Dhamma
Pataka

Kitchen
Menu
**Day 0 (Registration Day)**
- Basmati Rice
- Tuvar (Oily) Dal

**Day 1**
- Oats
- Stewed Dried Fruit
- Granola
- Bread & Spreads
- Fruit
- Basmati Rice
- Vegetable Curry
- Brown Lentils
- Mixed Salad & Dressing
- Ginger Water
- Lemon Water
- Fruit

**Day 2**
- Mabela Porridge
- Stewed Prunes
- Granola
- Bread & Spreads
- Fruit
- Barley/Wheat
- Tofu/Tempah & Spinach
- Potatoes & Broccoli
- Fruit Salad
- Ginger Water
- Lemon water
- Fruit

**Day 3**
- Oats
- Stewed Dried Fruit
- Granola
- Bread & Spreads
- Fruit
- Chai Tea
- Basmati Rice
- Vegetable Curry
- Tuvar (Oily) Dal
- Mixed Salad & Dressing
- Ginger Water
- Lemon water
- Fruit

**Day 4 (Vipassana Day)**
- Mabela Porridge
- Stewed Prunes
- Granola
- Bread & Spreads
- Fruit
- Brown Rice
- Kabli Channa (Chickpeas)
- Vegetable Bhaji (Beans)
- Beetroot Salad
- Carrot Cake (**Prep on Day 3**)
- Ginger Water
- Lemon Water
- Fruit

**Day 5**
- Oats
- Stewed Dried Fruit
- Granola
- Bread & Spreads
- Fruit
- Spiced Rice
- Coconut Dal with Peas & Cabbage
- Vegetable Bhaji (Broccoli)
- Green Salad
- Ginger Water
- Lemon water
- Fruit

**Day 6**
- Mabela Porridge
- Stewed Prunes
- Granola
- Bread & Spreads
- Fruit
- Basmati Rice
- Sambhar Dal
- Avail (Vegetables in Coconut)
- Tomato Salad & Dressing
- Ginger Water
- Lemon water
- Fruit
Day 7
- Oats
- Stewed Dried Fruit
- Granola
- Bread & Spreads
- Fruit
- Chai Tea
- Barley
- Mixed Veg & Tempeh
- Black-Eyed Beans
- Mixed Salad & Dressing
- Date Bliss Balls (Prep on Day 6)
- Ginger Water
- Lemon water
- Fruit

Day 8
- Mabela Porridge
- Stewed Prunes
- Granola
- Bread & Spreads
- Fruit
- Basmati Rice
- Brown Lentils
- Potatoes & Peas
- Bean Salad or Fruit Salad
- Ginger Water
- Lemon water
- Fruit

Day 9
- Oats
- Stewed Dried Fruits
- Granola
- Bread & Spreads
- Fruit
- Chai Tea
- Ratatouille
- Potatoes
- Hummus
- Beetroot Salad
- Ginger Water
- Lemon Water
- Fruit

Day 10 (Metta Day)
- Mabela Porridge
- Granola
- Bread & Spreads
- Fruit
- Chai Tea
- Basmati Rice
- Tuvar (Oily) Dal
- Vegetable Curry
- Green Salad or Fruit Salad
- Ginger Water
- Chocolate Clusters (Prep on Day 9)
- Any leftovers served for Supper
- Lemon Water
- Fruit

Day 11
- Oats
- Granola
- Bread & Spreads
- Fruit
Day 0

Schedule for Day 0

10am Start Servers Lunch
11.30 Serve Lunch

Kitchen set-up.
4pm Set-up dining rooms, check that urns are on and everything for tea is ready.
4.30 Start the rice and dal. Check that there is defrosted bread (in summer).
6.00 Serve dinner. Do washing and clean kitchen
6.30pm Servers' supper
7.00 Kitchen servers' meeting. Clean dining room, do washing
7.30 Sweep and mop floors
1. Basmati Rice
2. Tuvar (Oily) Dal

### Basmati Rice

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brown Rice</td>
<td>500g</td>
<td>1kg</td>
<td>2kg</td>
<td>3kg</td>
<td>3.5kg</td>
</tr>
<tr>
<td>Salt</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>3 Tsp</td>
<td>4 Tsp</td>
<td>6 Tsp</td>
</tr>
<tr>
<td>Water</td>
<td>2 liters</td>
<td>4 liters</td>
<td>7 liters</td>
<td>10 liters</td>
<td>12 liters</td>
</tr>
</tbody>
</table>

1. Soak the **Rice** in **Water** for **1 hour** or more.
2. Place on heat, add **Salt** and cook for **30 minutes** until cooked and fluffy.
3. Drain excess water.
1. Basmati Rice
2. Tuvar (Oily) Dal

## Tuvar (Oily) Dal

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tuvar (Oily) Dal</strong></td>
<td>500g</td>
<td>1kg</td>
<td>2kg</td>
<td>2.5kg</td>
<td>3.5kg</td>
</tr>
<tr>
<td><strong>Water</strong></td>
<td>2.5 cups</td>
<td>5 cups</td>
<td>8 cups</td>
<td>12 cups</td>
<td>17 cups</td>
</tr>
<tr>
<td><strong>Carrots [Sliced]</strong></td>
<td>750g</td>
<td>1.5 kg</td>
<td>3 kg</td>
<td>4 kg</td>
<td>5 kg</td>
</tr>
<tr>
<td><strong>Jeera (Cumin) Powder</strong></td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>3 Tbs</td>
<td>4 Tbs</td>
<td>5 Tbs</td>
</tr>
<tr>
<td><strong>Turmeric Powder</strong></td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>3 Tbs</td>
<td>4 Tbs</td>
<td>5 Tbs</td>
</tr>
<tr>
<td><strong>Dhania (Coriander) Powder</strong></td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>3 Tbs</td>
<td>4 Tbs</td>
<td>5 Tbs</td>
</tr>
<tr>
<td><strong>Hing (Asafoetida)</strong></td>
<td>¼ Tsp</td>
<td>½ Tsp</td>
<td>1 Tsp</td>
<td>1 ½ Tsp</td>
<td>2 Tsp</td>
</tr>
<tr>
<td><strong>Split Urad Dal</strong></td>
<td>3 Tbs</td>
<td>6 Tbs</td>
<td>10 Tbs</td>
<td>12 Tbs</td>
<td>20 Tbs</td>
</tr>
<tr>
<td><strong>Black Mustard Seeds</strong></td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>5 Tbs</td>
<td>7 Tbs</td>
</tr>
<tr>
<td><strong>Dried Chilies [Chopped]</strong></td>
<td>2</td>
<td>4</td>
<td>6</td>
<td>8</td>
<td>12</td>
</tr>
<tr>
<td><strong>Tamarind 100-300ml water soaked</strong></td>
<td>¼ packet</td>
<td>½ packet</td>
<td>1 packet</td>
<td>1 packet</td>
<td>1 ¼ packet</td>
</tr>
<tr>
<td><strong>Salt</strong></td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>4 Tsp</td>
<td>6 Tsp</td>
<td>8 Tsp</td>
</tr>
<tr>
<td><strong>Sunflower Oil</strong></td>
<td>½ Tbs</td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>3 Tbs</td>
<td>4 Tbs</td>
</tr>
</tbody>
</table>

1. Soak the **Dal, Turmeric** and **Sea Salt** for **1 hour**.
2. Bring the **Dal** to boil. (If there is no time to soak dal, just bring to boil)
3. Simmer until the **Dal** becomes soft and the liquid becomes opaque.
4. Blend all the **Dal** thoroughly and add carrots.
5. Meanwhile squeeze the tamarind in the water and strain it well through a sieve, collecting all the tamarind juice possible.
6. Add the **Tamarind** and **Cumin Powder**. (Never add tamarind before the dal is properly soft as the tamarind prevents the dal from softening)
7. Heat the **Sunflower Oil** in a frying pan until almost at smoking temperature, add the **Hing** and fry briefly.
8. Add the **Mustard Seeds**. Cover the frying pan with a lid until all the seeds have popped.
9. Add the **Chopped Chilies** and fry briefly.
10. Add the **Dal** and serve.
Day 1

5.30 Put urns on and place a pot with water on the stove for porridge. Set up dining rooms.

5.45 Cook porridge
   Prep vegetables for lunch

6.15 Dish up for teacher. Split porridge into 2 pots

6.20 Serve breakfast

6.30 Gong

6.30 – 7.50 Servers breakfast, kitchen and dining room clean-up.
   Soak lentils, soak rice.

9.00 Heat up water for rice. Start prep salad.

9.30 Start cooking lentils. Make ginger water.

9.40 Start cooking vegetables

10.30 Set up dining rooms

10.45 Serve lunch.

10.50 Take food to teachers

11.00 Gong
   Prep vegetables for day2

11.45 – 13.00 Servers lunch, kitchen and dining room clean-up.

3.30 Do prep for tomorrow and possibly baking granola.

4 pm Make lemon water. Set up dining rooms

4.30 Prepare servers and teachers dinner.

4.50 Take teachers food.

5 pm Gong

   Soak prunes. Soak sugar beans
1. Oats
2. Stewed Dried Fruit
3. Granola
4. Bread & Spreads
5. Fruit

---

**Oats**

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oats</td>
<td>400g</td>
<td>800g</td>
<td>1.5kg</td>
<td>2kgs</td>
</tr>
<tr>
<td>Water</td>
<td>2 liters</td>
<td>4 liters</td>
<td>7.5 liters</td>
<td>10 liters</td>
</tr>
<tr>
<td>Sea salt</td>
<td>1 tsp</td>
<td>2 tsp</td>
<td>4 tsp</td>
<td>6 tsp</td>
</tr>
</tbody>
</table>

1. Boil **Water** and **Salt**.
2. Add **Oats** and simmer for 5 minutes, stirring occasionally.
3. Leave standing with lid on for 10 mins.
1. Oats
2. Stewed Dried Fruit
3. Granola
4. Bread & Spreads
5. Fruit

### Stewed Dried Fruit

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dried Fruit</td>
<td>400g</td>
<td>750g</td>
<td>1.5 kg</td>
<td>2.5 kg</td>
<td>3 kg</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>2 Sticks</td>
<td>4 Sticks</td>
<td>7 Sticks</td>
<td>10 Sticks</td>
<td>12 Sticks</td>
</tr>
<tr>
<td>Cloves</td>
<td>3</td>
<td>5</td>
<td>10</td>
<td>15</td>
<td>20</td>
</tr>
</tbody>
</table>

1. Soak **Dried Fruit** overnight in **Water**.
2. Bring to the boil with **Cinnamon Sticks** and **Cloves**. Simmer for **20 minutes** until very soft.
1. Oats
2. Stewed Dried Fruit
3. Granola
4. Bread & Spreads
5. Fruit

### Granola

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oats</td>
<td>8 cups</td>
<td>16 cups</td>
<td>24 cups</td>
<td>32 cups</td>
<td>48 cups</td>
</tr>
<tr>
<td>Desiccated Coconut</td>
<td>2 cups</td>
<td>2 cups</td>
<td>4 cups</td>
<td>6 cups</td>
<td>8 cups</td>
</tr>
<tr>
<td>Sesame Seeds</td>
<td>1 cup</td>
<td>1 cup</td>
<td>2 cups</td>
<td>3 cups</td>
<td>4 cups</td>
</tr>
<tr>
<td>Sunflower seeds</td>
<td>1 cup</td>
<td>1 cup</td>
<td>2 cups</td>
<td>3 cups</td>
<td>4 cups</td>
</tr>
<tr>
<td>Poppy Seeds</td>
<td>½ cup</td>
<td>½ cup</td>
<td>1 cup</td>
<td>1 ½ cups</td>
<td>2 cups</td>
</tr>
<tr>
<td>Salt</td>
<td>1 pinch</td>
<td>1 pinch</td>
<td>2 pinches</td>
<td>3 pinches</td>
<td>2 tsp</td>
</tr>
<tr>
<td>Jaggery</td>
<td>1 cup</td>
<td>1 cup</td>
<td>2 cups</td>
<td>3 cups</td>
<td>4 cups</td>
</tr>
<tr>
<td>Sunflower Oil</td>
<td>1 cup</td>
<td>1 cup</td>
<td>2 cups</td>
<td>3 cups</td>
<td>4 cups</td>
</tr>
<tr>
<td>Nuts [Chopped]</td>
<td>½ cup</td>
<td>½ cup</td>
<td>1 cup</td>
<td>2 cups</td>
<td>2½ cups</td>
</tr>
</tbody>
</table>

1. In a large container, mix all the Oats, Coconut, Seeds, Nuts and Salt.
2. In a pan, melt the Jaggery with a little water.
3. Mix the Sunflower Oil with the Jaggery.
4. Mix the wet with the dry ingredients thoroughly.
5. Place in oven-trays and into oven at 150°C - 200°C. Stir it every 5 minutes.
6. It is ready when it has an even golden color. (~20 Mins)
1. Basmati Rice
2. Vegetable Curry
3. Brown Lentils
4. Mixed salad & Dressing
5. Ginger Water

### Basmati Rice

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basmati Rice</td>
<td>500g</td>
<td>1 kg</td>
<td>2 kg</td>
<td>3 kg</td>
<td>3.5 kg</td>
</tr>
<tr>
<td>Salt</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>3 Tsp</td>
<td>4 Tsp</td>
<td>6 Tsp</td>
</tr>
<tr>
<td>Water</td>
<td>1 liters</td>
<td>2 liters</td>
<td>4 liters</td>
<td>6 liters</td>
<td>7 liters</td>
</tr>
</tbody>
</table>

1. Soak the Rice in Water for 1 hour or more.
2. Place on heat, add Salt, bring to boil and cook for 10 to 15 minutes until cooked and fluffy.
3. Drain excess water.
Day 1  Afternoon  Page 2/6

1. Basmati Rice
2. Vegetable Curry
3. Brown Lentils
4. Mixed salad & Dressing
5. Ginger Water

### Vegetable Curry

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunflower Oil</td>
<td>3 Tbs</td>
<td>4 Tbs</td>
<td>6 Tbs</td>
<td>8 Tbs</td>
<td>12 Tbs</td>
</tr>
<tr>
<td>Jeera (Cumin) Seeds</td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>5 Tbs</td>
<td>7 Tbs</td>
</tr>
<tr>
<td>Onions [Diced]</td>
<td>200g</td>
<td>400g</td>
<td>600g</td>
<td>1 kg</td>
<td>1.2 kg</td>
</tr>
<tr>
<td>Cauliflower [Bite sized]</td>
<td>800g</td>
<td>1.2 kg</td>
<td>2.5 kg</td>
<td>3.5 kg</td>
<td>4 kg</td>
</tr>
<tr>
<td>Tomatoes [Diced]</td>
<td>300g</td>
<td>500g</td>
<td>1 kg</td>
<td>1.5 kg</td>
<td>1.8 kg</td>
</tr>
<tr>
<td>Carrots [Sliced]</td>
<td>800g</td>
<td>1.2 kg</td>
<td>2.5 kg</td>
<td>3.5 kg</td>
<td>4 kg</td>
</tr>
</tbody>
</table>

1. Heat the **Sunflower Oil** in a 10 liter pan.
2. Briefly fry the **Cumin Seeds** until slightly roasted.
3. Add the **Onions** and fry until golden brown.
4. Add the **Cauliflower** and **Carrots** and fry for a few minutes.
5. Add the tomatoes and cook until the vegetables are soft.
1. Basmati Rice
2. Vegetable Curry
3. Brown Lentils
4. Mixed salad & Dressing
5. Ginger Water

## Brown Lentils

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lentils</td>
<td>500g</td>
<td>1kg</td>
<td>2kg</td>
<td>3kg</td>
<td>3.5kg</td>
</tr>
<tr>
<td>Onions [Chopped]</td>
<td>100g</td>
<td>200g</td>
<td>300g</td>
<td>600g</td>
<td>900g</td>
</tr>
<tr>
<td>Ginger [Chopped]</td>
<td>1 Thumb</td>
<td>2 Thumbs</td>
<td>4 Thumbs</td>
<td>6 Thumbs</td>
<td>8 Thumbs</td>
</tr>
<tr>
<td>Garlic [Chopped]</td>
<td>1 Cloves</td>
<td>2 Cloves</td>
<td>4 Cloves</td>
<td>6 Cloves</td>
<td>10 Cloves</td>
</tr>
<tr>
<td>Water</td>
<td>1.5 liters</td>
<td>3 liters</td>
<td>6 liters</td>
<td>9 liters</td>
<td>11 liters</td>
</tr>
<tr>
<td>Parsley [Chopped]</td>
<td>½ Bunch</td>
<td>½ Bunch</td>
<td>1 Bunch</td>
<td>½ Bunches</td>
<td>2 Bunches</td>
</tr>
<tr>
<td>Cumin Powder</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>8 Tbs</td>
<td>10 Tbs</td>
<td>15 Tbs</td>
</tr>
<tr>
<td>Oregano</td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>3 Tbs</td>
<td>4 Tbs</td>
<td>5 Tbs</td>
</tr>
<tr>
<td>Sunflower Oil</td>
<td>3 Tbs</td>
<td>5 Tbs</td>
<td>8 Tbs</td>
<td>10 Tbs</td>
<td>15 Tbs</td>
</tr>
<tr>
<td>Miso Paste</td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>5 Tbs</td>
<td>7 Tbs</td>
</tr>
</tbody>
</table>

1. Soak **Lentils** for 2 hours and drain. (Start this at 7h00)
2. Heat the **Sunflower Oil** in a pot.
3. Add **Cumin** and fry for 1 min.
4. Add **Onions** and fry for 5 minutes.
5. Add drained **Lentils, Garlic, Oregano** and **Water**.
6. Bring to boil, reduce heat and simmer for **30-45 minutes** until soft.
7. At the end of cooking, add **Miso Paste** and stir to dissolve the miso. (The dish should have a thick gravy-like consistency, so adjust it by add less or more water. Also, the longer the dish cooks, the thicker it will become.)
8. Remove from heat and garnish with **Parsley**. (Cooking time ~ 1h 15m)
Day 1  
Afternoon  
Page 4/6

