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# THE HARE KRSNA COOK BOOK

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ALL GLORY TO ŚRĪ GURU AND GAURĀṄGA

THE  
HARE  
KṚṢṆA  
COOK BOOK

RECIPES FOR THE SATISFACTION  
OF THE SUPREME PERSONALITY OF GODHEAD

compiled by  
KṚṢṆA DEVĪ DĀSĪ and ŚAMA DEVĪ DĀSĪ

with an introduction by  
His Holiness KĪRTANĀNANDA SVĀMĪ



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**Cover illustration:** Lord Śrī Kṛṣṇa, the Supreme Personality of Godhead, enjoying lunch among His cowherd friends in the transcendental land of Vṛndāvana. This is an illustration from *Teachings of Lord Caitanya* by His Divine Grace A.C. Bhaktivedanta Swami Prabhupāda.

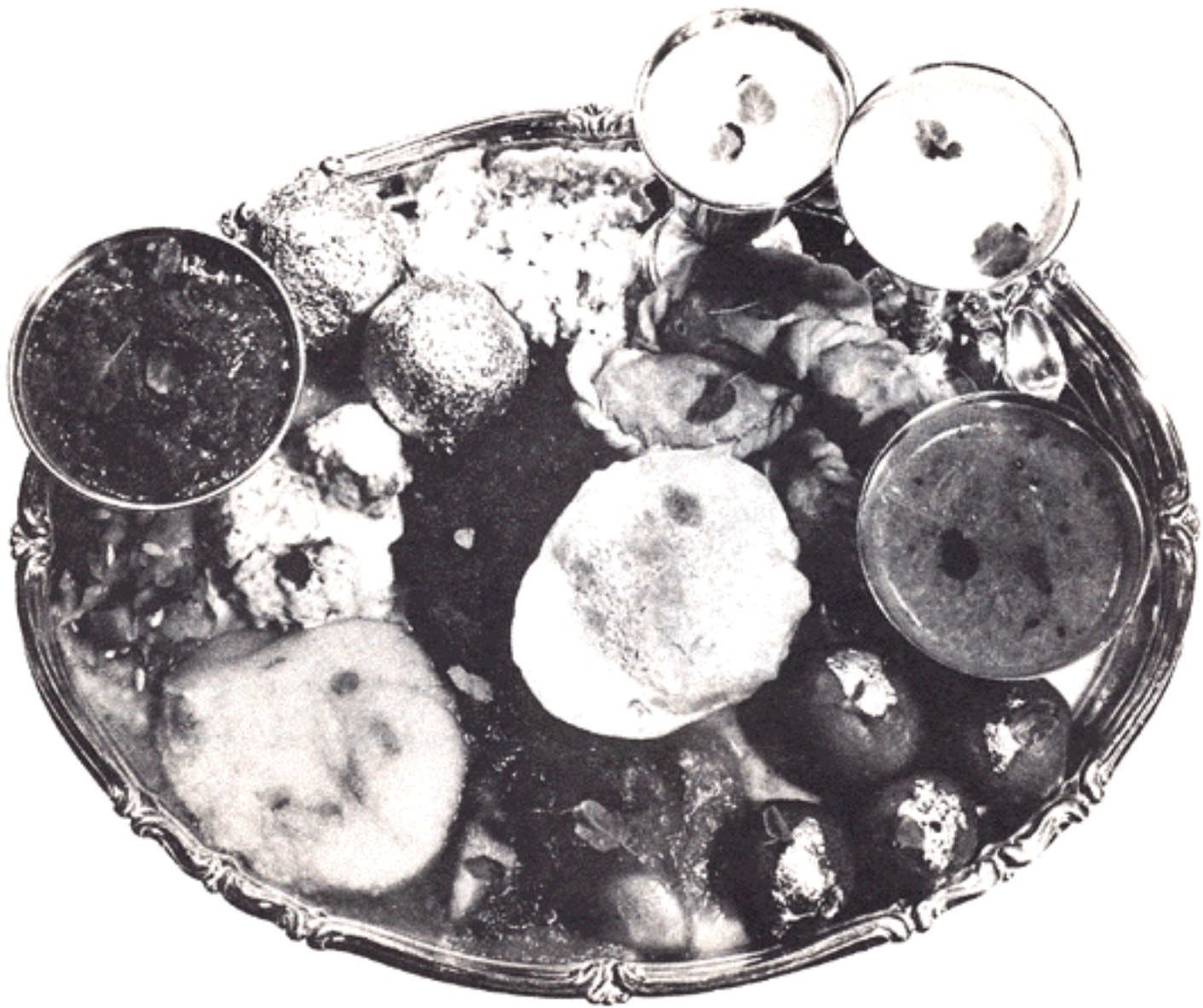
## DEDICATION



*Prasādam* means mercy, and this *Prasādam* Cookbook is dedicated to the fountainhead of all mercy, the spiritual master, His Divine Grace A.C. Bhaktivedanta Swami Prabhupāda. He is by nature kind to every living entity, but that ocean of mercy becomes fully visible in his devotees.

Srila Prabhupāda has not given us some dry, canned philosophy to chew; he has given us the nectar for which we have sought so long; he has taught us how to render transcendental loving service to the Lord in all our daily activities. This book illustrates one of them.

The process of Kṛṣṇa consciousness is usually described as one of singing, dancing and feasting. We have already demonstrated to the world how anyone can sing and dance to the holy names of God, Hare Kṛṣṇa, and now, with the publication of this *Prasādam* Cookbook, we hope that the whole world will feast in honor of the Supreme Lord. That will make this world like Vṛndāvana, the transcendental abode of Kṛṣṇa, where Kṛṣṇa, Balarāma and the monkeys visit every kitchen with thieving intent and bless the devotees with pure love of God.



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## FOREWORD

Almost six years ago, I published the first article on Kṛṣṇa cookery, entitled “Kṛṣṇa Prasādam: Food for the Body, Food for the Soul, and Food for God.” Since I had just begun my life as a devotee, the article revealed my intrigue with the idea of cooking for God. Perhaps I was still rebelling against my puritan background, in which God had been depicted as a stuffy old man who certainly needed nothing like food. Actually, I still wonder at the idea of His eating—but a little differently. Today I think of how great God must be. On the one hand, He is sustaining all the planetary systems, men, animals and whatever might be, and on the other, He becomes “hungry” for the loving offering of a pure devotee: “If one offers Me with love and devotion a leaf, a flower, fruit or water, I will accept it.” (*Bhagavad-gītā*, 9.26) Within this simple promise to His friend Arjuna, