

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/Tempeh & 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

# Students	10	20	40	60	80
Brown Rice	500g	1kg	2kg	3kg	3.5kg
Salt	1 Tsp	2 Tsp	3 Tsp	4 Tsp	6 Tsp
Water	2 liters	4 liters	7 liters	10liters	12 liters

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

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

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

5 – 5.50 Servers dinner. Kitchen and dining rooms cleaning. Sweep and mop floors.
Soak prunes. Soak sugar beans

1. Oats
2. Stewed Dried Fruit
3. Granola
4. Bread & Spreads
5. Fruit

Oats

# Students	10	20	40	60
Oats	400g	800g	1.5kg	2kgs
Water	2 liters	4 liters	7.5 liters	10 liters
Sea salt	1 tsp	2 tsp	4 tsp	6 tsp

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

# Students	10	20	40	60	80
Dried Fruit	400g	750g	1.5 kg	2.5 kg	3 kg
Cinnamon	2 Sticks	4 Sticks	7 Sticks	10 Sticks	12 Sticks
Cloves	3	5	10	15	20

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

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

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

# Students	10	20	40	60	80
Basmati Rice	500g	1 kg	2 kg	3 kg	3.5 kg
Salt	1 Tsp	2 Tsp	3 Tsp	4 Tsp	6 Tsp
Water	1 liters	2 liters	4 liters	6 liters	7 liters

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. Brown Lentils
4. Mixed salad & Dressing
5. Ginger Water

Vegetable Curry

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

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

# Students	10	20	40	60	80
Lentils	500g	1kg	2kg	3kg	3.5kg
Onions [Chopped]	100g	200g	300g	600g	900g
Ginger [Chopped]	1 Thumb	2 Thumbs	4 Thumbs	6 Thumbs	8 Thumbs
Garlic [Chopped]	1 Cloves	2 Cloves	4 Cloves	6 Cloves	10 Cloves
Water	1.5 liters	3 liters	6 liters	9 liters	11 liters
Parsley [Chopped]	½ Bunch	½ Bunch	1 Bunch	1½ Bunches	2 Bunches
Cumin Powder	2 Tbs	4 Tbs	8 Tbs	10 Tbs	15 Tbs
Oregano	1 Tbs	2 Tbs	3 Tbs	4 Tbs	5 Tbs
Sunflower Oil	3 Tbs	5 Tbs	8 Tbs	10 Tbs	15 Tbs
Miso Paste	1 Tbs	2 Tbs	4 Tbs	5 Tbs	7 Tbs

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. Vegetable Curry
3. Brown Lentils
4. Mixed salad & Dressing
5. Ginger Water

Mixed Salad

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

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.

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

Salad Dressing

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

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

# Students	10	20	40	60	80
Ginger [Grated]	1 Thumb	2 Thumbs	4 Thumbs	5 Thumbs	7 Thumbs
Water	3 liters	6 liters	10 liters	12 liters	18 liters

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

# Students	10	20	40	60	80
Lemon Juice [Fresh]	50ml	100ml	175ml	250ml	350ml
Water	1 liter	2 liters	4 liters	7 liters	9 liters

1. Heat **Water** in a pot and add **Lemon Juice**. Stir till dissolved.
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

# Students	10	20	40	60	80
Mabela	400g	800g	1.6 kg	2 kg	2.5 kg
Water	1.5 liters	3 liters	6 liters	8 liters	10 liters
Sea Salt	1 Tsp	2 Tsp	4 Tsp	6 Tsp	7 Tsp

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.
6. 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

# Students	10	20	40	60	80
Prunes	400g	800g	1.5 kg	2.2 kg	3.5 kg
Cinnamon	2 Sticks	4 Sticks	8 Sticks	10 Sticks	13 Sticks
Cloves	3	6	12	15	18

1. Soak **Prunes** overnight in **Water**.
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

# Students	10	20	40	60	80
Barley / Wheat	500g	1 kg	2 kg	3 kg	4 kg
Salt	1 Tsp	2 Tsp	4 Tsp	6 Tsp	8 Tsp
Water	2 liters	4 liters	8 liters	12 liters	16 liters