1. Basmati Rice  
2. Vegetable Curry  
3. Brown Lentils  
4. Mixed salad & Dressing  
5. Ginger Water

### Mixed Salad

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avocados [Peeled, Chopped]</td>
<td>2</td>
<td>4</td>
<td>6</td>
<td>8</td>
<td>10</td>
</tr>
<tr>
<td>Cucumber [Sliced]</td>
<td>½</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Lettuce [Bitesized]</td>
<td>1 Head</td>
<td>1 ½ Heads</td>
<td>3 Heads</td>
<td>4 Heads</td>
<td>4 ½ Heads</td>
</tr>
<tr>
<td>Tomatoes [Wedges]</td>
<td>400g</td>
<td>800g</td>
<td>1.5 kg</td>
<td>2 kg</td>
<td>2.5 kg</td>
</tr>
<tr>
<td>Sunflower Seeds [Toasted]</td>
<td>3 Tbs</td>
<td>6 Tbs</td>
<td>10 Tbs</td>
<td>14 Tbs</td>
<td>20 Tbs</td>
</tr>
</tbody>
</table>

1. Put the **Vegetables** into a large mixing bowl.  
2. Mix together briefly and dish into salad bowls.  
3. Garnish with **Sunflower Seeds**.  
4. Serve the **Salad Dressing** separately.
Day 1

Afternoon

Page 5/6

1. Basmati Rice
2. Vegetable Curry
3. Brown Lentils
4. Mixed salad & Dressing
5. Ginger Water

## Salad Dressing

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Olive Oil</td>
<td>4 Tbs</td>
<td>½ cup</td>
<td>1.5 cups</td>
<td>2 cups</td>
<td>3 cups</td>
</tr>
<tr>
<td>Sunflower Oil</td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Apple Cider Vinegar</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>6 Tbs</td>
<td>½ cup</td>
<td>0.75 cups</td>
</tr>
<tr>
<td>Lemon Juice [Fresh]</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>6 Tbs</td>
<td>½ cup</td>
<td>0.75 cups</td>
</tr>
<tr>
<td>Black Pepper [Ground]</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>4 Tsp</td>
<td>6 Tsp</td>
<td>9 Tsp</td>
</tr>
<tr>
<td>Salt</td>
<td>1 Pinch</td>
<td>2 Pinches</td>
<td>4 Pinches</td>
<td>5 Pinches</td>
<td>7 Pinches</td>
</tr>
<tr>
<td>Mustard Powder</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>4 Tsp</td>
<td>5 Tsp</td>
<td>7 Tsp</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>4 Tsp</td>
<td>5 Tsp</td>
<td>7 Tsp</td>
</tr>
<tr>
<td>Soya Sauce</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>4 Tsp</td>
<td>6 Tsp</td>
<td>8 Tsp</td>
</tr>
<tr>
<td>Oregano</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>4 Tsp</td>
<td>6 Tsp</td>
<td>8 Tsp</td>
</tr>
</tbody>
</table>

1. Mix Well to dissolve.
2. Serve in a container with Tablespoon.
1. Basmati Rice
2. Vegetable Curry
3. Brown Lentils
4. Mixed salad & Dressing
5. Ginger Water

## Ginger Water

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ginger [Grated]</td>
<td>1 Thumb</td>
<td>2 Thumb</td>
<td>4 Thumbs</td>
<td>5 Thumbs</td>
<td>7 Thumbs</td>
</tr>
<tr>
<td>Water</td>
<td>3 liters</td>
<td>6 liters</td>
<td>10 liters</td>
<td>12 liters</td>
<td>18 liters</td>
</tr>
</tbody>
</table>

1. Heat the Water and add Ginger.
2. Stir briefly and serve warm in Jug.
1. Lemon Water (For old students only)
2. Fruit

**Lemon Water**

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lemon Juice [Fresh]</td>
<td>50ml</td>
<td>100ml</td>
<td>175ml</td>
<td>250ml</td>
<td>350ml</td>
</tr>
<tr>
<td>Water</td>
<td>1 liter</td>
<td>2 liters</td>
<td>4 liters</td>
<td>7 liters</td>
<td>9 liters</td>
</tr>
</tbody>
</table>

2. Serve in a jug, warm on a cold day and cold on a hot day.
Day 2

5.30am Put urns on and heat water for porridge. Set up dining rooms.

5.45 Cook prunes.

5.50 Cook porridge.

6.15 Dish up and prep for lunch

6.20 Serve breakfast, take teachers food
6.30 Gong

6.30 – 7.50 Prep vegetable, Servers breakfast, kitchen and dining room clean-up.

9.00 Make salad

9.15 Preheat the oven

9.30/35 Start cooking vegetables

09.50 Start cooking tofu/tempeh with spinach

10.30 Set up dining rooms

10.40 Dish up

10.50 Serve lunch, take teachers food

11.00 Gong

11-12 Wash dishes and pots

12-1 Servers lunch, clean-up.

3.30pm Prep for next day.

4.15 Make lemon water

4.30 Set up dining rooms. Cook servers and teachers dinner
4.50 Take teachers food

5.00 Gong
5-5.50 Servers dinner. Clean-up. Sweep and mop floors.
1. Mabela Porridge
2. Stewed Prunes
3. Granola (Recipe on Day 1)
4. Bread and spreads
5. Fruit

### Mabela Porridge

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mabela</td>
<td>400g</td>
<td>800g</td>
<td>1.6 kg</td>
<td>2 kg</td>
<td>2.5 kg</td>
</tr>
<tr>
<td>Water</td>
<td>1.5 liters</td>
<td>3 liters</td>
<td>6 liters</td>
<td>8 liters</td>
<td>10 liters</td>
</tr>
<tr>
<td>Sea Salt</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>4 Tsp</td>
<td>6 Tsp</td>
<td>7 Tsp</td>
</tr>
</tbody>
</table>

1. Mix **Mabela** with some of the **Water** till runny.
2. Bring remainder of **Water** to the boil.
3. Remove from heat and add the **Mabela** mixture slowly, stirring continually.
4. Feel free to add more **Water** if too thick.
5. Replace back on heat and continue stirring until the porridge has finished thickening.
1. Mabela Porridge
2. Stewed Prunes
3. Granola (Recipe on Day 1)
4. Bread and spreads
5. Fruit

### Stewed Prunes

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prunes</td>
<td>400g</td>
<td>800g</td>
<td>1.5 kg</td>
<td>2.2 kg</td>
<td>3.5 kg</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>2 Sticks</td>
<td>4 Sticks</td>
<td>8 Sticks</td>
<td>10 Sticks</td>
<td>13 Sticks</td>
</tr>
<tr>
<td>Cloves</td>
<td>3</td>
<td>6</td>
<td>12</td>
<td>15</td>
<td>18</td>
</tr>
</tbody>
</table>

2. Simmer with Cinnamon Sticks and Cloves for 30 minutes or until very soft.
1. Barley / Wheat
2. Tofu / Tempeh & Spinach
3. Potatoes & Broccoli
4. Fruit Salad
5. Ginger Water (Recipe on Day 1)

### Barley / Wheat

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barley / Wheat</td>
<td>500g</td>
<td>1 kg</td>
<td>2 kg</td>
<td>3 kg</td>
<td>4 kg</td>
</tr>
<tr>
<td>Salt</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>4 Tsp</td>
<td>6 Tsp</td>
<td>8 Tsp</td>
</tr>
<tr>
<td>Water</td>
<td>2 liters</td>
<td>4 liters</td>
<td>8 liters</td>
<td>12 liters</td>
<td>16 liters</td>
</tr>
</tbody>
</table>

1. Soak the Barley / Wheat in Water for 1 hour or more.
2. Place on heat, add Salt and cook for 30-45 minutes until cooked.
3. Drain excess water.
1. Barley/Wheat
2. Tofu/Tempeh & Spinach
3. Potatoes & Broccoli
4. Fruit Salad
5. Ginger Water (Recipe on Day 1)

**Tempeh & Spinach**

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tempeh [Chopped]</td>
<td>500g</td>
<td>1 kg</td>
<td>1.5 kg</td>
<td>2 kg</td>
<td>2.5 kg</td>
</tr>
<tr>
<td>Spinach [Chopped]</td>
<td>3 bunches</td>
<td>6 bunches</td>
<td>12 bunches</td>
<td>18 bunches</td>
<td>20 bunches</td>
</tr>
<tr>
<td>Ginger [Grated]</td>
<td>1 Thumb</td>
<td>2 Thumbs</td>
<td>4 Thumbs</td>
<td>6 Thumbs</td>
<td>8 Thumbs</td>
</tr>
<tr>
<td>Sea Salt</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>4 Tsp</td>
<td>6 Tsp</td>
<td>8 Tsp</td>
</tr>
<tr>
<td>Garlic [Diced]</td>
<td>1 Cloves</td>
<td>3 Cloves</td>
<td>5 Cloves</td>
<td>7 Cloves</td>
<td>10 Cloves</td>
</tr>
<tr>
<td>Chili Powder</td>
<td>1 Pinch</td>
<td>2 Pinches</td>
<td>4 Pinches</td>
<td>5 Pinches</td>
<td>7 Pinches</td>
</tr>
<tr>
<td>Onions [Diced]</td>
<td>150g</td>
<td>300g</td>
<td>600g</td>
<td>900g</td>
<td>1.2 kg</td>
</tr>
<tr>
<td>Tomatoes [Diced]</td>
<td>500g</td>
<td>1 kg</td>
<td>2 kg</td>
<td>3 kg</td>
<td>4 kg</td>
</tr>
<tr>
<td>Sunflower Oil</td>
<td>3 Tbs</td>
<td>5 Tbs</td>
<td>9 Tbs</td>
<td>10 Tbs</td>
<td>15 Tbs</td>
</tr>
</tbody>
</table>

1. Cook Spinach separately in a pot, to reduce volume.
2. Fry Tempeh then drain Sunflower Oil into a different pot and keep Tempeh aside.
3. Add the Diced Onions and fry until golden.
4. Add the grated Ginger and Garlic and fry until golden.
5. Add Salt and Chili Powder and stir.
6. Add Tomatoes, fry until liquid is well reduced.
7. Add the Spinach and cook until liquid is well reduced.
8. Add Tempeh, stir briefly.

**Cooking time ~ 40 minutes**
Day 2  
Afternoon  
Page 3/4

1. Barley / Wheat  
2. Tofu / Tempeh & Spinach  
3. Potatoes & Broccoli  
4. Fruit Salad  
5. Ginger Water (Recipe on Day 1)

### Potatoes and Broccoli

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potatoes</td>
<td>850g</td>
<td>1.75 kg</td>
<td>3.5 kg</td>
<td>5.3 kg</td>
<td>6 kg</td>
</tr>
<tr>
<td>Broccoli</td>
<td>1 Head</td>
<td>2 Heads</td>
<td>4 Heads</td>
<td>6 Heads</td>
<td>8 Heads</td>
</tr>
<tr>
<td>Onions</td>
<td>100g</td>
<td>200g</td>
<td>300g</td>
<td>500g</td>
<td>700g</td>
</tr>
<tr>
<td>Sunflower Oil</td>
<td>3 Tbs</td>
<td>5 Tbs</td>
<td>7 Tbs</td>
<td>10 Tbs</td>
<td>15 Tbs</td>
</tr>
<tr>
<td>Garlic</td>
<td>2 Cloves</td>
<td>4 Cloves</td>
<td>8 Cloves</td>
<td>12 Cloves</td>
<td>16 Cloves</td>
</tr>
<tr>
<td>Cumin Powder</td>
<td>2 Tsp</td>
<td>3 Tsp</td>
<td>5 Tsp</td>
<td>6 Tsp</td>
<td>7 Tsp</td>
</tr>
<tr>
<td>Turmeric Powder</td>
<td>2 Tsp</td>
<td>3 Tsp</td>
<td>5 Tsp</td>
<td>6 Tsp</td>
<td>7 Tsp</td>
</tr>
<tr>
<td>Coriander Powder</td>
<td>2 Tsp</td>
<td>3 Tsp</td>
<td>5 Tsp</td>
<td>6 Tsp</td>
<td>7 Tsp</td>
</tr>
<tr>
<td>Sea Salt</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>4 Tsp</td>
<td>6 Tsp</td>
<td>8 Tsp</td>
</tr>
</tbody>
</table>

1. Heat **Sunflower Oil** in a pot. When hot, add **Onions** and fry until golden brown.  
2. Add **Garlic** and fry lightly for 2 minutes.  
3. Add **Turmeric**, **Salt**, **Coriander** and **Cumin Powder** and fry for 2 minutes.  
4. Add **Potatoes** and mix well. Cook until half done. (Add 1-4 cups of water or more if needed)  
5. Add **Broccoli** and cook until fully done.  

**Cooking Time is ~ 35-60 mins**
1. Barley/Wheat
2. Tofu/Tempeh & Spinach
3. Potatoes & Broccoli
4. Fruit Salad
5. Ginger Water (Recipe on Day 1)

## Fruit Salad

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almonds [Chopped]</td>
<td>100g</td>
<td>200g</td>
<td>300g</td>
<td>400g</td>
<td>500g</td>
</tr>
<tr>
<td>Raisins [Chopped]</td>
<td>100g</td>
<td>200g</td>
<td>300g</td>
<td>400g</td>
<td>500g</td>
</tr>
<tr>
<td>Dates [Chopped]</td>
<td>100g</td>
<td>200g</td>
<td>300g</td>
<td>400g</td>
<td>500g</td>
</tr>
<tr>
<td>Apples [Chopped]</td>
<td>2</td>
<td>4</td>
<td>8</td>
<td>12</td>
<td>16</td>
</tr>
<tr>
<td>Pineapples [Chopped]</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Melon [Chopped]</td>
<td>½</td>
<td>1</td>
<td>2</td>
<td>2½</td>
<td>3</td>
</tr>
<tr>
<td>Coconut Cream</td>
<td>½ Tin</td>
<td>1 Tin</td>
<td>2 Tins</td>
<td>3 Tins</td>
<td>4 Tins</td>
</tr>
<tr>
<td>Poppy Seeds</td>
<td>Sprinkle</td>
<td>Sprinkle</td>
<td>Sprinkle</td>
<td>Sprinkle</td>
<td>Sprinkle</td>
</tr>
<tr>
<td>Mint Leaves [Chopped]</td>
<td>Sprinkle</td>
<td>Sprinkle</td>
<td>Sprinkle</td>
<td>Sprinkle</td>
<td>Sprinkle</td>
</tr>
</tbody>
</table>

1. Mix together briefly and garnish with **Poppy Seeds** and **Mint Leaves**
1. **Lemon Water** (Recipe on Day 1)
2. **Fruit**
Day 3

5.15am Put urns on and heat water for porridge. Set up dining rooms.

5.45 Cook porridge
   Do prep vegetable for lunch
6.15 Dish up,
6.20 Serve Breakfast, take teachers food

6.30 Gong

6.30-7.50 Prep for lunch, Servers breakfast, clean-up.

Soak the dal.

9.00 Make salad.

9.15 Start dal, heat water for rice and soak rice

09.30 Start Vegetable curry and ginger water.

09.45 Cook rice

10.30 Set up dining rooms

10.40 Dish up. As efficiency increases, you will be able to lessen the time between dishing up and gong time, so that food does not stand for too long and get cold.

10.50 Serve lunch, take food to teachers’ residence.

11.00 Gong

11-1 Servers lunch. Clean-up.

3.30 Prep for tomorrow

4.15 Make lemon water. Set up dining rooms.
4.30 Prepare servers and teachers dinner
4.50 Take teachers food

5pm Gong

5-5.50 Dinner, clean-up and clean floors.

Soak Chickpeas
1. Oats
2. Stewed Dried Fruit
3. Granola (Recipe on Day 1)
4. Bread and Spreads
5. Fruit
6. Chai Tea

### Oats

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oats</td>
<td>400g</td>
<td>800g</td>
<td>1.5kg</td>
<td>2kgs</td>
</tr>
<tr>
<td>Water</td>
<td>2 liters</td>
<td>4 liters</td>
<td>7.5 liters</td>
<td>10 liters</td>
</tr>
<tr>
<td>Sea salt</td>
<td>1 tsp</td>
<td>2 tsp</td>
<td>4 tsp</td>
<td>6 tsp</td>
</tr>
</tbody>
</table>

5. Add Oats and simmer for 5 minutes, stirring occasionally.
6. Leave standing with lid on for 10 mins.
1. Oats
2. Stewed Dried Fruit
3. Granola (Recipe on Day 1)
4. Bread and Spreads
5. Fruit
6. Chai Tea

### Stewed Dried Fruit

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dried Fruit</td>
<td>400g</td>
<td>750g</td>
<td>1.5 kg</td>
<td>2.5 kg</td>
<td>3 kg</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>2 Sticks</td>
<td>4 Sticks</td>
<td>7 Sticks</td>
<td>10 Sticks</td>
<td>12 Sticks</td>
</tr>
<tr>
<td>Cloves</td>
<td>3</td>
<td>5</td>
<td>10</td>
<td>15</td>
<td>20</td>
</tr>
</tbody>
</table>

1. Soak **Dried Fruit** overnight in **Water**.
2. Bring to the boil with **Cinnamon Sticks** and **Cloves**. Simmer for **20 minutes** until very soft.
Day 3

Morning

1. Oats
2. Stewed Dried Fruit
3. Granola (Recipe on Day 1)
4. Bread and Spreads
5. Fruit
6. Chai Tea

Chai Tea

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>2 liters</td>
<td>4 liters</td>
<td>8 liters</td>
<td>10 liters</td>
<td>15 liters</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>4 pieces</td>
<td>8 pieces</td>
<td>16 pieces</td>
<td>20 pieces</td>
<td>25 pieces</td>
</tr>
<tr>
<td>Rooibos</td>
<td>5 Tea bags</td>
<td>10 Tea bags</td>
<td>20 Tea bags</td>
<td>25 Tea bags</td>
<td>30 Tea bags</td>
</tr>
<tr>
<td>Tea Masala</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>4 Tsp</td>
<td>5 Tsp</td>
<td>7 Tsp</td>
</tr>
<tr>
<td>Cardamon</td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>6 Tbs</td>
<td>8 Tbs</td>
</tr>
<tr>
<td>Cloves</td>
<td>½ Tsp</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>3 Tsp</td>
<td>4 Tsp</td>
</tr>
<tr>
<td>Ginger</td>
<td>1 Thumb</td>
<td>2 Thumbs</td>
<td>4 Thumbs</td>
<td>5 Thumbs</td>
<td>7 Thumbs</td>
</tr>
</tbody>
</table>

