300gm cauliflower flowerettes
1/2 tsp garlic finely chopped
1/2 tsp ginger finely chopped
1 tsp black mustard seeds
1 tsp black cumin seeds
1/2 tsp cumin powder
1 tsp curry powder
8 curry leaves
2 tbs oil or ghee

Method

Heat oil or ghee in a saucepan. Add mustard and black cumin seeds and fry till mustard seeds pop. Add curry leaves and gently fry. Then, lightly fry ginger and garlic and add powdered spices and carefully cook on low heat for 1/2 minute. Stir in potatoes and carrots and cook on low heat for 5 minutes. Add 2 cups water, salt to taste, and cook for further 5 minutes, on medium heat then add cauliflower. Continue to cook on low heat until vegetables are cooked, yet still retain their shape. Mix through finely chopped coriander as an option.

All spoon measurements are level.