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

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

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

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

Potatoes and Broccoli

# Students	10	20	40	60	80
Potatoes [Cubed]	850g	1.75 kg	3.5 kg	5.3 kg	6 kg
Broccoli [Bite sized]	1 Head	2 Heads	4 Heads	6 Heads	8 Heads
Onions [Diced]	100g	200g	300g	500g	700g
Sunflower Oil	3 Tbs	5 Tbs	7 Tbs	10 Tbs	15 Tbs
Garlic [Sliced]	2 Cloves	4 Cloves	8 Cloves	12 Cloves	16 Cloves
Cumin Powder	2 Tsp	3 Tsp	5 Tsp	6 Tsp	7 Tsp
Turmeric Powder	2 Tsp	3 Tsp	5 Tsp	6 Tsp	7 Tsp
Coriander Powder	2 Tsp	3 Tsp	5 Tsp	6 Tsp	7 Tsp
Sea Salt	1 Tsp	2 Tsp	4 Tsp	6 Tsp	8 Tsp

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

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

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

# Students	10	20	40	60
Oats	400g	800g	1.5kg	2kgs
Water	2 liters	4 liters	7.5 liters	10 liters
Sea salt	1 tsp	2 tsp	4 tsp	6 tsp

4. Boil **Water** and **Salt**.
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

# Students	10	20	40	60	80
Dried Fruit	400g	750g	1.5 kg	2.5 kg	3 kg
Cinnamon	2 Sticks	4 Sticks	7 Sticks	10 Sticks	12 Sticks
Cloves	3	5	10	15	20

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

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

# Students	10	20	40	60	80
Basmati Rice	500g	1 kg	2 kg	3 kg	3.5 kg
Salt	1 Tsp	2 Tsp	3 Tsp	4 Tsp	6 Tsp
Water	1 liters	2 liters	4 liters	6 liters	7 liters

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. **Hummus**
5. **Mixed Salad & Dressing**
6. **Ginger Water** (Recipe on Day 1)

Vegetable curry

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

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

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

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

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

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

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 day5.

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 – 1pm 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.

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

Mabela Porridge

# Students	10	20	40	60	80
Mabela	400g	800g	1.6 kg	2 kg	2.5 kg
Water	1.5 liters	3 liters	6 liters	8 liters	10 liters
Sea Salt	1 Tsp	2 Tsp	4 Tsp	6 Tsp	7 Tsp

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

# Students	10	20	40	60	80
Prunes	400g	800g	1.5 kg	2.2 kg	3.5 kg
Cinnamon	2 Sticks	4 Sticks	8 Sticks	10 Sticks	13 Sticks
Cloves	3	6	12	15	18

1. Soak **Prunes** overnight in **Water**.
2. Simmer with **Cinnamon Sticks** and **Cloves** for **30 minutes** or until very soft.

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

# Students	10	20	40	60	80
Brown Rice	500g	1 kg	2 kg	3 kg	3.5 kg
Salt	1 Tsp	2 Tsp	3 Tsp	4 Tsp	6 Tsp
Water	2 liters	4 liters	7 liters	10 liters	12 liters

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)

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

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)

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

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

# Students	10	20	40	60	80
Beetroot [Chopped]	800g	1.5 kg	3 kg	4 kg	5.5 kg
Parsley [Chopped]	2 Tbs	4 Tbs	8 Tbs	10 Tbs	14 Tbs
Olive Oil	2 Tbs	4 Tbs	8 Tbs	10 Tbs	14 Tbs
Vinegar	2 Tbs	4 Tbs	8 Tbs	10 Tbs	14 Tbs
Lemon Juice	1 Tbs	2 Tbs	4 Tbs	5 Tbs	7 Tbs
Salt	To taste	To taste	To taste	To taste	To taste

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. **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

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

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

Oats

# Students	10	20	40	60
Oats	400g	800g	1.5kg	2kgs
Water	2 liters	4 liters	7.5 liters	10 liters
Sea salt	1 tsp	2 tsp	4 tsp	6 tsp

7. Boil **Water** and **Salt**.
8. Add **Oats** and simmer for 5 minutes, stirring occasionally.
9. 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

Stewed Dried Fruit

# Students	10	20	40	60	80
Dried Fruit	400g	750g	1.5 kg	2.5 kg	3 kg
Cinnamon	2 Sticks	4 Sticks	7 Sticks	10 Sticks	12 Sticks
Cloves	3	5	10	15	20

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. 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

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

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 squeelching noise at the bottom of the pot when it is shaken.

Total cooking time is about 30/35/40 minutes.

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

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

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.

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)

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

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.