1. Simmer all ingredients together for 15 min and then strain.
1. **Basmati Rice**
2. **Vegetable Curry**
3. **Tuvar (Oily) Dal**
4. **Hummus**
5. **Mixed Salad & Dressing**
6. **Ginger Water** (Recipe on Day 1)

## Basmati Rice

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basmati Rice</td>
<td>500g</td>
<td>1 kg</td>
<td>2 kg</td>
<td>3 kg</td>
<td>3.5 kg</td>
</tr>
<tr>
<td>Salt</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>3 Tsp</td>
<td>4 Tsp</td>
<td>6 Tsp</td>
</tr>
<tr>
<td>Water</td>
<td>1 liters</td>
<td>2 liters</td>
<td>4 liters</td>
<td>6 liters</td>
<td>7 liters</td>
</tr>
</tbody>
</table>

1. Soak the **Rice** in **Water** for **1 hour** or more.
2. Place on heat, add **Salt, bring to boil** and cook for **10 to 15 minutes** until cooked and fluffy.
3. Drain excess water.
Day 3  Afternoon  Page 2/5

1. Basmati Rice
2. Vegetable Curry
3. Tuvar (Oily) Dal
4. Hummus
5. Mixed Salad & Dressing
6. Ginger Water (Recipe on Day 1)

### Vegetable curry

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butternut [Small Chunks]</td>
<td>2 kg</td>
<td>3 kg</td>
<td>6 kg</td>
<td>8 kg</td>
<td>10 kg</td>
</tr>
<tr>
<td>Baby Marrow [Sliced]</td>
<td>1.5 kg</td>
<td>3 kg</td>
<td>4 kg</td>
<td>6 kg</td>
<td>8 kg</td>
</tr>
<tr>
<td>Onions [Dicced]</td>
<td>100g</td>
<td>200g</td>
<td>300g</td>
<td>600g</td>
<td>900g</td>
</tr>
<tr>
<td>Ginger [Grated]</td>
<td>1 Thumb</td>
<td>2 Thumbs</td>
<td>4 Thumbs</td>
<td>6 Thumbs</td>
<td>8 Thumbs</td>
</tr>
<tr>
<td>Sunflower Oil</td>
<td>3 Tbs</td>
<td>4 Tbs</td>
<td>6 Tbs</td>
<td>8 Tbs</td>
<td>10 Tbs</td>
</tr>
<tr>
<td>Turmeric Powder</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>4 Tsp</td>
<td>5 Tsp</td>
<td>6 Tsp</td>
</tr>
<tr>
<td>Chili Powder</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>3 Tsp</td>
<td>4 Tsp</td>
<td>5 Tsp</td>
</tr>
<tr>
<td>Salt</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>4 Tsp</td>
<td>6 Tsp</td>
<td>7 Tsp</td>
</tr>
<tr>
<td>Lemon Juice [Fresh]</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>¾ cup</td>
<td>1 cup</td>
<td>1 ¼ cups</td>
</tr>
<tr>
<td>Coriander [Dicced]</td>
<td>1 handful</td>
<td>1½ handfuls</td>
<td>2 handfuls</td>
<td>2½ handfuls</td>
<td>3 handfuls</td>
</tr>
<tr>
<td>Cumin Powder</td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>5 Tbs</td>
<td>6 Tbs</td>
</tr>
<tr>
<td>Water</td>
<td>1 cup</td>
<td>2 cups</td>
<td>4 cups</td>
<td>5 cups</td>
<td>7 cups</td>
</tr>
</tbody>
</table>

1. Put the **Sunflower Oil** into a big pot and place on heat.
2. When the **Oil** is hot, add the **Onions** and fry till transparent.
3. Add the **Ginger, Turmeric, Salt, Chili Powder** and **Cumin Powder** and fry for 1 minute.
4. Add the **Pumpkin**, cover with lid and cook on low heat until pumpkin is half cooked.
5. (Add water as needed to prevent the bottom layer of pumpkin from burning)
6. Add **Baby Marrows** and cook till they are done (~10 mins).
7. Remove from heat, add the **Lemon Juice** and **Coriander**, stir and serve.

*Total cooking time ~ 30-60 minutes*
1. Basmati Rice
2. Vegetable Curry
3. Tuvar (Oily) Dal
4. Hummus
5. Mixed Salad & Dressing
6. Ginger Water (Recipe on Day 1)

**Tuvar (Oily) Dal**

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuvar (Oily) Dal</td>
<td>500g</td>
<td>1kg</td>
<td>2kg</td>
<td>2.5kg</td>
<td>3.5kg</td>
</tr>
<tr>
<td>Water</td>
<td>2.5 cups</td>
<td>5 cups</td>
<td>8 cups</td>
<td>12 cups</td>
<td>17 cups</td>
</tr>
<tr>
<td>Jeera (Cumin) Powder</td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>3 Tbs</td>
<td>4 Tbs</td>
<td>5 Tbs</td>
</tr>
<tr>
<td>Turmeric Powder</td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>3 Tbs</td>
<td>4 Tbs</td>
<td>5 Tbs</td>
</tr>
<tr>
<td>Dhania (Coriander) Powder</td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>3 Tbs</td>
<td>4 Tbs</td>
<td>5 Tbs</td>
</tr>
<tr>
<td>Hing (Asafoetida)</td>
<td>¼ Tsp</td>
<td>½ Tsp</td>
<td>1 Tsp</td>
<td>1 ½ Tsp</td>
<td>2 Tsp</td>
</tr>
<tr>
<td>Split Urad Dal</td>
<td>3 Tbs</td>
<td>6 Tbs</td>
<td>10 Tbs</td>
<td>12 Tbs</td>
<td>20 Tbs</td>
</tr>
<tr>
<td>Dried Chilies</td>
<td>2</td>
<td>4</td>
<td>6</td>
<td>8</td>
<td>12</td>
</tr>
<tr>
<td>Salt</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>4 Tsp</td>
<td>6 Tsp</td>
<td>8 Tsp</td>
</tr>
<tr>
<td>Sunflower Oil</td>
<td>½ Tbs</td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>3 Tbs</td>
<td>4 Tbs</td>
</tr>
</tbody>
</table>

1. Soak the Dal, Tumeric and Sea Salt for 1 hour.
2. Bring the Dal to boil. (If there is no time to soak dal, just bring to boil)
3. Simmer until the Dal becomes soft and the liquid becomes opaque.
4. When the Dal is soft, and the Dal water is opaque, add the Tamarind, Coriander and Cumin Powder. (Never add tamarind before the dal is properly soft as the tamarind prevents the dal from softening)
5. Heat the Sunflower Oil in a frying pan until almost at smoking temperature, add the Hing and fry briefly.
6. Add the Dried Chilies and Urad Dal and fry briefly.
7. Add to the Dal and serve.
1. Basmati Rice
2. Vegetable Curry
3. Tuvar (Oily) Dal
4. Hummus
5. Mixed Salad & Dressing
6. Ginger Water (Recipe on Day 1)

### Mixed Salad

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avocados [Chopped]</td>
<td>2</td>
<td>4</td>
<td>8</td>
<td>10</td>
<td>12</td>
</tr>
<tr>
<td>Cucumber [Sliced Thinly]</td>
<td>½</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Lettuce [Bitesize]</td>
<td>1 Head</td>
<td>1½ Heads</td>
<td>3 Heads</td>
<td>4 Heads</td>
<td>5 Heads</td>
</tr>
<tr>
<td>Tomatoes [Wedges]</td>
<td>0.8 kg</td>
<td>1½ kg</td>
<td>2½ kg</td>
<td>3½ kg</td>
<td>4 kg</td>
</tr>
<tr>
<td>Carrots [Sliced]</td>
<td>½ kg</td>
<td>1 kg</td>
<td>1½ kg</td>
<td>2 kg</td>
<td>2½ kg</td>
</tr>
<tr>
<td>Sunflower Seeds [Toasted]</td>
<td>3 Tbs</td>
<td>6 Tbs</td>
<td>10 Tbs</td>
<td>14 Tbs</td>
<td>20 Tbs</td>
</tr>
</tbody>
</table>

1. Mix **ingredients** briefly and garnish with **Toasted Sunflower Seeds**.
1. Basmati Rice
2. Vegetable Curry
3. Tuvar (Oily) Dal
4. Hummus
5. Mixed Salad & Dressing
6. Ginger Water (Recipe on Day 1)

### Hummus

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chickpeas</td>
<td>300 g</td>
<td>600 g</td>
<td>1.2 kg</td>
<td>1.8 kg</td>
<td>2.4 kg</td>
</tr>
<tr>
<td>Tahini</td>
<td>80 g</td>
<td>160 g</td>
<td>300 g</td>
<td>400 g</td>
<td>600 g</td>
</tr>
<tr>
<td>Cumin powder</td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>6 Tbs</td>
<td>8 Tbs</td>
</tr>
<tr>
<td>Olive oil</td>
<td>50 ml</td>
<td>100 ml</td>
<td>200 ml</td>
<td>300 ml</td>
<td>400 ml</td>
</tr>
<tr>
<td>Lemon Juice</td>
<td>30 ml</td>
<td>60 ml</td>
<td>120 ml</td>
<td>180 ml</td>
<td>240 ml</td>
</tr>
<tr>
<td>Garlic(cloves), chopped</td>
<td>2</td>
<td>3</td>
<td>5</td>
<td>8</td>
<td>10</td>
</tr>
</tbody>
</table>

1. Drain chickpeas and bring to boil with fresh water.
2. When chickpeas are cooked and very soft, about 1h30min, drain the water and keep it aside.
3. Puree with the blender, use some of the cooking water to get a smooth mix.
4. Add tahini, cumin, garlic, olive oil, lemon juice and salt.
5. Puree once again to mix well.
6. Place in bowls, garnish with parsley and serve.
1. Lemon Water (Recipe on Day 1)
2. Fruit
Day 4

5.30 Put urns on and place a pot with water on the stove for porridge. Set up dining rooms.

5.45 Cook porridge, stewed prunes

6.20 Dish up, take teachers food and do prep for lunch and day 5.

6.25 serve breakfast

6.30 Gong

6.30-7.50 Servers breakfast, clean-up, do prep for lunch.  
**Bake carrot cake. Start cooking Chickpeas.**

9 am Make salad.

9.35 Start vegetable dish.

10.30 Set up dining rooms

10.50 Dish up, take food to teachers

10.55 Serve lunch

11.00 Gong

11 – 1 pm Clean-up, servers’ lunch. Bake granola if needed.

3.30 Do prep. For Day 5 and set up dining rooms.

4.15 Make lemon water

4.30 Prepare servers dinner

4.50 Serve dinner, take teachers food.

5 pm Gong

5 – 5.50 Servers dinner, clean-up, do prep, clean floors.  
**OR**

If you would like to sit for the Vipassana instructions, follow this schedule,

11-1 pm Clean, servers lunch. Make lemon water. Put fruits, things for tea and for washing, lemon water in dining rooms.

3 pm Come to the kitchen and put the urns on very low, so that they will gradually bring the water to boil in 2 hours.

4.55 Put the milk and water out.

5 pm Gong

Find time during the evening to do the necessary cleaning and prep, like baking etc.
Day 4 Morning Page 1/2

1. Mabela Porridge
2. Stewed Prunes
3. Granola (Recipe on Day 1)
4. Bread and spreads
5. Fruit

Mabela Porridge

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mabela</td>
<td>400g</td>
<td>800g</td>
<td>1.6 kg</td>
<td>2 kg</td>
<td>2.5 kg</td>
</tr>
<tr>
<td>Water</td>
<td>1.5 liters</td>
<td>3 liters</td>
<td>6 liters</td>
<td>8 liters</td>
<td>10 liters</td>
</tr>
<tr>
<td>Sea Salt</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>4 Tsp</td>
<td>6 Tsp</td>
<td>7 Tsp</td>
</tr>
</tbody>
</table>

7. Mix Mabela with some of the Water till runny.
8. Bring remainder of Water to the boil.
9. Remove from heat and add the Mabela mixture slowly, stirring continually.
10. Feel free to add more Water if too thick.
11. Replace back on heat and continue stirring until the porridge has finished thickening.
12. Simmer for 15 minutes, keeping lid on.
1. **Mabela Porridge**
2. **Stewed Prunes**
3. **Granola** (Recipe on Day 1)
4. **Bread and spreads**
5. **Fruit**

### Stewed Prunes

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prunes</td>
<td>400g</td>
<td>800g</td>
<td>1.5 kg</td>
<td>2.2 kg</td>
<td>3.5 kg</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>2 Sticks</td>
<td>4 Sticks</td>
<td>8 Sticks</td>
<td>10 Sticks</td>
<td>13 Sticks</td>
</tr>
<tr>
<td>Cloves</td>
<td>3</td>
<td>6</td>
<td>12</td>
<td>15</td>
<td>18</td>
</tr>
</tbody>
</table>

1. Soak **Prunes** overnight in **Water**.
2. Simmer with **Cinnamon Sticks** and **Cloves** for **30 minutes** or until very soft.
Day 4  Afternoon  Page 1/5

1. Brown Rice
2. Kabli Channa (Chickpeas)
3. Vegetable Bhaji (beans)
4. Beetroot Salad
5. Carrot Cake
6. Ginger Water (Recipe on Day 1)

Brown Rice

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brown Rice</td>
<td>500g</td>
<td>1 kg</td>
<td>2 kg</td>
<td>3 kg</td>
<td>3.5 kg</td>
</tr>
<tr>
<td>Salt</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>3 Tsp</td>
<td>4 Tsp</td>
<td>6 Tsp</td>
</tr>
<tr>
<td>Water</td>
<td>2 liters</td>
<td>4 liters</td>
<td>7 liters</td>
<td>10 liters</td>
<td>12 liters</td>
</tr>
</tbody>
</table>

1. Soak the Rice in Water for 1 hour or more.
2. Place on heat, add Salt and cook for 30 minutes until cooked and fluffy.
3. Drain excess water.
1. **Brown Rice**
2. **Kabli Channa (Chickpeas)**
3. **Vegetable Bhaji (beans)**
4. **Beetroot Salad**
5. **Carrot Cake**
6. **Ginger Water** (Recipe on Day 1)

### Kabli Channa (Chickpeas)

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chickpeas</td>
<td>1 kg</td>
<td>1.5 kg</td>
<td>2 kg</td>
<td>2.5 kg</td>
<td>3 kg</td>
</tr>
<tr>
<td>Onions [Chopped]</td>
<td>100g</td>
<td>200g</td>
<td>400g</td>
<td>600 kg</td>
<td>800 kg</td>
</tr>
<tr>
<td>Ginger [Grated]</td>
<td>1 thumbs</td>
<td>2 thumbs</td>
<td>4 thumbs</td>
<td>8 thumbs</td>
<td>10 thumbs</td>
</tr>
<tr>
<td>Tomatoes [Chopped]</td>
<td>200g</td>
<td>300g</td>
<td>600g</td>
<td>900g</td>
<td>1.2kg</td>
</tr>
<tr>
<td>Turmeric Powder</td>
<td>½ Tbs</td>
<td>2 Tbs</td>
<td>3 Tbs</td>
<td>4 Tbs</td>
<td>5 Tbs</td>
</tr>
<tr>
<td>Cloves</td>
<td>½ Tsp</td>
<td>1 Tsp</td>
<td>1 ½ Tsp</td>
<td>2 Tsp</td>
<td>2 ½ Tsp</td>
</tr>
<tr>
<td>Cinnamon Sticks</td>
<td>½ Tbs</td>
<td>1 Tbs</td>
<td>1 ½ Tbs</td>
<td>2 Tbs</td>
<td>2 ½ Tbs</td>
</tr>
<tr>
<td>Sea Salt</td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>3 Tbs</td>
<td>4 Tbs</td>
<td>5 Tbs</td>
</tr>
<tr>
<td>Coriander [Chopped]</td>
<td>½ Bunch</td>
<td>1 Bunch</td>
<td>1 ½ Bunches</td>
<td>2 Bunches</td>
<td>2 ½ Bunches</td>
</tr>
</tbody>
</table>

1. Soak the **Chickpeas** in Water overnight.
2. Add **Onions**, **Ginger**, **Cloves**, **Cinnamon**, **Turmeric**, and **Salt** and boil until the chickpeas are soft. (~2-3 hours without a pressure cooker, 1 hour using a pressure cooker).
3. Add the **Tomatoes** and cook for another 20-30 minutes. (Note: Adding tomatoes or anything sour before the chickpeas are properly soft will prevent them from softening)
4. Serve garnished with **Coriander**.
1. Brown Rice  
2. Kabli Channa (Chickpeas)  
3. Vegetable Bhaji (beans)  
4. Beetroot Salad  
5. Carrot Cake  
6. Ginger Water (Recipe on Day 1)

Vegetable Bhaji (Beans)

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green Beans</td>
<td>1kg</td>
<td>1.5kg</td>
<td>2kg</td>
<td>3kg</td>
<td>4.5kg</td>
</tr>
<tr>
<td>Carrots [Sliced]</td>
<td>1kg</td>
<td>1.5kg</td>
<td>2kg</td>
<td>3.5kg</td>
<td>4.5kg</td>
</tr>
<tr>
<td>Onions [Chopped]</td>
<td>100g</td>
<td>200g</td>
<td>400g</td>
<td>600g</td>
<td>800g</td>
</tr>
<tr>
<td>Garlic [Diced]</td>
<td>1 Tbs</td>
<td>3 Tbs</td>
<td>4 Tbs</td>
<td>6 Tbs</td>
<td>8 Tbs</td>
</tr>
<tr>
<td>Tomatoes [Diced]</td>
<td>750g</td>
<td>1.5 kg</td>
<td>1.5 kg</td>
<td>2 kg</td>
<td>2.5 kg</td>
</tr>
<tr>
<td>Turmeric Powder</td>
<td>2 Tbs</td>
<td>3 Tbs</td>
<td>5 Tbs</td>
<td>6 Tbs</td>
<td>7 Tbs</td>
</tr>
<tr>
<td>Chili Powder</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>3 Tsp</td>
<td>4 Tsp</td>
<td>5 Tsp</td>
</tr>
<tr>
<td>Sea Salt</td>
<td>2 Tsp</td>
<td>4 Tsp</td>
<td>6 Tsp</td>
<td>8 Tsp</td>
<td>10 Tsp</td>
</tr>
<tr>
<td>Cumin (Jeera) Powder</td>
<td>2 Tbs</td>
<td>3 Tbs</td>
<td>5 Tbs</td>
<td>6 Tbs</td>
<td>7 Tbs</td>
</tr>
<tr>
<td>Sunflower Oil</td>
<td>½ Tbs</td>
<td>1 ½ Tbs</td>
<td>2 Tbs</td>
<td>2 ½ Tbs</td>
<td>3 Tbs</td>
</tr>
</tbody>
</table>

1. Put the Sunflower Oil into a pan and bring to heat.  
2. When the oil is hot add the Onions and fry for **10 minutes**.  
3. Add Garlic, Salt, Chili Powder, Cumin Powder and Turmeric Powder and fry for a further **5 minutes**.  
4. Add Vegetables and stir well. Add just a little water to prevent sticking. Cook for about 15 minutes until almost soft.  
5. Add Tomatoes and cook until the liquid is reduced to very little. Stir the mixture from time to time to prevent burning or sticking.
1. **Brown Rice**
2. **Kabli Channa (Chickpeas)**
3. **Vegetable Bhaji (beans)**
4. **Beetroot Salad**
5. **Carrot Cake**
6. **Ginger Water** (Recipe on Day 1)

### Beetroot salad

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beetroots</td>
<td>800g</td>
<td>1.5 kg</td>
<td>3 kg</td>
<td>4 kg</td>
<td>5.5 kg</td>
</tr>
<tr>
<td>Parsley</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>8 Tbs</td>
<td>10 Tbs</td>
<td>14 Tbs</td>
</tr>
<tr>
<td>Olive Oil</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>8 Tbs</td>
<td>10 Tbs</td>
<td>14 Tbs</td>
</tr>
<tr>
<td>Vinegar</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>8 Tbs</td>
<td>10 Tbs</td>
<td>14 Tbs</td>
</tr>
<tr>
<td>Lemon Juice</td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>5 Tbs</td>
<td>7 Tbs</td>
</tr>
<tr>
<td>Salt</td>
<td>To taste</td>
<td>To taste</td>
<td>To taste</td>
<td>To taste</td>
<td>To taste</td>
</tr>
</tbody>
</table>

1. Place **Beetroots** in pot with water half way up the beets. Cook until a knife passes through them easily. (~ **30-45 min**)
2. Drain and allow to cool down. When cool, rub the skins off.
3. Chop and mix other **ingredients** in.
4. As all beets taste somewhat different, adjust seasoning.
5. Leave to marinate overnight.
Day 4 Afternoon Page 5/5

1. Brown Rice
2. Kabli Channa (Chickpeas)
3. Vegetable Bhaji (beans)
4. Beetroot Salad
5. Carrot Cake
6. Ginger Water (Recipe on Day 1)

Carrot Cake

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flour</td>
<td>3.5 cups</td>
<td>7 cups</td>
<td>14 cups</td>
<td>21 cups</td>
<td>28 cups</td>
</tr>
<tr>
<td>Baking Powder</td>
<td>3 Tbs</td>
<td>3 Tbs</td>
<td>6 Tbs</td>
<td>9 Tbs</td>
<td>12 Tbs</td>
</tr>
<tr>
<td>Brown Sugar</td>
<td>1 cup</td>
<td>2 cups</td>
<td>4 cups</td>
<td>6 cups</td>
<td>8 cups</td>
</tr>
<tr>
<td>Cinnamon Powder</td>
<td>½ Tbs</td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>3 Tbs</td>
<td>4 Tbs</td>
</tr>
<tr>
<td>Sunflower Oil</td>
<td>½ cup</td>
<td>1 cup</td>
<td>2 cups</td>
<td>3 cups</td>
<td>4 cups</td>
</tr>
<tr>
<td>Carrots [Grated]</td>
<td>½ cup</td>
<td>1 cup</td>
<td>2 cups</td>
<td>3 cups</td>
<td>4 cups</td>
</tr>
<tr>
<td>Almond, Cashew [Ground]</td>
<td>¾ cup</td>
<td>1 ½ cups</td>
<td>3 cups</td>
<td>4 ½ cups</td>
<td>6 cups</td>
</tr>
<tr>
<td>Water</td>
<td>1 ¼ cups</td>
<td>2 ½ cups</td>
<td>5 cups</td>
<td>7 ½ cups</td>
<td>10 cups</td>
</tr>
<tr>
<td>Orange Juice [Fresh]</td>
<td>2</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
</tbody>
</table>

1. Boil the Water, add Carrots and Nuts and let simmer for 5 minutes. Cool.
2. Mix all the Dry Ingredients in a large bowl.
3. Add Sunflower Oil to the cooled Carrot and Nut mixture.
4. Mix the Carrot mixture into the dry ingredients. Stir with a wooden spoon just long enough to moisten the entire mixture, do not over stir.
5. Lightly oil 2 deep steel oven pans and pour in mixture.
6. Bake for 45-60 minutes. (Do not overcook and remove from oven immediately before it gets too hard)
7. Leave "cake" in oven pans and pour Orange Juice over while still hot.
8. Serve warm - preheat oven for 15 minutes, 150 C, then place pans in oven and warm up for approximately 15 minutes. Do not let it dry out.
1. Lemon Water (Recipe on Day 1)
2. Fruit
Day 5

5.30 Put urns on and boil water for porridge. Set up dining rooms.

5.45 Start cooking porridge
    Prep vegetable for lunch and day 6

6.20 Dish up, take food to teachers, Prep for lunch

6.25 Serve.

6.30 Gong

6.30-7.50 Clean, servers’ breakfast. Prep for lunch.

9 am Make salad.

9.30 Boil water for rice and start cooking the dal and vegetables.

10.30 Get dining rooms ready.

10.45 Dish up, send teachers food.

10.50 Serve

11.00 Gong

11 – 1 pm Servers lunch, clean, make granola if it's necessary. You can even do some prep for tomorrow now.

3.30 Follow schedule for preceding days.
1. Oats
2. Stewed Dried Fruit
3. Granola (Recipe on Day 1)
4. Bread and Spreads
5. Fruit

<table>
<thead>
<tr>
<th>Oats</th>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oats</td>
<td></td>
<td>400g</td>
<td>800g</td>
<td>1.5kg</td>
<td>2kgs</td>
</tr>
<tr>
<td>Water</td>
<td></td>
<td>2 liters</td>
<td>4 liters</td>
<td>7.5 liters</td>
<td>10 liters</td>
</tr>
<tr>
<td>Sea salt</td>
<td></td>
<td>1 tsp</td>
<td>2 tsp</td>
<td>4 tsp</td>
<td>6 tsp</td>
</tr>
</tbody>
</table>

8. Add Oats and simmer for 5 minutes, stirring occasionally.
9. Leave standing with lid on for 10 mins.
Day 5

Morning

1. Oats
2. Stewed Dried Fruit
3. Granola (Recipe on Day 1)
4. Bread and Spreads
5. Fruit

---

Stewed Dried Fruit

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dried Fruit</td>
<td>400g</td>
<td>750g</td>
<td>1.5 kg</td>
<td>2.5 kg</td>
<td>3 kg</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>2 Sticks</td>
<td>4 Sticks</td>
<td>7 Sticks</td>
<td>10 Sticks</td>
<td>12 Sticks</td>
</tr>
<tr>
<td>Cloves</td>
<td>3</td>
<td>5</td>
<td>10</td>
<td>15</td>
<td>20</td>
</tr>
</tbody>
</table>

1. Soak Dried Fruit overnight in Water.
2. Bring to the boil with Cinnamon Sticks and Cloves. Simmer for 20 minutes until very soft.
Day 5  Afternoon  Page 1/4

1. Oats
2. Stewed Dried Fruit
3. Granola (Recipe on Day 1)
4. Bread and Spreads
5. Fruit
6. Spiced Rice
7. Coconut Dal with Peas & Cabbage
8. Vegetable Bhaji (Broccoli)
9. Green Salad & Dressing (Dressing Recipe on Day 1)
10. Ginger water (Recipe on Day 1)

Spiced Rice

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basmati Rice</td>
<td>300g</td>
<td>600g</td>
<td>1.2 kg</td>
<td>1.8 kg</td>
<td>2 kg</td>
</tr>
<tr>
<td>Water</td>
<td>1.5 liters</td>
<td>1.2 liters</td>
<td>3 liters</td>
<td>4 liters</td>
<td>4.5 liters</td>
</tr>
<tr>
<td>Sea Salt</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>4 Tsp</td>
<td>6 Tsp</td>
<td>8 Tsp</td>
</tr>
<tr>
<td>Ginger [Grated]</td>
<td>1 Thumb</td>
<td>2 Thumbs</td>
<td>4 Thumbs</td>
<td>6 Thumbs</td>
<td>8 Thumbs</td>
</tr>
<tr>
<td>Turmeric Powder</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>4 Tsp</td>
<td>6 Tsp</td>
<td>8 Tsp</td>
</tr>
<tr>
<td>Cloves</td>
<td>½ Tsp</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>3 Tsp</td>
<td>4 Tsp</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>2 Sticks</td>
<td>4 Sticks</td>
<td>8 Sticks</td>
<td>10 Sticks</td>
<td>14 Sticks</td>
</tr>
<tr>
<td>Cardamon [Crushed]</td>
<td>5 Pods</td>
<td>10 Pods</td>
<td>15 pods</td>
<td>20 Pods</td>
<td>25 Pods</td>
</tr>
<tr>
<td>Sunflower Oil</td>
<td>3 Tbs</td>
<td>6 Tbs</td>
<td>10 Tbs</td>
<td>225ml</td>
<td>275ml</td>
</tr>
<tr>
<td>Cumin Seeds</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>4 Tsp</td>
<td>6 Tsp</td>
<td>8 Tsp</td>
</tr>
</tbody>
</table>

1. Heat the oil in a pot. Heat water in a separate pot or urn.
2. Add the jeera (cumin) seeds, cloves, cassia/cinnamon and cardamon to the oil and fry till slightly toasted.
3. Add the ginger and fry until golden.
4. Add the rice, turmeric and salt and fry for 5 minutes.
5. Add the water and simmer until the rice is cooked and there is no squelching noise at the bottom of the pot when it is shaken.

Total cooking time is about 30/35/40 minutes.
Day 5  Afternoon  Page 2/4

1. Oats
2. Stewed Dried Fruit
3. Granola (Recipe on Day 1)
4. Bread and Spreads
5. Fruit
6. Spiced Rice
7. Coconut Dal with Peas & Cabbage
8. Vegetable Bhaji (Broccoli)
9. Green Salad & Dressing (Dressing Recipe on Day 1)
10. Ginger water (Recipe on Day 1)

Coconut Dal with Peas & Cabbage

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oily (Tuvar) Dal</td>
<td>300g</td>
<td>500g</td>
<td>1 kg</td>
<td>1.5 kg</td>
<td>2 kg</td>
</tr>
<tr>
<td>Onions [Chopped]</td>
<td>100g</td>
<td>200g</td>
<td>400g</td>
<td>600g</td>
<td>800g</td>
</tr>
<tr>
<td>Peas [Thawed]</td>
<td>300g</td>
<td>500g</td>
<td>1 kg</td>
<td>1.5 kg</td>
<td>2 kg</td>
</tr>
<tr>
<td>Cabbage [Grated]</td>
<td>¼ Head</td>
<td>1/3 Head</td>
<td>½ Head</td>
<td>2/3 Head</td>
<td>¾ Head</td>
</tr>
<tr>
<td>Turmeric</td>
<td>1 Tsp</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>2 Tsp</td>
<td>3 Tsp</td>
</tr>
<tr>
<td>Coconut Cream</td>
<td>1 Tin</td>
<td>1 Tins</td>
<td>2 Tins</td>
<td>3 Tins</td>
<td>4 Tins</td>
</tr>
<tr>
<td>Salt</td>
<td>1 Tsp</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>2 Tsp</td>
<td>3 Tsp</td>
</tr>
<tr>
<td>Sunflower Oil</td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>5 Tbs</td>
<td>6 Tbs</td>
</tr>
<tr>
<td>Red Chilies [Whole]</td>
<td>1</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Split Urad Dal</td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>5 Tbs</td>
<td>6 Tbs</td>
</tr>
<tr>
<td>Mixed Herbs</td>
<td>1 Tsp</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>2 Tsp</td>
<td>3 Tsp</td>
</tr>
</tbody>
</table>

1. Soak the Dal, Turmeric Powder and Salt in a pot of Water for 1 hour.
2. Bring the Dal to a boil (Note: If there is no time to soak the Dal just bring it to boil)
3. Simmer until the Dal becomes soft and the liquid absorbs the dal and becomes opaque.
4. Blend the Dal
5. Add the Peas, Cabbage and Coconut Cream, allow to heat up again.
6. Simmer for 10 minutes.
7. Heat the Sunflower Oil till smoking in a frying pan.
8. Add the Onions, Chilies, Mixed Herbs and Split Urad Dal and fry until the Urad turns slightly reddish.
9. Add to the Dal and stir slightly before serving.
Day 5

Afternoon

Page 3/4

1. Oats
2. Stewed Dried Fruit
3. Granola (Recipe on Day 1)
4. Bread and Spreads
5. Fruit
6. Spiced Rice
7. Coconut Dal with Peas & Cabbage
8. Vegetable Bhaji (Broccoli)
9. Green Salad & Dressing (Dressing Recipe on Day 1)
10. Ginger water (Recipe on Day 1)

Vegetable Bhaji (Broccoli)

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broccoli [bite size]</td>
<td>500g</td>
<td>1 kg</td>
<td>2kg</td>
<td>2.5kg</td>
<td>3.5kg</td>
</tr>
<tr>
<td>Pumpkin [bite size]</td>
<td>500g</td>
<td>1 kg</td>
<td>2kg</td>
<td>2.5kg</td>
<td>3.5kg</td>
</tr>
<tr>
<td>Potatoes [Diced]</td>
<td>1kg</td>
<td>2kg</td>
<td>4kg</td>
<td>6kg</td>
<td>8kg</td>
</tr>
<tr>
<td>Onions [Diced small]</td>
<td>100g</td>
<td>200g</td>
<td>400g</td>
<td>600g</td>
<td>800g</td>
</tr>
<tr>
<td>Garlic [Finely chopped]</td>
<td>8 cloves</td>
<td>12 cloves</td>
<td>15 cloves</td>
<td>20 cloves</td>
<td>25 cloves</td>
</tr>
<tr>
<td>Green Chilies [chopped]</td>
<td>2</td>
<td>3</td>
<td>6</td>
<td>9</td>
<td>12</td>
</tr>
<tr>
<td>Chili Powder</td>
<td>½ Tsp</td>
<td>1 Tsp</td>
<td>1½ Tsp</td>
<td>2 Tsp</td>
<td>3 Tsp</td>
</tr>
<tr>
<td>Sea Salt</td>
<td>1 Tsp</td>
<td>1½ Tsp</td>
<td>3 Tsp</td>
<td>4½ Tsp</td>
<td>6 Tsp</td>
</tr>
<tr>
<td>Turmeric</td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>5 Tbs</td>
<td>7 Tbs</td>
</tr>
<tr>
<td>Dhania (coriander) powder</td>
<td>2 Tbs</td>
<td>3 Tbs</td>
<td>5 Tbs</td>
<td>6 Tbs</td>
<td>7 Tbs</td>
</tr>
<tr>
<td>Sunflower Oil</td>
<td>3 Tbs</td>
<td>5 Tbs</td>
<td>10 Tbs</td>
<td>15 Tbs</td>
<td>20 Tbs</td>
</tr>
</tbody>
</table>

1. Put the Sunflower Oil into a pan and bring to heat.
2. When the oil is hot add the Onions and fry for 10 minutes.
3. Add Garlic, Salt, Chili Powder and Turmeric Powder and fry for a further 5 minutes.
4. Add Dhania Powder and fry for 5 minutes.
5. Add Vegetables and stir well.
6. Cover the pan and continue to cook on low heat. Stir the mixture from time to time to prevent burning or sticking.
Day 5

Afternoon

1. Oats
2. Stewed Dried Fruit
3. Granola (Recipe on Day 1)
4. Bread and Spreads
5. Fruit
6. Spiced Rice
7. Coconut Dal with Peas & Cabbage
8. Vegetable Bhaji (Broccoli)
9. Green Salad & Dressing (Dressing Recipe on Day 1)
10. Ginger water (Recipe on Day 1)

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lettuce [Bitesized]</td>
<td>1 Head</td>
<td>1½ Heads</td>
<td>3 Heads</td>
<td>4 Heads</td>
<td>5½ Heads</td>
</tr>
<tr>
<td>Cucumber [Sliced]</td>
<td>½ Head</td>
<td>1 Head</td>
<td>2 Heads</td>
<td>3 Heads</td>
<td>4 Heads</td>
</tr>
<tr>
<td>Celery Stalks [Sliced]</td>
<td>½ Bunch</td>
<td>1 Bunch</td>
<td>1½ Bunches</td>
<td>2 Bunches</td>
<td>2½ Bunches</td>
</tr>
<tr>
<td>Green Peppers [Chopped]</td>
<td>300g</td>
<td>600g</td>
<td>1.2 kg</td>
<td>1.6 kg</td>
<td>2 kg</td>
</tr>
<tr>
<td>Avocados [Chopped]</td>
<td>2</td>
<td>4</td>
<td>8</td>
<td>12</td>
<td>16</td>
</tr>
</tbody>
</table>

1. Mix together briefly and garnish with Toasted Sunflower Seeds.
2. Serve with Salad Dressing on the side.
1. Lemon Water (Recipe on Day 1)
2. Fruit
Day 6

5.30 Put urns on, heat water for porridge, set up dining rooms.

5.45 Cook porridge

6.00 Prep vegetables for lunch and Day 7

6.20 Dish up and serve

6.30 Gong

6.30-7.55 Do dishes, clean up dining rooms, prep vegetables & salad for lunch.

9 am Make salad and start cooking lunch.

10.45 Dish up and serve.

11.00 Gong

11 onwards, follow usual schedule.