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)

Green Salad

# Students	10	20	40	60	80
Lettuce [Bitesized]	1 Head	1½ Heads	3 Heads	4 Heads	5½ Heads
Cucumber [Sliced]	½ Head	1 Head	2 Heads	3 Heads	4 Heads
Celery Stalks [Sliced]	½ Bunch	1 Bunch	1½ Bunches	2 Bunches	2½ Bunches
Green Peppers [Chopped]	300g	600g	1.2 kg	1.6 kg	2 kg
Avocados [Chopped]	2	4	8	12	16
<ol style="list-style-type: none"> 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

# Students	10	20	40	60	80
Mabela	400g	800g	1.6 kg	2 kg	2.5 kg
Water	1.5 liters	3 liters	6 liters	8 liters	10 liters
Sea Salt	1 Tsp	2 Tsp	4 Tsp	6 Tsp	7 Tsp

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

Stewed Prunes

# Students	10	20	40	60	80
Prunes	400g	800g	1.5 kg	2.2 kg	3.5 kg
Cinnamon	2 Sticks	4 Sticks	8 Sticks	10 Sticks	13 Sticks
Cloves	3	6	12	15	18

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

# Students	10	20	40	60	80
Basmati Rice	500g	1 kg	2 kg	3 kg	3.5 kg
Salt	1 Tsp	2 Tsp	3 Tsp	4 Tsp	6 Tsp
Water	1 liters	2 liters	4 liters	6 liters	7 liters

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

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

1. Soak the **Dal, Turmeric Powder** and **Salt** in a pot in **Water** for **1 hour**.
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. **Sambhar 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)

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

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

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

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

# Students	10	20	40	60
Oats	400g	800g	1.5kg	2kgs
Water	2 liters	4 liters	7.5 liters	10 liters
Sea salt	1 tsp	2 tsp	4 tsp	6 tsp

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

# Students	10	20	40	60	80
Dried Fruit	400g	750g	1.5 kg	2.5 kg	3 kg
Cinnamon	2 Sticks	4 Sticks	7 Sticks	10 Sticks	12 Sticks
Cloves	3	5	10	15	20

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

# Students	10	20	40	60	80
Water	2 liters	4 liters	8 liters	10 liters	15 liters
Cinnamon	4 pieces	8 pieces	16 pieces	20 pieces	25 pieces
Rooibos	5 Tea bags	10 Tea bags	20 Tea bags	25 Tea bags	30 Tea bags
Tea Masala	1 Tsp	2 Tsp	4 Tsp	5 Tsp	8 Tsp
Cardamom [Crushed]	1 Tbs	2 Tbs	4 Tbs	6 Tbs	8 Tbs
Cloves	½ Tsp	1 Tsp	2 Tsp	3 Tsp	4 Tsp
Ginger [Grated]	1 Thumb	2 Thumbs	4 Thumbs	5 Thumbs	7 Thumbs
1. Simmer all ingredients together for 15 min and then strain.					

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

# Students	10	20	40	60	80
Barley	500g	1kg	2kg	3kg	4kg
Salt	1 Tsp	2 Tsp	4 Tsp	6 Tsp	8 Tsp
Water	2 liters	4 liters	8 liters	12 liters	16 liters

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

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

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.
9. Add **Soya Sauce** and **Vinegar**.
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

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

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

# Students	10	20	40	60	80
Avocados [Chopped]	2	4	8	10	12
Cucumber [Sliced Thinly]	½	1	2	3	4
Lettuce [Bitesize]	1 Head	1½ Heads	3 Heads	4 Heads	5 Heads
Tomatoes [Wedges]	0.8 kg	1½ kg	2½ kg	3½ kg	4 kg
Carrots [Sliced]	½ kg	1 kg	1½ kg	2 kg	2½ kg
Sunflower Seeds [Toasted]	3 Tbs	6 Tbs	10 Tbs	14 Tbs	20 Tbs
2. Mix ingredients briefly and garnish with Toasted Sunflower Seeds .					

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

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

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.

6.30-7.55 soak rice. Server breakfast, cleanup.

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

# Students	10	20	40	60	80
Mabela	400g	800g	1.6 kg	2 kg	2.5 kg
Water	1.5 liters	3 liters	6 liters	8 liters	10 liters
Sea Salt	1 Tsp	2 Tsp	4 Tsp	6 Tsp	7 Tsp

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.
24. Simmer for **15 minutes**, keeping lid on.

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

Stewed Prunes

# Students	10	20	40	60	80
Prunes	400g	800g	1.5 kg	2.2 kg	3.5 kg
Cinnamon	2 Sticks	4 Sticks	8 Sticks	10 Sticks	13 Sticks
Cloves	3	6	12	15	18

1. Soak **Prunes** overnight in **Water**.
2. Simmer with **Cinnamon Sticks** and **Cloves** for **30 minutes** or until very soft.