3.30 Make granola if needed, soak black-eyed beans
   Make Date Bliss Balls for Day 7
1. Mabela Porridge
2. Stewed Prunes
3. Granola (Recipe on Day 1)
4. Bread and spreads
5. Fruit

### Mabela Porridge

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mabela</td>
<td>400g</td>
<td>800g</td>
<td>1.6 kg</td>
<td>2 kg</td>
<td>2.5 kg</td>
</tr>
<tr>
<td>Water</td>
<td>1.5 liters</td>
<td>3 liters</td>
<td>6 liters</td>
<td>8 liters</td>
<td>10 liters</td>
</tr>
<tr>
<td>Sea Salt</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>4 Tsp</td>
<td>6 Tsp</td>
<td>7 Tsp</td>
</tr>
</tbody>
</table>

13. Mix **Mabela** with some of the **Water** till runny.
14. Bring remainder of **Water** to the boil.
15. Remove from heat and add the **Mabela** mixture slowly, stirring continually.
16. Feel free to add more **Water** if too thick.
17. Replace back on heat and continue stirring until the porridge has finished thickening.
18. Simmer for **15 minutes**, keeping lid on.
1. Mabella Porridge
2. Stewed Prunes
3. Granola (Recipe on Day 1)
4. Bread and spreads
5. Fruit

### Stewed Prunes

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prunes</td>
<td>400g</td>
<td>800g</td>
<td>1.5 kg</td>
<td>2.2 kg</td>
<td>3.5 kg</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>2 Sticks</td>
<td>4 Sticks</td>
<td>8 Sticks</td>
<td>10 Sticks</td>
<td>13 Sticks</td>
</tr>
<tr>
<td>Cloves</td>
<td>3</td>
<td>6</td>
<td>12</td>
<td>15</td>
<td>18</td>
</tr>
</tbody>
</table>

1. Soak **Prunes** overnight in **Water**.
2. Simmer with **Cinnamon Sticks** and **Cloves** for **30 minutes** or until very soft.
1. Basmati Rice
2. Sambhar Dal
3. Avial (Vegetables in Coconut)
4. Tomato Salad & Dressing (Dressing Recipe on Day 1)
5. Ginger Water (Recipe on Day 1)

**Basmati Rice**

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basmati Rice</td>
<td>500g</td>
<td>1 kg</td>
<td>2 kg</td>
<td>3 kg</td>
<td>3.5 kg</td>
</tr>
<tr>
<td>Salt</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>3 Tsp</td>
<td>4 Tsp</td>
<td>6 Tsp</td>
</tr>
<tr>
<td>Water</td>
<td>1 liters</td>
<td>2 liters</td>
<td>4 liters</td>
<td>6 liters</td>
<td>7 liters</td>
</tr>
</tbody>
</table>

1. Soak the Rice in Water for 1 hour or more.
2. Place on heat, add Salt, bring to boil and cook for 10 to 15 minutes until cooked and fluffy.
3. Drain excess water.
1. **Basmati Rice**
2. **Sambhar Dal**
3. **Avial (Vegetables in Coconut)**
4. **Tomato Salad & Dressing** (Dressing Recipe on Day 1)
5. **Ginger Water** (Recipe on Day 1)

---

**Sambhar Dal**

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oily (Tuvar) Dal</td>
<td>250g</td>
<td>500g</td>
<td>1kg</td>
<td>1.5kg</td>
<td>2.5kg</td>
</tr>
<tr>
<td>Split Urad Dal</td>
<td>250g</td>
<td>500g</td>
<td>1kg</td>
<td>1.5kg</td>
<td>2kg</td>
</tr>
<tr>
<td>Cumin Powder</td>
<td>1 Tbs</td>
<td>1 ½ Tbs</td>
<td>2 Tbs</td>
<td>2 ½ Tbs</td>
<td>3 Tbs</td>
</tr>
<tr>
<td>Dhania Powder</td>
<td>2 Tbs</td>
<td>3 Tbs</td>
<td>4 Tbs</td>
<td>5 Tbs</td>
<td>6 Tbs</td>
</tr>
<tr>
<td>Hing (Asafoetida)</td>
<td>1 Tsp</td>
<td>1 ½ Tsp</td>
<td>2 Tsp</td>
<td>2 ½ Tsp</td>
<td>3 Tsp</td>
</tr>
<tr>
<td>Baby Marrows [Sliced]</td>
<td>500g</td>
<td>1kg</td>
<td>1.5 kg</td>
<td>2 kg</td>
<td>3 kg</td>
</tr>
<tr>
<td>Water</td>
<td>2.5 liters</td>
<td>5 liters</td>
<td>7.5 liters</td>
<td>10 liters</td>
<td>11.5 liters</td>
</tr>
<tr>
<td>Onions [Diced]</td>
<td>100g</td>
<td>200g</td>
<td>400g</td>
<td>600g</td>
<td>800g</td>
</tr>
<tr>
<td>Ginger [Grated]</td>
<td>1 Thumb</td>
<td>2 Thumbs</td>
<td>4 Thumbs</td>
<td>6 Thumbs</td>
<td>8 Thumbs</td>
</tr>
<tr>
<td>Garlic [Diced]</td>
<td>3 Cloves</td>
<td>5 Cloves</td>
<td>7 Cloves</td>
<td>10 Cloves</td>
<td>15 Cloves</td>
</tr>
</tbody>
</table>

1. Soak the Dal, Turmeric Powder and Salt in a pot in Water for 1 hour. Dali
2. Bring the Dal to the boil (Note: If there is no time to soak the dal just bring it to the boil in any case)
3. Simmer until the Dal becomes soft and the liquid absorbs the dal and becomes opaque.
4. Blend the Dal.
5. Add the Tamarind Water and Baby Marrows. (Note: Never add the Tamarind before the Dal is properly soft as Tamarind completely prevents further softening)
6. In a frying pan lightly toast the Hing, Cumin, Coriander, Ginger and Garlic.
7. Add the toasted Hing, Cumin and Coriander Powders to the Dal.
8. Heat the oil in a frying pan until almost at smoking temperature and add the Hing and fry briefly.
9. Add the Split Urad Dal and fry until the Dal turns a slightly red tinge.
10. Add the Chilies and Curry Leaves and fry until the curry leaves begin to curl and change color slightly.
11. Add to the Dal, stir well in and serve.
1. Basmati Rice
2. Sambar Dal
3. Avial (Vegetables in Coconut)
4. Tomato Salad & Dressing (Dressing Recipe on Day 1)
5. Ginger Water (Recipe on Day 1)

**Avial (Vegetables in Coconut)**

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green Peppers [Chopped]</td>
<td>500g</td>
<td>1 kg</td>
<td>2 kg</td>
<td>3 kg</td>
<td>4 kg</td>
</tr>
<tr>
<td>Butternut [Cubed]</td>
<td>1 kg</td>
<td>2 kg</td>
<td>3 kg</td>
<td>4 kg</td>
<td>5 kg</td>
</tr>
<tr>
<td>Cauliflower [Cubed]</td>
<td>1 kg</td>
<td>1.5 kg</td>
<td>2 kg</td>
<td>2.5 kg</td>
<td>3 kg</td>
</tr>
<tr>
<td>Carrots [Sliced]</td>
<td>1 kg</td>
<td>1.5 kg</td>
<td>2 kg</td>
<td>2.5 kg</td>
<td>3 kg</td>
</tr>
<tr>
<td>Coconut Milk</td>
<td>2 Tin</td>
<td>4 Tins</td>
<td>8 Tins</td>
<td>10 Tins</td>
<td>16 Tins</td>
</tr>
<tr>
<td>Cumin Seeds</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>4 Tsp</td>
<td>6 Tsp</td>
<td>8 Tsp</td>
</tr>
<tr>
<td>Coriander [Chopped]</td>
<td>½ Bunch</td>
<td>1 Bunch</td>
<td>2 Bunches</td>
<td>2½ Bunches</td>
<td>3 Bunches</td>
</tr>
<tr>
<td>Chili Powder</td>
<td>1/2 Tsp</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>3 Tsp</td>
<td>4 Tsp</td>
</tr>
<tr>
<td>Ginger [Grated]</td>
<td>1 Thumb</td>
<td>2 Thumbs</td>
<td>4 Thumbs</td>
<td>5 Thumbs</td>
<td>7 Thumbs</td>
</tr>
<tr>
<td>Tahini</td>
<td>1 Cup</td>
<td>2 Cups</td>
<td>3 Cups</td>
<td>4 Cups</td>
<td>5 Cups</td>
</tr>
</tbody>
</table>

1. Put the Coconut Milk into a pot with Salt.
2. Place on heat and add in the Tahini.
3. Cook until the Butternut is almost done (~15 minutes)
4. Add Cauliflower and Carrots and cook for 5 minutes.
5. Add Green Peppers and cook for 5 minutes.
6. In a pan, heat Sunflower Oil, add Cumin Seeds, stir and add Ginger and Chilies, fry lightly.
7. Add this mix and the Coriander immediately to the dish and serve.

*Total cooking time ~ 30/40/60 minutes*
1. Basmati Rice
2. Sambhar Dal
3. Avial (Vegetables in Coconut)
4. Tomato Salad & Dressing (Dressing Recipe on Day 1)
5. Ginger Water (Recipe on Day 1)

**Tomato Salad**

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tomato [Diced]</td>
<td>1.3 kg</td>
<td>2.6 kg</td>
<td>4 kg</td>
<td>5.5 kg</td>
<td>7 kg</td>
</tr>
<tr>
<td>Cucumber [Diced]</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>4½</td>
</tr>
<tr>
<td>Celery [Chopped]</td>
<td>¼ Bunch</td>
<td>½ Bunch</td>
<td>1 Bunch</td>
<td>1½ Bunches</td>
<td>2 Bunches</td>
</tr>
<tr>
<td>Ground Pepper</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>3 Tsp</td>
<td>5 Tsp</td>
<td>7 Tsp</td>
</tr>
<tr>
<td>Salt</td>
<td>2 Pinches</td>
<td>4 Pinches</td>
<td>7 Pinches</td>
<td>10 Pinches</td>
<td>13 Pinches</td>
</tr>
<tr>
<td>Apple Cider Vinegar</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>7 Tbs</td>
<td>10 Tbs</td>
<td>14 Tbs</td>
</tr>
<tr>
<td>Lemon Juice</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>7 Tbs</td>
<td>10 Tbs</td>
<td>14 Tbs</td>
</tr>
</tbody>
</table>

1. Mix together briefly and garnish with sesame seeds.
2. Serve with Salad Dressing on the Side.
1. Lemon Water (Recipe on Day 1)
2. Fruit
Day 7

5.30 Put urns on, heat water for porridge, set up dining rooms

5.45 Cook Porridge, **Start cooking black-eyed beans**

6.00 Prep for lunch and day 8.

6.20 Serve, prep for lunch

6.30 Gong and take teachers food

6.30-7.55 **Do dishes, clean dining rooms, prep vegetables & salad for lunch.**

9.00 Finish making salad. Start cooking lunch.

10.00 Finish bean dish

10.50 Dish up and serve

11.00 Gong and take teachers food

11-1pm Lunch, cleaning and prep.

Follow the same afternoon schedule as before
1. Oats
2. Stewed Dried Fruit
3. Granola (Recipe on Day 1)
4. Bread and Spreads
5. Fruit
6. Chai Tea

Oats

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oats</td>
<td>400g</td>
<td>800g</td>
<td>1.5kg</td>
<td>2kgs</td>
</tr>
<tr>
<td>Water</td>
<td>2 liters</td>
<td>4 liters</td>
<td>7.5 liters</td>
<td>10 liters</td>
</tr>
<tr>
<td>Sea salt</td>
<td>1 tsp</td>
<td>2 tsp</td>
<td>4 tsp</td>
<td>6 tsp</td>
</tr>
</tbody>
</table>

1. Boil Water and Salt.
2. Add Oats and simmer for 5 minutes, stirring occasionally.
3. Leave standing with lid on for 10 mins.
1. Oats
2. Stewed Dried Fruit
3. Granola (Recipe on Day 1)
4. Bread and Spreads
5. Fruit
6. Chai Tea

### Stewed Dried Fruit

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dried Fruit</td>
<td>400g</td>
<td>750g</td>
<td>1.5 kg</td>
<td>2.5 kg</td>
<td>3 kg</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>2 Sticks</td>
<td>4 Sticks</td>
<td>7 Sticks</td>
<td>10 Sticks</td>
<td>12 Sticks</td>
</tr>
<tr>
<td>Cloves</td>
<td>3</td>
<td>5</td>
<td>10</td>
<td>15</td>
<td>20</td>
</tr>
</tbody>
</table>

1. Soak Dried Fruit overnight in Water.
2. Bring to the boil with Cinnamon Sticks and Cloves. Simmer for 20 minutes until very soft.
1. Oats
2. Stewed Dried Fruit
3. Granola (Recipe on Day 1)
4. Bread and Spreads
5. Fruit
6. Chai Tea

**Chai Tea**

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>2 liters</td>
<td>4 liters</td>
<td>8 liters</td>
<td>10 liters</td>
<td>15 liters</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>4 pieces</td>
<td>8 pieces</td>
<td>16 pieces</td>
<td>20 pieces</td>
<td>25 pieces</td>
</tr>
<tr>
<td>Rooibos</td>
<td>5 Tea bags</td>
<td>10 Tea bags</td>
<td>20 Tea bags</td>
<td>25 Tea bags</td>
<td>30 Tea bags</td>
</tr>
<tr>
<td>Tea Masala</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>4 Tsp</td>
<td>5 Tsp</td>
<td>8 Tsp</td>
</tr>
<tr>
<td>Cardamom [Crushed]</td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>6 Tbs</td>
<td>8 Tbs</td>
</tr>
<tr>
<td>Cloves</td>
<td>½ Tsp</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>3 Tsp</td>
<td>4 Tsp</td>
</tr>
<tr>
<td>Ginger [Grated]</td>
<td>1 Thumb</td>
<td>2 Thumbs</td>
<td>4 Thumbs</td>
<td>5 Thumbs</td>
<td>7 Thumbs</td>
</tr>
</tbody>
</table>

1. Simmer all ingredients together for **15 min** and then strain.
Day 7  Afternoon  Page 1/5

1. Barley
2. Mixed Veg & Tempeh
3. Black-Eyed Beans
4. Mixed Salad & Salad Dressing (Dressing Recipe on Day 1)
5. Date Bliss Balls (Prepare on Day 6)
6. Ginger water (Recipe on Day 1)

## Barley

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barley</td>
<td>500g</td>
<td>1kg</td>
<td>2kg</td>
<td>3kg</td>
<td>4kg</td>
</tr>
<tr>
<td>Salt</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>4 Tsp</td>
<td>6 Tsp</td>
<td>8 Tsp</td>
</tr>
<tr>
<td>Water</td>
<td>2 liters</td>
<td>4 liters</td>
<td>8 liters</td>
<td>12 liters</td>
<td>16 liters</td>
</tr>
</tbody>
</table>

2. Soak the Barley in Water for 1 hour or more
3. Place on heat, add Salt and cook for 30-45 minutes until cooked.
4. Drain excess water.
1. Barley
2. Mixed Veg & Tempeh
3. Black-Eyed Beans
4. Mixed Salad & Salad Dressing (Dressing Recipe on Day 1)
5. Date Bliss Balls (Prepare on Day 6)
6. Ginger water (Recipe on Day 1)

**Mixed Veg & Tempeh**

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunflower Oil</td>
<td>1½ Tbs</td>
<td>3 Tbs</td>
<td>6 Tbs</td>
<td>12 Tbs</td>
<td>170ml</td>
</tr>
<tr>
<td>Onions [Sliced Thinly]</td>
<td>100g</td>
<td>200g</td>
<td>400g</td>
<td>800g</td>
<td>1 kg</td>
</tr>
<tr>
<td>Carrots [Sliced]</td>
<td>250g</td>
<td>500g</td>
<td>1 kg</td>
<td>1.8 kg</td>
<td>2.5 kg</td>
</tr>
<tr>
<td>Cabbage [Sliced]</td>
<td>250g</td>
<td>500g</td>
<td>1 kg</td>
<td>2 kg</td>
<td>2.5 kg</td>
</tr>
<tr>
<td>Broccoli [Small Cuts]</td>
<td>250g</td>
<td>500g</td>
<td>1 kg</td>
<td>2 kg</td>
<td>2.5 kg</td>
</tr>
<tr>
<td>Green Peppers [Sliced]</td>
<td>150g</td>
<td>300g</td>
<td>600g</td>
<td>1.2 kg</td>
<td>1.5 kg</td>
</tr>
<tr>
<td>Mushrooms [Sliced]</td>
<td>125g</td>
<td>250g</td>
<td>500g</td>
<td>1 kg</td>
<td>1.25 kg</td>
</tr>
<tr>
<td>Ginger [Grated]</td>
<td>½ Thumb</td>
<td>1 Thumb</td>
<td>2 Thumbs</td>
<td>3 Thumbs</td>
<td>4 Thumbs</td>
</tr>
<tr>
<td>Tempeh [Chopped]</td>
<td>250g</td>
<td>500g</td>
<td>1 kg</td>
<td>2 kg</td>
<td>3 kg</td>
</tr>
<tr>
<td>Light Soy Sauce</td>
<td>30ml</td>
<td>60ml</td>
<td>120ml</td>
<td>180ml</td>
<td>250ml</td>
</tr>
<tr>
<td>Brown Sugar</td>
<td>½ Tsp</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>4 Tsp</td>
<td>5 Tsp</td>
</tr>
<tr>
<td>Apple Cider Vinegar</td>
<td>½ Tbs</td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>5 Tbs</td>
</tr>
<tr>
<td>Coconut Milk</td>
<td>½ Tin</td>
<td>1 Tin</td>
<td>2 Tins</td>
<td>4 Tins</td>
<td>6 Tins</td>
</tr>
<tr>
<td>Coriander [Chopped]</td>
<td>3 Tbs</td>
<td>½ Bunch</td>
<td>1 Bunch</td>
<td>2 Bunches</td>
<td>3 Bunches</td>
</tr>
<tr>
<td>Pineapple [Roasted]</td>
<td>4 Tbs</td>
<td>½ cup</td>
<td>1 cup</td>
<td>2 cups</td>
<td>3 cups</td>
</tr>
<tr>
<td>Pineapple [Diced]</td>
<td>½</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

1. Roast Peanuts in oven until lightly browned. When they are cool enough to handle, rub skins off and blow the skins away outside.
2. Heat up on high heat a pot.
3. Put Sunflower Oil in and add Onions. Fry rapidly while stirring for about 2 minutes.
4. Add the Ginger and fry for 2 minutes.
5. Add Carrots, fry 5 minutes.
6. Add Broccoli, Cabbage and Green Peppers. Cook over high heat for 10 minutes or until vegetables are soft. Add a little water to prevent burning.
7. Heat a pan and add some Coconut Oil. When hot, add Tempeh and fry until golden, then add Mushrooms and fry for 5 minutes. Season with salt and add more oil if necessary. Add to main pot last.
8. Add Pineapple then Sugar and mix through.
10. Add Coconut Milk.
11. Garnish with Coriander and Peanuts.

*Cooking Time ~ 30-45 minutes*
1. Barley
2. Mixed Veg & Tempeh
3. Black-Eyed Beans
4. Mixed Salad & Salad Dressing (Dressing Recipe on Day 1)
5. Date Bliss Balls (Prepare on Day 6)
6. Ginger water (Recipe on Day 1)

Black-eyed Beans

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black-eyed Beans</td>
<td>500g</td>
<td>1 kg</td>
<td>2 kg</td>
<td>2.5 kg</td>
<td>3.5 kg</td>
</tr>
<tr>
<td>Water</td>
<td>3 liters</td>
<td>6 liters</td>
<td>12 liters</td>
<td>16 liters</td>
<td>22 liters</td>
</tr>
<tr>
<td>Ginger [Grated]</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>4 Tsp</td>
<td>5 Tsp</td>
<td>7 Tsp</td>
</tr>
<tr>
<td>Garlic [Chopped]</td>
<td>5 Cloves</td>
<td>10</td>
<td>20 Cloves</td>
<td>25 Cloves</td>
<td>35 Cloves</td>
</tr>
<tr>
<td>Sea Salt</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>4 Tsp</td>
<td>5 Tsp</td>
<td>7 Tsp</td>
</tr>
<tr>
<td>Green chilies [Diced]</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>5</td>
<td>7</td>
</tr>
<tr>
<td>Cumin Powder</td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>5 Tbs</td>
<td>7 Tbs</td>
</tr>
<tr>
<td>Onions [Sliced Thinly]</td>
<td>200g</td>
<td>400g</td>
<td>800g</td>
<td>1 kg</td>
<td>1.4 kg</td>
</tr>
<tr>
<td>Tomatoes [Diced]</td>
<td>500g</td>
<td>1 kg</td>
<td>2 kg</td>
<td>2.5 kg</td>
<td>3.5 kg</td>
</tr>
<tr>
<td>Coriander [Chopped]</td>
<td>½ Bunch</td>
<td>1 Bunch</td>
<td>2 Bunches</td>
<td>2 Bunches</td>
<td>3 Bunches</td>
</tr>
</tbody>
</table>

1. Cook Beans with Salt for 45 minutes or until soft and drain.
2. Heat the Sunflower Oil in a pot.
3. Add Onions and fry until golden.
4. Add Ginger, Garlic and Chilies and fry until golden.
5. Add Cumin Powder and fry for 1 minute.
6. Add Tomatoes and fry until they lose shape.
7. Add Beans.
8. Cook until the consistency of the dish turns into a thick gravy.
9. Serve garnished with chopped Coriander leaves.

cooking Time ~ 60-75 minutes
1. Barley
2. Mixed Veg & Tempeh
3. Black-Eyed Beans
4. Mixed Salad & Salad Dressing (Dressing Recipe on Day 1)
5. Date Bliss Balls (Prepare on Day 6)
6. Ginger water (Recipe on Day 1)

Mixed Salad

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avocados [Chopped]</td>
<td>2</td>
<td>4</td>
<td>8</td>
<td>10</td>
<td>12</td>
</tr>
<tr>
<td>Cucumber [Sliced Thinly]</td>
<td>½</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Lettuce [Bitesize]</td>
<td>1 Head</td>
<td>1½ Heads</td>
<td>3 Heads</td>
<td>4 Heads</td>
<td>5 Heads</td>
</tr>
<tr>
<td>Tomatoes [Wedges]</td>
<td>0.8 kg</td>
<td>1½ kg</td>
<td>2½ kg</td>
<td>3½ kg</td>
<td>4 kg</td>
</tr>
<tr>
<td>Carrots [Sliced]</td>
<td>½ kg</td>
<td>1 kg</td>
<td>1½ kg</td>
<td>2 kg</td>
<td>2½ kg</td>
</tr>
<tr>
<td>Sunflower Seeds [Toasted]</td>
<td>3 Tbs</td>
<td>6 Tbs</td>
<td>10 Tbs</td>
<td>14 Tbs</td>
<td>20 Tbs</td>
</tr>
</tbody>
</table>

Day 7 Afternoon Page 5/5

1. Barley
2. Mixed Veg & Tempeh
3. Black-Eyed Beans
4. Mixed Salad & Salad Dressing (Dressing Recipe on Day 1)
5. Date Bliss Balls (Prepare on Day 6)
6. Ginger water (Recipe on Day 1)

### Date Bliss Balls

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dates [Pitted]</td>
<td>500g</td>
<td>750g</td>
<td>1½ kg</td>
<td>2½ kg</td>
<td>3 kg</td>
</tr>
<tr>
<td>Water</td>
<td>100ml</td>
<td>150ml</td>
<td>300ml</td>
<td>500ml</td>
<td>650ml</td>
</tr>
<tr>
<td>Oats</td>
<td>1 cup</td>
<td>2 cups</td>
<td>4 cups</td>
<td>7½ cups</td>
<td>9 cups</td>
</tr>
<tr>
<td>Desiccated Coconut [Toasted]</td>
<td>1 cup</td>
<td>1½ cups</td>
<td>3 cups</td>
<td>5 cups</td>
<td>6 cups</td>
</tr>
<tr>
<td>Sesame Seeds [Toasted]</td>
<td>80g</td>
<td>100g</td>
<td>200g</td>
<td>400g</td>
<td>500g</td>
</tr>
<tr>
<td>Sunflower Seeds [Toasted]</td>
<td>80g</td>
<td>100g</td>
<td>200g</td>
<td>400g</td>
<td>500g</td>
</tr>
<tr>
<td>Almonds [Chopped, Toasted]</td>
<td>75g</td>
<td>100g</td>
<td>200g</td>
<td>400g</td>
<td>500g</td>
</tr>
<tr>
<td>Desiccated Coconut</td>
<td>Just</td>
<td>To</td>
<td>Cover</td>
<td>Bliss</td>
<td>Balls</td>
</tr>
</tbody>
</table>

1. Place **Dates** in pot with **Water**. Bring to boil, then turn heat off and put a lid on. Leave to stand for **30mins**.
2. When cool, mash the **Dates** with your hands until there are no more whole pieces, it must be a puree.
3. Mix in the **Oats**, **Toasted Coconut** and all the **Seeds and Nuts**. If the mixture is soggy, add more **Oats**.
4. Coat your hands with some **Raw Desiccated Coconut** and shape balls between 3 and 4 cm in diameter. Roll them in **Coconut** and place on a tray.
1. **Lemon Water** (Recipe on Day 1)
2. **Fruit**
Day 8

5.15 Switch the urns on, heat water for porridge, ready dining rooms.

5.45 Start porridge, prunes

6.00 Do prep for lunch and day 9

6.20 Serve, prep for lunch

6.30 Gong and take teachers food.


9.00 Make salad, start dal & vegetables. Get the dining rooms ready

9.45 Start the rice

10.50 Serve.

11.00 Gong and take teachers food.

In the afternoon,
Follow same basic schedule as for previous days.

Soak chickpeas (For hummus D10)
1. Mabela Porridge
2. Stewed Prunes
3. Granola (Recipe on Day 1)
4. Bread & Spreads
5. Fruit

**Mabela Porridge**

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mabela</td>
<td>400g</td>
<td>800g</td>
<td>1.6 kg</td>
<td>2 kg</td>
<td>2.5 kg</td>
</tr>
<tr>
<td>Water</td>
<td>1.5 liters</td>
<td>3 liters</td>
<td>6 liters</td>
<td>8 liters</td>
<td>10 liters</td>
</tr>
<tr>
<td>Sea Salt</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>4 Tsp</td>
<td>6 Tsp</td>
<td>7 Tsp</td>
</tr>
</tbody>
</table>

19. Mix **Mabela** with some of the **Water** till runny.
20. Bring remainder of **Water** to the boil.
21. Remove from heat and add the **Mabela** mixture slowly, stirring continually.
22. Feel free to add more **Water** if too thick.
23. Replace back on heat and continue stirring until the porridge has finished thickening.
1. Mabela Porridge
2. Stewed Prunes
3. Granola (Recipe on Day 1)
4. Bread & Spreads
5. Fruit

### Stewed Prunes

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prunes</td>
<td>400g</td>
<td>800g</td>
<td>1.5 kg</td>
<td>2.2 kg</td>
<td>3.5 kg</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>2 Sticks</td>
<td>4 Sticks</td>
<td>8 Sticks</td>
<td>10 Sticks</td>
<td>13 Sticks</td>
</tr>
<tr>
<td>Cloves</td>
<td>3</td>
<td>6</td>
<td>12</td>
<td>15</td>
<td>18</td>
</tr>
</tbody>
</table>

2. Simmer with Cinnamon Sticks and Cloves for 30 minutes or until very soft.
Day 8  
Afternoon  
Page 1/4

1. Basmati Rice  
2. Brown Lentils  
3. Potatoes & Peas  
4. Fruit Salad  
5. Ginger Water (Recipe on Day 1)

### Basmati Rice

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basmati Rice</td>
<td>500g</td>
<td>1 kg</td>
<td>2 kg</td>
<td>3 kg</td>
<td>3.5 kg</td>
</tr>
<tr>
<td>Salt</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>3 Tsp</td>
<td>4 Tsp</td>
<td>6 Tsp</td>
</tr>
<tr>
<td>Water</td>
<td>1 liters</td>
<td>2 liters</td>
<td>4 liters</td>
<td>6 liters</td>
<td>7 liters</td>
</tr>
</tbody>
</table>

1. Soak the Rice in Water for 1 hour or more.  
2. Place on heat, add Salt, bring to boil and cook for 10 to 15 minutes until cooked and fluffy.  
3. Drain excess water.
1. Basmati Rice
2. Brown Lentils
3. Potatoes & Peas
4. Fruit Salad
5. Ginger Water (Recipe on Day 1)

Brown Lentils

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lentils</td>
<td>500g</td>
<td>1kg</td>
<td>2kg</td>
<td>3kg</td>
<td>3.5kg</td>
</tr>
<tr>
<td>Onions [Chopped]</td>
<td>200g</td>
<td>400g</td>
<td>800g</td>
<td>1.2kg</td>
<td>1.6kg</td>
</tr>
<tr>
<td>Ginger [Chopped]</td>
<td>1 Thumb</td>
<td>2 Thumbs</td>
<td>4 Thumbs</td>
<td>6 Thumbs</td>
<td>8 Thumbs</td>
</tr>
<tr>
<td>Garlic [Chopped]</td>
<td>5 Cloves</td>
<td>10 Cloves</td>
<td>15 Cloves</td>
<td>20 Cloves</td>
<td>30 Cloves</td>
</tr>
<tr>
<td>Water</td>
<td>1.5 liters</td>
<td>3 liters</td>
<td>6 liters</td>
<td>9 liters</td>
<td>11 liters</td>
</tr>
<tr>
<td>Parsley [Chopped]</td>
<td>½ Bunch</td>
<td>½ Bunch</td>
<td>1 Bunch</td>
<td>1½ Bunches</td>
<td>2 Bunches</td>
</tr>
<tr>
<td>Cumin Powder</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>8 Tbs</td>
<td>10 Tbs</td>
<td>15 Tbs</td>
</tr>
<tr>
<td>Oregano</td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>5 Tbs</td>
<td>7 Tbs</td>
</tr>
<tr>
<td>Sunflower Oil</td>
<td>3 Tbs</td>
<td>5 Tbs</td>
<td>8 Tbs</td>
<td>10 Tbs</td>
<td>15 Tbs</td>
</tr>
<tr>
<td>Miso Paste</td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>5 Tbs</td>
<td>7 Tbs</td>
</tr>
</tbody>
</table>

1. Soak Lentils for 2 hours and drain. (Start this at 7h00)
2. Heat the Sunflower Oil in a pot.
3. Add Cumin and fry for 1 min.
4. Add Onions and fry for 5 minutes.
5. Add drained Lentils, Garlic, Oregano and Water.
6. Bring to boil, reduce heat and simmer for 30-45 minutes until soft.
7. At the end of cooking, add Miso Paste and stir to dissolve the miso. (The dish should have a thick gravy-like consistency, so adjust it by add less or more water. Also, the longer the dish cooks, the thicker it will become.)
8. Remove from heat and garnish with Parsley.

Cooking time ~ 1h 15m
1. **Basmati Rice**
2. **Brown Lentils**
3. **Potatoes & Peas**
4. **Fruit Salad**
5. **Ginger Water** (Recipe on Day 1)

### Potatoes & Peas

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potatoes [Cubed Small]</td>
<td>kg</td>
<td>kg</td>
<td>kg</td>
<td>kg</td>
<td>kg</td>
</tr>
<tr>
<td>2 kg</td>
<td>4 kg</td>
<td>7 kg</td>
<td>9 kg</td>
<td>11 kg</td>
<td></td>
</tr>
<tr>
<td>1 kg</td>
<td>2 kg</td>
<td>4 kg</td>
<td>6 kg</td>
<td>8 kg</td>
<td></td>
</tr>
<tr>
<td>Peas [Frozen]</td>
<td>kg</td>
<td>kg</td>
<td>kg</td>
<td>kg</td>
<td>kg</td>
</tr>
<tr>
<td>400g</td>
<td>600g</td>
<td>4 kg</td>
<td>2.5 kg</td>
<td>3 kg</td>
<td></td>
</tr>
<tr>
<td>Tomatoes [Chopped]</td>
<td>kg</td>
<td>kg</td>
<td>kg</td>
<td>kg</td>
<td>kg</td>
</tr>
<tr>
<td>200g</td>
<td>400g</td>
<td>800g</td>
<td>1.2 kg</td>
<td>2 kg</td>
<td></td>
</tr>
<tr>
<td>Onions [Chopped]</td>
<td>kg</td>
<td>kg</td>
<td>kg</td>
<td>kg</td>
<td>kg</td>
</tr>
<tr>
<td>4 Cloves</td>
<td>8 Cloves</td>
<td>14 Cloves</td>
<td>20 Cloves</td>
<td>25 Cloves</td>
<td></td>
</tr>
<tr>
<td>Garlic [Chopped]</td>
<td>tbs</td>
<td>tbs</td>
<td>tbs</td>
<td>tbs</td>
<td>tbs</td>
</tr>
<tr>
<td>½ Tsp</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>3 Tsp</td>
<td>4 Tsp</td>
<td></td>
</tr>
<tr>
<td>Chili Powder</td>
<td>tbs</td>
<td>tbs</td>
<td>tbs</td>
<td>tbs</td>
<td>tbs</td>
</tr>
<tr>
<td>1 Tbs</td>
<td>1½ Tbs</td>
<td>2 Tbs</td>
<td>2½ Tbs</td>
<td>3 Tbs</td>
<td></td>
</tr>
<tr>
<td>Tumeric</td>
<td>tbs</td>
<td>tbs</td>
<td>tbs</td>
<td>tbs</td>
<td>tbs</td>
</tr>
<tr>
<td>1 Tbs</td>
<td>1½ Tbs</td>
<td>2 Tbs</td>
<td>2½ Tbs</td>
<td>3 Tbs</td>
<td></td>
</tr>
<tr>
<td>Cumin</td>
<td>tbs</td>
<td>tbs</td>
<td>tbs</td>
<td>tbs</td>
<td>tbs</td>
</tr>
<tr>
<td>1 Tbs</td>
<td>3 Tbs</td>
<td>4 Tbs</td>
<td>5 Tbs</td>
<td>6 Tbs</td>
<td></td>
</tr>
<tr>
<td>Coriander [Chopped]</td>
<td>tbs</td>
<td>tbs</td>
<td>tbs</td>
<td>tbs</td>
<td>tbs</td>
</tr>
</tbody>
</table>

1. Heat **Sunflower Oil** in a pot. When very hot add **Garlic** and fry till golden brown.
2. Add **Onions** and fry till almost golden brown.
3. Add **Turmeric, Salt** and **Chili Powder** and fry for 5 minutes.
4. Add **Cumin** and fry for 5 minutes.
5. Add **Tomatoes** and fry until the brightness has gone from the red color, and the liquid is reduced somewhat.
6. Add **Potatoes** and mix well. Cook until half done.
7. Add the **Frozen Peas** and cook until the **Potatoes** are fully done.
8. Remove from heat, add **Coriander**, stir and serve.
1. Basmati Rice
2. Brown Lentils
3. Potatoes & Peas
4. Fruit Salad
5. Ginger Water (Recipe on Day 1)

**Fruit Salad**

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almonds [Chopped]</td>
<td>100g</td>
<td>200g</td>
<td>300g</td>
<td>400g</td>
<td>500g</td>
</tr>
<tr>
<td>Raisins [Chopped]</td>
<td>100g</td>
<td>200g</td>
<td>300g</td>
<td>400g</td>
<td>500g</td>
</tr>
<tr>
<td>Dates [Chopped]</td>
<td>100g</td>
<td>200g</td>
<td>300g</td>
<td>400g</td>
<td>500g</td>
</tr>
<tr>
<td>Apples [Chopped]</td>
<td>2</td>
<td>4</td>
<td>8</td>
<td>12</td>
<td>16</td>
</tr>
<tr>
<td>Pineapples [Chopped]</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Melon [Chopped]</td>
<td>½</td>
<td>1</td>
<td>2</td>
<td>2 ½</td>
<td>3</td>
</tr>
<tr>
<td>Coconut Cream</td>
<td>½ Tin</td>
<td>1 Tin</td>
<td>2 Tins</td>
<td>3 Tins</td>
<td>4 Tins</td>
</tr>
<tr>
<td>Poppy Seeds</td>
<td>Sprinkle</td>
<td>Sprinkle</td>
<td>Sprinkle</td>
<td>Sprinkle</td>
<td>Sprinkle</td>
</tr>
<tr>
<td>Mint Leaves [Chopped]</td>
<td>Sprinkle</td>
<td>Sprinkle</td>
<td>Sprinkle</td>
<td>Sprinkle</td>
<td>Sprinkle</td>
</tr>
</tbody>
</table>