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

Basmati Rice

# Students	10	20	40	60	80
Basmati Rice	500g	1 kg	2 kg	3 kg	3.5 kg
Salt	1 Tsp	2 Tsp	3 Tsp	4 Tsp	6 Tsp
Water	1 liters	2 liters	4 liters	6 liters	7 liters

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

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

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

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

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

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

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

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

Oats

# Students	10	20	40	60
Oats	400g	800g	1.5kg	2kgs
Water	2 liters	4 liters	7.5 liters	10 liters
Sea salt	1 tsp	2 tsp	4 tsp	6 tsp

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

# Students	10	20	40	60	80
Dried Fruit	400g	750g	1.5 kg	2.5 kg	3 kg
Cinnamon	2 Sticks	4 Sticks	7 Sticks	10 Sticks	12 Sticks
Cloves	3	5	10	15	20

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

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

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

1. Fry onions in half of the oil until caramelized, then add green pepper and fry for about 10 minutes or until lightly browned, add chili and turmeric and cook for another 2minutes.
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 1minute.
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

# Students	10	20	40	60	80
Potatoes [Wedges]	3 kg	6 kg	10 kg	14 kg	16 kg
Mixed Herbs	2 Tbs	4 Tbs	8 Tbs	12 Tbs	16 Tbs
Olive Oil	8 Tbs	16 Tbs	32 Tbs	48 Tbs	64 Tbs

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

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

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

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

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**

Day 10

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

# Students	10	20	40	60	80
Mabela	400g	800g	1.6 kg	2 kg	2.5 kg
Water	1.5 liters	3 liters	6 liters	8 liters	10 liters
Sea Salt	1 Tsp	2 Tsp	4 Tsp	6 Tsp	7 Tsp

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.
6. Simmer for **15 minutes**, keeping lid on.

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

Stewed Prunes

# Students	10	20	40	60	80
Prunes	400g	800g	1.5 kg	2.2 kg	3.5 kg
Cinnamon	2 Sticks	4 Sticks	8 Sticks	10 Sticks	13 Sticks
Cloves	3	6	12	15	18

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

# Students	10	20	40	60	80
Basmati Rice	500g	1 kg	2 kg	3 kg	3.5 kg
Salt	1 Tsp	2 Tsp	3 Tsp	4 Tsp	6 Tsp
Water	1 liters	2 liters	4 liters	6 liters	7 liters

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

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

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

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

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

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

# Students	10	20	40	60	80
Lettuce [Blisesized]	1 Head	1½ Heads	3 Heads	4 Heads	5 ½ Heads
Cucumber [Sliced]	½ Head	1 Head	2 Heads	3 Heads	4 Heads
Celery Stalks [Sliced]	½ Bunch	1 Bunch	1½ Bunches	2 Bunches	2½ Bunches
Green Peppers [Chopped]	300g	600g	1.2 kg	1.6 kg	2 kg
Avocados [Chopped]	2	4	8	12	16
<ol style="list-style-type: none"> 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

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

1. Mix together briefly and garnish with **Poppy Seeds** and **Mint Leaves**

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

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

1. Melt **Sugar, Milk, Butter** and **Cocoa**. Bring to boil and simmer for **2 minutes**, stirring occasionally.
2. Take off heat and add **Peanut Butter**. Stir until melted.
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.
6. Leave to set in fridge.
7. Garnish with **Desiccated Coconut**.

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

# Students	10	20	40	60
Oats	400g	800g	1.5kg	2kgs
Water	2 liters	4 liters	7.5 liters	10 liters
Sea salt	1 tsp	2 tsp	4 tsp	6 tsp

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/ mezzina 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 kneed
6. Bake at approximately 180 C for 1 hour

Banana and Date Loaf

2 loaves

Ingredients:

- 6 ripe mashed bananas
- 2 lemon's juice
- $\frac{3}{4}$ 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.
9. Put in greased loaf tins.
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
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ tsp vanilla essence
- $\frac{1}{2}$ tsp salt
- 2 tsp channa flour

Mix well together

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

Mix in gently and add:

- 8-10 bananas
- 2 carrots (grated)
- 1 cup coconut powder
- $\frac{3}{4}$ cup dates (Boil dates with $\frac{1}{2}$ 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
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1 1/3cup porridge (cooked)
- 1cup brown flour
- 1/2 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
- ½ a 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:

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

Filling:

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

Method:

1. Preheat oven to 180 degrees
2. Place flour, 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