1. Mix together briefly and garnish with Poppy Seeds and Mint Leaves
1. Lemon Water (Recipe on Day 1)
2. Fruit
Day 9

5.15 Put urns on, dining rooms ready, warm water for porridge.

5.30 Cook Chickpeas (for hummus day10)
   Prep for lunch and day10 (metta day)

5.45 Start porridge

6.20 Serve

6.30 Gong, take teachers food.

9.00 Start salad and lunch.

10.50 Serve.

11.00 Gong and take teachers food.

Make Choc clusters in the afternoon as well as Hummus in the evening and finish prep vegetable for Metta day
Day 9  Morning  Page 1/3

1. Oats
2. Stewed Dried Fruit
3. Granola (Recipe on Day 1)
4. Bread and Spreads
5. Fruit
6. Chai Tea

**Oats**

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oats</td>
<td>400g</td>
<td>800g</td>
<td>1.5kg</td>
<td>2kgs</td>
</tr>
<tr>
<td>Water</td>
<td>2 liters</td>
<td>4 liters</td>
<td>7.5 liters</td>
<td>10 liters</td>
</tr>
<tr>
<td>Sea salt</td>
<td>1 tsp</td>
<td>2 tsp</td>
<td>4 tsp</td>
<td>6 tsp</td>
</tr>
</tbody>
</table>

1. Boil Water and Salt.
2. Add Oats and simmer for 5 minutes, stirring occasionally.
3. Leave standing with lid on for 10 mins.
1. Oats
2. Stewed Dried Fruit
3. Granola (Recipe on Day 1)
4. Bread and Spreads
5. Fruit
6. Chai Tea

**Stewed Dried Fruit**

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dried Fruit</td>
<td>400g</td>
<td>750g</td>
<td>1.5 kg</td>
<td>2.5 kg</td>
<td>3 kg</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>2 Sticks</td>
<td>4 Sticks</td>
<td>7 Sticks</td>
<td>10 Sticks</td>
<td>12 Sticks</td>
</tr>
<tr>
<td>Cloves</td>
<td>3</td>
<td>5</td>
<td>10</td>
<td>15</td>
<td>20</td>
</tr>
</tbody>
</table>

1. Soak **Dried Fruit** overnight in **Water**.
2. Bring to the boil with **Cinnamon Sticks** and **Cloves**. Simmer for **20 minutes** until very soft.
1. Oats
2. Stewed Dried Fruit
3. Granola (Recipe on Day 1)
4. Bread and Spreads
5. Fruit
6. Chai Tea

## Chai Tea

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>2 liters</td>
<td>4 liters</td>
<td>8 liters</td>
<td>10 liters</td>
<td>15 liters</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>4 pieces</td>
<td>8 pieces</td>
<td>16 pieces</td>
<td>20 pieces</td>
<td>25 pieces</td>
</tr>
<tr>
<td>Rooibos</td>
<td>5 Tea bags</td>
<td>10 Tea bags</td>
<td>20 Tea bags</td>
<td>25 Tea bags</td>
<td>30 Tea bags</td>
</tr>
<tr>
<td>Tea Masala</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>4 Tsp</td>
<td>5 Tsp</td>
<td>8 Tsp</td>
</tr>
<tr>
<td>Cardamon [Crushed]</td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>6 Tbs</td>
<td>8 Tbs</td>
</tr>
<tr>
<td>Cloves</td>
<td>½ Tsp</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>3 Tsp</td>
<td>4 Tsp</td>
</tr>
<tr>
<td>Ginger [Grated]</td>
<td>1 Thumb</td>
<td>2 Thumbs</td>
<td>4 Thumbs</td>
<td>5 Thumbs</td>
<td>7 Thumbs</td>
</tr>
</tbody>
</table>

1. Simmer all ingredients together for **15 min** and then strain.
1. Ratatouille
2. Baked/Boiled potatoes
3. Hummus
4. Beetroot Salad
5. Ginger Water (Recipe on Day 1)

**Ratatouille**

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Onions [Chopped]</td>
<td>300g</td>
<td>600g</td>
<td>1.2kg</td>
<td>1.8kg</td>
<td>2.4kg</td>
</tr>
<tr>
<td>Green pepper bitesize</td>
<td>500g</td>
<td>1kg</td>
<td>2kg</td>
<td>3kg</td>
<td>4kg</td>
</tr>
<tr>
<td>Courgettes sliced</td>
<td>300g</td>
<td>1.25kg</td>
<td>2.5kg</td>
<td>3.5kg</td>
<td>4.5kg</td>
</tr>
<tr>
<td>Aubergines cubed</td>
<td>300g</td>
<td>1.25kg</td>
<td>2.5kg</td>
<td>3.5kg</td>
<td>4.5kg</td>
</tr>
<tr>
<td>Whole peeled tin tomatoes</td>
<td>0.5kg</td>
<td>1kg</td>
<td>2kg</td>
<td>3kg</td>
<td>4kg</td>
</tr>
<tr>
<td>Cumin seeds</td>
<td>½ tsp</td>
<td>1 tsp</td>
<td>2 tsp</td>
<td>3 tsp</td>
<td>4 tsp</td>
</tr>
<tr>
<td>Chili powder</td>
<td>1 pinch</td>
<td>2 pinches</td>
<td>3 pinches</td>
<td>1 tsp</td>
<td>1½ tsp</td>
</tr>
<tr>
<td>Turmeric</td>
<td>½ tsp</td>
<td>1 tsp</td>
<td>2 tsp</td>
<td>3 tsp</td>
<td>4 tsp</td>
</tr>
<tr>
<td>Rosemary bunch (100ml)</td>
<td>1</td>
<td>2</td>
<td>4</td>
<td>6</td>
<td>8</td>
</tr>
<tr>
<td>Oregano</td>
<td>1 tsp</td>
<td>2 tsp</td>
<td>3 tsp</td>
<td>4 tsp</td>
<td>5 tsp</td>
</tr>
<tr>
<td>Oil</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>6 Tbs</td>
<td>10 Tbs</td>
<td>14 Tbs</td>
</tr>
<tr>
<td>Salt</td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>6 Tbs</td>
<td>8 Tbs</td>
</tr>
</tbody>
</table>

1. Fry onions in half of the oil until caramelized, then add green pepper and fry for about 10 minutes until lightly browned, add chili and turmeric and cook for another 2 minutes.
2. With the rest of the oil fry the courgettes and aubergines, about 5 minutes or until lightly brown, then add the cumin seeds and fry for an extra 5-10 minutes until soft, and then add the mixed herbs and fry for another 1 minute.
3. Now mix all the ingredients together in a bog pot.
4. Put the whole peeled tomatoes in a dish and mash.
5. Then add to the rest of the vegetables.
6. Bring to simmer, then lower the heat.
7. Add rosemary, oregano and let it simmer for about 30 minutes.
1. Ratatouille
2. Baked/Boiled potatoes
3. Hummus
4. Beetroot Salad
5. Ginger Water (Recipe on Day 1)

### Baked or Boiled Potatoes

<table>
<thead>
<tr>
<th># Students</th>
<th>10 kg</th>
<th>20 kg</th>
<th>40 kg</th>
<th>60 kg</th>
<th>80 kg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potatoes [Wedges]</td>
<td>3 kg</td>
<td>6 kg</td>
<td>10 kg</td>
<td>14 kg</td>
<td>16 kg</td>
</tr>
<tr>
<td>Mixed Herbs</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>8 Tbs</td>
<td>12 Tbs</td>
<td>16 Tbs</td>
</tr>
<tr>
<td>Olive Oil</td>
<td>8 Tbs</td>
<td>16 Tbs</td>
<td>32 Tbs</td>
<td>48 Tbs</td>
<td>64 Tbs</td>
</tr>
</tbody>
</table>

**Baked Potatoes:**
1. Preheat the oven at 200 degrees at 9:30
2. Wash and brush the Potatoes, cut in half lengthwise and half again (or more if potatoes big)
3. In a saucepan combine Olive Oil and Herbs, heat slightly.
4. Mix with the Potatoes in a bowl. Sprinkle Cumin and Salt.
5. Place potatoes on 2, 3 or 4 flat metal trays. (Might need two rotations from 30 students onward)
6. Bake until the Potatoes are tender. (~ 30-45 mins)

**Boiled Potatoes:**
1. Well washed and scrubbed
2. Put the Potatoes in Salty Water in a few pots (Use hot tap water). Cut them in 2 or 3 pieces.
3. Add Salt, bring to boil and cook between 40-45 min (a knife inserted should penetrate easily when the potatoes are done).
4. When they are cooked, drain and cover until serving time.
5. Serve with Butter.
1. **Ratatouille**
2. **Baked/Boiled potatoes**
3. **Hummus**
4. **Beetroot Salad**
5. **Ginger Water** (Recipe on Day 1)

### Hummus

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chickpeas</td>
<td>300 g</td>
<td>600 g</td>
<td>1.2 kg</td>
<td>1.8 kg</td>
<td>2.4 kg</td>
</tr>
<tr>
<td>Tahini</td>
<td>80 g</td>
<td>160 g</td>
<td>300 g</td>
<td>400 g</td>
<td>600 g</td>
</tr>
<tr>
<td>Cumin powder</td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>6 Tbs</td>
<td>8 Tbs</td>
</tr>
<tr>
<td>Olive oil</td>
<td>50 ml</td>
<td>100 ml</td>
<td>200 ml</td>
<td>300 ml</td>
<td>400 ml</td>
</tr>
<tr>
<td>Lemon Juice</td>
<td>30 ml</td>
<td>60 ml</td>
<td>120 ml</td>
<td>180 ml</td>
<td>240 ml</td>
</tr>
<tr>
<td>Garlic(cloves), chopped</td>
<td>2</td>
<td>3</td>
<td>5</td>
<td>8</td>
<td>10</td>
</tr>
</tbody>
</table>

1. Drain chickpeas and bring to boil with fresh water.
2. When chickpeas are cooked and very soft, about 1h30min, drain the water and keep it aside.
3. Puree with the blender, use some of the cooking water to get a smooth mix.
4. Add tahini, cumin, garlic, olive oil, lemon juice and salt.
5. Puree once again to mix well.
6. Place in bowls, garnish with parsley and serve.
1. Ratatouille
2. Baked/Boiled potatoes
3. Hummus
4. Beetroot Salad
5. Ginger Water (Recipe on Day 1)

**Beetroot salad**

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beetroot [Chopped]</td>
<td>800g</td>
<td>1.5 kg</td>
<td>3 kg</td>
<td>4 kg</td>
<td>5.5 kg</td>
</tr>
<tr>
<td>Parsley [Chopped]</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>8 Tbs</td>
<td>10 Tbs</td>
<td>14 Tbs</td>
</tr>
<tr>
<td>Olive Oil</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>8 Tbs</td>
<td>10 Tbs</td>
<td>14 Tbs</td>
</tr>
<tr>
<td>Vinegar</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>8 Tbs</td>
<td>10 Tbs</td>
<td>14 Tbs</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>4 Tsp</td>
<td>5 Tsp</td>
<td>7 Tsp</td>
</tr>
<tr>
<td>Lemon Juice</td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>5 Tbs</td>
<td>7 Tbs</td>
</tr>
<tr>
<td>Salt</td>
<td>To taste</td>
<td>To taste</td>
<td>To taste</td>
<td>To taste</td>
<td>To taste</td>
</tr>
</tbody>
</table>

1. Place **Beetroots** in pot with water half way up the beets. Cook until a knife passes through them easily. (~ 30-45 min)
2. Drain and allow to cool down. When cool, rub the skins off.
3. Chop and mix other **ingredients** in.
4. As all beets taste somewhat different, adjust seasoning.
5. Leave to marinate overnight.
1. Lemon Water (Recipe on Day 1)
2. Fruit
REMINDER THERE IS DINNER TONIGHT.

*The schedule for today is adapted for kitchen staff to attend the Metta session after group sit.

5 am Put urns on, dining rooms ready.

5.45 Start cooking Lunch.

5.45 Cook porridge.

6.20 Serve

6.30 Gong and teacher's food.

7.00 Do dishes, clean dining rooms and start salad.

9.50 am Turn the urns on and get the dining rooms ready. Make/ Finish the salad.

11.00 Gong and teacher's food
*If lunch today is a little late, that’s fine.

1 pm Prepare for dinner with left-overs, if there are none, do a pasta, fruit and bread with spreads.
See in front part of kitchen manual guidelines on using left-overs and making soup.

4 pm Cook dinner.

4.30 Get dining rooms ready and put urns on.

5 pm Serve and gong.
1. Mabela Porridge
2. Stewed Prunes
3. Granola (Recipe on Day 1)
4. Fruit
5. Bread and Spreads

**Mabela Porridge**

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mabela</td>
<td>400g</td>
<td>800g</td>
<td>1.6 kg</td>
<td>2 kg</td>
<td>2.5 kg</td>
</tr>
<tr>
<td>Water</td>
<td>1.5 liters</td>
<td>3 liters</td>
<td>6 liters</td>
<td>8 liters</td>
<td>10 liters</td>
</tr>
<tr>
<td>Sea Salt</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>4 Tsp</td>
<td>6 Tsp</td>
<td>7 Tsp</td>
</tr>
</tbody>
</table>

1. Mix **Mabela** with some of the **Water** till runny.
2. Bring remainder of **Water** to the boil.
3. Remove from heat and add the **Mabela** mixture slowly, stirring continually.
4. Feel free to add more **Water** if too thick.
5. Replace back on heat and continue stirring until the porridge has finished thickening.
1. Mabela Porridge  
2. Stewed Prunes  
3. Granola (Recipe on Day 1)  
4. Fruit  
5. Bread and Spreads

**Stewed Prunes**

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prunes</td>
<td>400g</td>
<td>800g</td>
<td>1.5 kg</td>
<td>2.2 kg</td>
<td>3.5 kg</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>2 Sticks</td>
<td>4 Sticks</td>
<td>8 Sticks</td>
<td>10 Sticks</td>
<td>13 Sticks</td>
</tr>
<tr>
<td>Cloves</td>
<td>3</td>
<td>6</td>
<td>12</td>
<td>15</td>
<td>18</td>
</tr>
</tbody>
</table>

1. Soak prunes overnight in water.  
2. Simmer with **Cinnamon Sticks** and **Cloves** for **30 minutes** or until very soft.
1. Basmati rice
2. Vegetable Curry
3. Tuvar (Oily) Dal
4. Green Salad or Fruit Salad
5. Chocolate clusters (Prepare on Day 9)

**Basmati Rice**

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basmati Rice</td>
<td>500g</td>
<td>1 kg</td>
<td>2 kg</td>
<td>3 kg</td>
<td>3.5 kg</td>
</tr>
<tr>
<td>Salt</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>3 Tsp</td>
<td>4 Tsp</td>
<td>6 Tsp</td>
</tr>
<tr>
<td>Water</td>
<td>1 liters</td>
<td>2 liters</td>
<td>4 liters</td>
<td>6 liters</td>
<td>7 liters</td>
</tr>
</tbody>
</table>

1. Soak the Rice in Water for 1 hour or more.
2. Place on heat, add Salt, bring to boil and cook for 10 to 15 minutes until cooked and fluffy.
3. Drain excess water.
1. Basmati rice
2. Vegetable Curry
3. Tuvar (Oily) Dal
4. Green Salad or Fruit Salad
5. Chocolate clusters (Prepare on Day 9)

**Vegetable curry**

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butternut [Small Chunks]</td>
<td>2 kg</td>
<td>3 kg</td>
<td>6 kg</td>
<td>8 kg</td>
<td>10 kg</td>
</tr>
<tr>
<td>Baby Marrow [Sliced Rings]</td>
<td>1.5 kg</td>
<td>3 kg</td>
<td>4 kg</td>
<td>6 kg</td>
<td>8 kg</td>
</tr>
<tr>
<td>Onions [Diced]</td>
<td>200g</td>
<td>400g</td>
<td>600g</td>
<td>1.2 kg</td>
<td>1.8 kg</td>
</tr>
<tr>
<td>Ginger [Grated]</td>
<td>1 Thumb</td>
<td>2 Thumbs</td>
<td>4 Thumbs</td>
<td>6 Thumbs</td>
<td>8 Thumbs</td>
</tr>
<tr>
<td>Sunflower Oil</td>
<td>3 Tbs</td>
<td>4 Tbs</td>
<td>6 Tbs</td>
<td>8 Tbs</td>
<td>10 Tbs</td>
</tr>
<tr>
<td>Turmeric Powder</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>4 Tsp</td>
<td>5 Tsp</td>
<td>6 Tsp</td>
</tr>
<tr>
<td>Chili Powder</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>3 Tsp</td>
<td>4 Tsp</td>
<td>5 Tsp</td>
</tr>
<tr>
<td>Salt</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>4 Tsp</td>
<td>6 Tsp</td>
<td>7 Tsp</td>
</tr>
<tr>
<td>Coriander [Diced]</td>
<td>1 handful</td>
<td>1½ handfuls</td>
<td>2 handfuls</td>
<td>2½ handfuls</td>
<td>3 handfuls</td>
</tr>
<tr>
<td>Cumin Powder</td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>5 Tbs</td>
<td>6 Tbs</td>
</tr>
<tr>
<td>Water</td>
<td>1 cup</td>
<td>2 cups</td>
<td>4 cups</td>
<td>5 cups</td>
<td>7 cups</td>
</tr>
</tbody>
</table>

1. Put the **Sunflower Oil** into a big pot and place on heat.
2. When the **Oil** is hot, add the **Onions** and fry till transparent.
3. Add the **Ginger, Turmeric, Salt, Chili Powder** and **Cumin Powder** and fry for 1 minute.
4. Add the **Pumpkin**, cover with lid and cook on low heat until pumpkin is half cooked.
   (Add water as needed to prevent the bottom layer of pumpkin from burning)
5. Add **Baby Marrows** and cook till they are done (~10 mins).
6. Remove from heat, add **Coriander**, stir and serve.

*Total cooking time ~ 30-60 minutes*
Day 10  Afternoon  Page 3/6

1. Basmati rice
2. Vegetable Curry
3. Tuvar (Oily) Dal
4. Green Salad or Fruit Salad
5. Chocolate clusters (Prepare on Day 9)

Tuvar (Oily) Dal

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuvar (Oily) Dal</td>
<td>500g</td>
<td>1kg</td>
<td>2kg</td>
<td>2.5kg</td>
<td>3.5kg</td>
</tr>
<tr>
<td>Water</td>
<td>2.5 cups</td>
<td>5 cups</td>
<td>8 cups</td>
<td>12 cups</td>
<td>17 cups</td>
</tr>
<tr>
<td>Carrots [Sliced]</td>
<td>750g</td>
<td>1.5 kg</td>
<td>3 kg</td>
<td>4 kg</td>
<td>5 kg</td>
</tr>
<tr>
<td>Jeera (Cumin) Powder</td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>5 Tbs</td>
<td>7 Tbs</td>
</tr>
<tr>
<td>Turmeric Powder</td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>5 Tbs</td>
<td>7 Tbs</td>
</tr>
<tr>
<td>Dhania (Coriander) Powder</td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>4 Tbs</td>
<td>5 Tbs</td>
<td>7 Tbs</td>
</tr>
<tr>
<td>Hing (Asafoetida)</td>
<td>¼ Tsp</td>
<td>½ Tsp</td>
<td>1 Tsp</td>
<td>1 ½ Tsp</td>
<td>2 Tsp</td>
</tr>
<tr>
<td>Split Urad Dal</td>
<td>3 Tbs</td>
<td>6 Tbs</td>
<td>10 Tbs</td>
<td>12 Tbs</td>
<td>20 Tbs</td>
</tr>
<tr>
<td>Dried Chilies [Chopped]</td>
<td>2</td>
<td>4</td>
<td>6</td>
<td>8</td>
<td>12</td>
</tr>
<tr>
<td>Salt</td>
<td>1 Tsp</td>
<td>2 Tsp</td>
<td>4 Tsp</td>
<td>6 Tsp</td>
<td>8 Tsp</td>
</tr>
<tr>
<td>Sunflower Oil</td>
<td>½ Tbs</td>
<td>1 Tbs</td>
<td>2 Tbs</td>
<td>3 Tbs</td>
<td>4 Tbs</td>
</tr>
</tbody>
</table>

1. Soak the Dal, Turmeric and Sea Salt for 1 hour.
2. Bring the Dal to boil. (If there is no time to soak dal, just bring to boil)
3. Simmer until the Dal becomes soft and the liquid becomes opaque.
4. Meanwhile squeeze the tamarind in the water and strain it well through a sieve, collecting all the tamarind juice possible.
5. Blend the Dal and add Carrots and Cumin Powder
6. Heat the Sunflower Oil in a frying pan until almost at smoking temperature, add the Hing and fry briefly.
7. Add the Chopped Chilies and fry briefly.
8. Add the Dal and serve.
1. **Basmati rice**
2. **Vegetable Curry**
3. **Tuvar (Oily) Dal**
4. **Green Salad or Fruit Salad**
5. **Chocolate clusters** (Prepare on Day 9)

---

**Green Salad**

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lettuce [Blisesized]</td>
<td>1 Head</td>
<td>1½ Heads</td>
<td>3 Heads</td>
<td>4 Heads</td>
<td>5 ½ Heads</td>
</tr>
<tr>
<td>Cucumber [Sliced]</td>
<td>½ Head</td>
<td>1 Head</td>
<td>2 Heads</td>
<td>3 Heads</td>
<td>4 Heads</td>
</tr>
<tr>
<td>Celery Stalks [Sliced]</td>
<td>½ Bunch</td>
<td>1 Bunch</td>
<td>1½ Bunches</td>
<td>2 Bunches</td>
<td>2½ Bunches</td>
</tr>
<tr>
<td>Green Peppers [Chopped]</td>
<td>300g</td>
<td>600g</td>
<td>1.2 kg</td>
<td>1.6 kg</td>
<td>2 kg</td>
</tr>
<tr>
<td>Avocados [Chopped]</td>
<td>2</td>
<td>4</td>
<td>8</td>
<td>12</td>
<td>16</td>
</tr>
</tbody>
</table>

1. Mix together briefly and garnish with **Toasted Sunflower Seeds**.
2. Serve with Salad Dressing on the side.
1. Basmati rice
2. Vegetable Curry
3. Tuvar (Oily) Dal
4. Green Salad or Fruit Salad
5. Chocolate clusters (Prepare on Day 9)

**Fruit Salad with Coconut Cream**

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almonds [Chopped]</td>
<td>100g</td>
<td>200g</td>
<td>300g</td>
<td>400g</td>
<td>500g</td>
</tr>
<tr>
<td>Raisins [Chopped]</td>
<td>100g</td>
<td>200g</td>
<td>300g</td>
<td>400g</td>
<td>500g</td>
</tr>
<tr>
<td>Dates [Chopped]</td>
<td>100g</td>
<td>200g</td>
<td>300g</td>
<td>400g</td>
<td>500g</td>
</tr>
<tr>
<td>Apples [Chopped]</td>
<td>2</td>
<td>4</td>
<td>8</td>
<td>12</td>
<td>16</td>
</tr>
<tr>
<td>Pineapples [Chopped]</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Melon [Chopped]</td>
<td>½</td>
<td>1</td>
<td>2</td>
<td>2½</td>
<td>3</td>
</tr>
<tr>
<td>Coconut Cream</td>
<td>½ Tin</td>
<td>1 Tin</td>
<td>2 Tins</td>
<td>3 Tins</td>
<td>4 Tins</td>
</tr>
<tr>
<td>Poppy Seeds</td>
<td>Sprinkle</td>
<td>Sprinkle</td>
<td>Sprinkle</td>
<td>Sprinkle</td>
<td>Sprinkle</td>
</tr>
<tr>
<td>Mint Leaves [Chopped]</td>
<td>Sprinkle</td>
<td>Sprinkle</td>
<td>Sprinkle</td>
<td>Sprinkle</td>
<td>Sprinkle</td>
</tr>
</tbody>
</table>

1. Mix together briefly and garnish with **Poppy Seeds** and **Mint Leaves**
Day 10  Afternoon  Page 6/6

1. Basmati rice  
2. Vegetable Curry  
3. Tuvar (Oily) Dal  
4. Green Salad or Fruit Salad  
5. Chocolate clusters (Prepare on Day 9)

Chocolate Clusters

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brown Sugar</td>
<td>½ cup</td>
<td>1 cup</td>
<td>2 cups</td>
<td>3 cups</td>
<td>4 cups</td>
</tr>
<tr>
<td>Milk</td>
<td>25ml</td>
<td>50ml</td>
<td>100ml</td>
<td>200ml</td>
<td>250ml</td>
</tr>
<tr>
<td>Butter</td>
<td>15ml</td>
<td>30ml</td>
<td>60ml</td>
<td>120ml</td>
<td>150ml</td>
</tr>
<tr>
<td>Cocoa</td>
<td>15ml</td>
<td>30ml</td>
<td>60ml</td>
<td>120ml</td>
<td>150ml</td>
</tr>
<tr>
<td>Peanut Butter</td>
<td>0.10 cup</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>1 cup</td>
<td>1.25 cups</td>
</tr>
<tr>
<td>Vanilla Essence</td>
<td>1ml</td>
<td>2ml</td>
<td>5ml</td>
<td>10ml</td>
<td>12ml</td>
</tr>
<tr>
<td>Oats</td>
<td>0.75 cup</td>
<td>1 ½ cups</td>
<td>3 cups</td>
<td>6 cups</td>
<td>7.5 cups</td>
</tr>
</tbody>
</table>

1. Melt Sugar, Milk, Butter and Cocoa. Bring to boil and simmer for 2 minutes, stirring occasionally.  
3. Add Vanilla Essence.  
4. Add Oats, mix well.  
5. Use 2 spoons to get sticky mixture onto greased bake trays (wax paper can also be used), about 1 spoon per cookie.  
7. Garnish with Desiccated Coconut.
Day 10  Evening  Page 1/1

1. Any leftover food
2. Lemon Water (Recipe on Day 1)
3. Fruit
Day 11

5 am  Put urns on, dining rooms ready.

5.20  Cook oats.

6.20  Serve
1. Oats
2. Granola (Recipe on Day 1)
3. Bread & spreads
4. Fruit

### Oats

<table>
<thead>
<tr>
<th># Students</th>
<th>10</th>
<th>20</th>
<th>40</th>
<th>60</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oats</td>
<td>400g</td>
<td>800g</td>
<td>1.5kg</td>
<td>2kgs</td>
</tr>
<tr>
<td>Water</td>
<td>2 liters</td>
<td>4 liters</td>
<td>7.5 liters</td>
<td>10 liters</td>
</tr>
<tr>
<td>Sea salt</td>
<td>1 tsp</td>
<td>2 tsp</td>
<td>4 tsp</td>
<td>6 tsp</td>
</tr>
</tbody>
</table>

1. Boil Water and Salt.
2. Add Oats and simmer for 5 minutes, stirring occasionally.
3. Leave standing with lid on for 10 mins.
Extra Recipes
Banana Bread / Sweet Potato Bread

Ingredients

4-6 ripe bananas (or 2 cups sweet potatoes-cooked)
2 ml baking soda
50 ml milk
125 g butter
250 ml sugar
2 tbsp channa flour
2.5 ml vanilla essence
500 ml flour
10ml baking powder
2 ml salt

Method

- Mash bananas (or sweet potato) with a fork.
- Mix milk and baking soda.
- Add to bananas and leave standing for a while.
- Mix butter and sugar and add channa flour.
- Add banana mixture and vanilla essence.
- Sift dry ingredients and mix in.
- Bake at 180 C for 1 hour.
Banana Crumble

Custard
500 ml milk
30 ml custard powder/mezina flour
30 ml sugar
5 ml vanilla essence

- Mix custard powder and sugar with a little milk.
- Bring rest of milk to boil.
- Add cold milk mixture and vanilla essence.
- Bring back to boil.

Filling
4 bananas
15 ml lemon juice
Grated rind of one lemon
500 ml custard

- Place mashed bananas in greased pie dish.
- Sprinkle with lemon juice.
- Add rind to custard and pour over bananas.

Topping
90 g flour
45 ml butter
15 ml castor sugar
1 ml cinnamon
25 ml chopped nuts
30 ml brown sugar

- Sift flour.
- Rub butter in with fingers.
- Add castor sugar and cinnamon.
- Sprinkle over pie.
- Combine nuts and brown sugar and sprinkle on top.
- Bake at 180 C for 20-30 minutes until brown.
Pumpkin Pie

Ingredients

125 g    butter at room temperature
250 ml   brown sugar
3 tbsp   channa flour
375 ml   cake flour
15ml     baking powder
2 ml     salt
750 ml   raw, peeled, grated pumpkin
5 ml     vanilla essence

Method

- Pre-heat oven: 190 C
- Grease pie dish
- Cream butter and sugar together.
- Add channa flour
- Sift flour, baking powder and salt together.
- Add to butter and sugar mixture and mix.
- Add pumpkin and vanilla and mix well.
- Bake for 40 - 50 minutes until golden brown.
Basic Whole Wheat Bread Recipe

Ingredients
- 480 g whole wheat flour
- 120 g cake flour
- 125 ml milk
- 10 ml bicarbonate of soda
- 12.5 ml honey
- 12.5 ml oil
- Pinch of salt
- 500 ml yoghurt (or buttermilk /or milk with a squeeze of lemon)

Method:
1. Mix dry ingredients
2. Add oil
3. Melt honey in milk and add to yoghurt (warm milk slightly)
4. Add to rest of mixture
5. Mix thoroughly and knead
6. Bake at approximately 180 C for 1 hour
Banana and Date Loaf

2 loaves

Ingredients:
- 6 ripe mashed bananas
- 2 lemon’s juice
- ¾ cups oil
- 1 cup raisins
- 3 cups whole wheat flour
- 1 tsp salt
- 1 tsp vanilla
- 1 tsp baking powder
- 1 cup wheat germ
- 2 cups chopped dates
- 2 cups toasted nuts

Method:
1. Mash bananas and mix with lemon juice and vanilla.
2. Add oil and raisins.
3. Stir well.
4. Sift flour, salt and baking powder.
5. Add wheat germ.
6. Add this mix to bananas.
7. Add dates.
8. The dough is quite stiff.
10. Bake for 45 min - 1 hour at 180 C
Left Over Oatmeal Porridge Squares

**Recipe 1**

**Ingredients**
- 5 cups butter
- 7.5 cups brown sugar
- 7.5 cups all purpose flour
- 5 tsp baking soda
- 5 tsp baking powder
- 5 tsp salt
- 8 tsp cinnamon
- 12.5 cups cooked oats

**Optional ingredients:**
- Coconut, nuts, raisins, vanilla/almond essence

**Method**
1. Mix together.
2. Bake in a lightly greased pan for 10-15 min at 180 C.

**Recipe 2**

**Ingredients**
- 1 kg sugar
- 1 kg butter
- Left over oats porridge
- Flour/Oats
- Raisins
- Coconut

**Method:**
1. Mix butter and sugar in a bowl.
2. Add left over oats.
3. Add flour/oats until the mixture become very sticky. (Somewhere between cake and chapatti)
4. Add Raisins and coconut
5. Bake at low temperature for 3-4 hours.
6. Sprinkle with cinnamon-sugar.
7. Cut into squares and serve.
Simply Indian Sweets

Makes 300

Ingredients
- 1 kg butter
- 1 kg castor sugar
- 1 kg milk powder
- Raisins
- Grated orange peel

Method
1. Mix butter and sugar.
2. Add milk powder.
3. Mix well into a crumbly consistency.
4. Add raisins and orange rind to taste.
5. Press and roll into walnut shaped balls.
Carrot Cake

Ingredients
- 250 ml sugar
- 125 ml sunflower Oil
- 3 tbs chickpea flour
- 375 ml cake flour
- 10 ml baking powder
- 10 ml cinnamon
- 5 ml baking soda
- 250 ml banana mash (or grated apple)
- 250 ml grated carrots
- 125 ml chopped almonds (or walnuts)

Method
1. Pre-heat oven to 180 C
2. Grease 2 pie dishes
3. Cream butter and sugar
4. Add chickpea flour
5. Sift together cake flour, baking powder, cinnamon and baking soda
6. Add to butter and sugar mixture
7. Add carrots, banana/apple-mash and nuts
8. Bake for 25

Filling and icing
- 110 ml butter
- 375 ml icing sugar
- 100 ml cottage cheese
- 5 ml vanilla

1. Cream together
Banana, Date and Carrot Cake

- 200g butter
- ¾ cup sugar
- ½ tsp vanilla essence
- ½ tsp salt
- 2 tsp channa flour

Mix well together

- 2 cup cake flour
- 1-2 cup brown bread flour

Mix in gently and add:

- 8-10 bananas
- 2 carrots (grated)
- 1 cup coconut powder
- ¾ cup dates (Boil dates with ½ cup of water, add 1 tbsp of baking soda and stir together. Do not over mix)

Mix everything together.

Bake in 180 C for 40 minutes, 150 C for further 30 minutes.
Vegan Chocolate Cake

Ingredients:
- 2 cups white flour
- 1 ¼ cup unsweetened cocoa powder
- 2 cups brown sugar, packed
- 2/3 cup sunflower oil
- 1 2/3 cup water
- pinch salt
- 1 tsp instant coffee dissolved in a tbsp of hot water
- 1 tbsp baking powder
- 1 tbsp vanilla

Method:
1. Sift together the salt, baking powder, cocoa and flour.
2. Dissolve the brown sugar in the oil and water, well.
3. Add the coffee and vanilla
4. Blend the wet ingredients into the dry ingredients.
5. Mix well.
6. Pour into a greased cake pan.
7. Bake at 180 C approximately 35 minutes until a toothpick inserted into the centre, comes out clean.

For 60 people, double the recipe.
Porridge Cake

10 people

Ingredients:
- 125g butter
- 1/3cup white sugar
- 2/3cup brown sugar
- 1 tsp vanilla essence
- ½ tsp baking powder
- ½ tsp salt
- 1 1/3cup porridge (cooked)
- 1cup brown flour
- ½ cup chopped nuts (or dates or both)
- Grated orange or lemon peel (optional)

Method:
1. Cream butter and sugar
2. Add vanilla essence
3. Add to dry ingredients
4. Bake at 200C for 30minutes in a flat pan
5. Cut into squares and serve when cold.
Waldorf salad

35 people

Ingredients:
- ½ box of apples
- 1 bunch of celery
- ½a cabbage
- 750ml plain yoghurt/buttermilk
  - Raisins to taste

Method:
1. Cube apples (do not peel)
2. Remove leaves from celery and chop finely (celery leaves can be used in soup)
3. Slice cabbage finely
4. Add raisins
5. Mix together with yoghurt
Salad Dressing

Suitable for most salads

Ingredients:

- 1 ripe avocado mashed
- Fresh lemon juice or vinegar
- Olive oil

Method:

1. Mix together
2. Add salt and pepper to taste
3. Mix into salad
SOUR MILK

Make Pannier (like ricotta cheese) with Sour Milk

Ingredients:
- Sour milk
- Lemon juice

Method:
1. Heat milk to almost boiling
2. Add juice of + - 3 lemons to one bucket milk
3. It will separate
4. Allow to cool and strain through fine clean cheese cloth

Can be used to salads or used as an addition to any meal.
Apple Crumble

24 people

Ingredients:
Crumble:
- 1.2 kg flour
- Pinch of salt
- 700 g brown sugar
- 800 g butter (Soft and cut into cubes)

Filling:
- 1.8 kg apples (Peeled and cut into cubes)
- 200 g brown sugar
- 4 tbsp flour
- 4 pinches cinnamon

Method:
1. Preheat oven to 180 degrees
2. Place four, salt and sugar in a large bowl and mix well
3. Taking a few cubes of butter at a time, rub them into the flour mixture. Keep rubbing until it resembles bread crumbs.
4. Place fruit in a large bowl and sprinkle with the flour, sugar and cinnamon - stir well without breaking up the fruit.
5. Butter the oven dish and spoon the fruit mixture in.
6. Sprinkle the crumble mixture on top of the fruit mixture
7. Bake for 40 to 45 minutes or until the crumble is brown and the fruit mixture is bubbling.
Chocolate Sauce

Ingredients:
- 1 Cup sugar
- 1 Cup cacao
- 4 Teaspoons coffee
- 1 Cup syrup
- 1 Tablespoon butter

Method:
1. Mix the coffee with a cup of hot water
2. Sieve cacao to remove lumps
3. Mix all the ingredients together
4. Bring to boil stirring continuously
5. Stand to cool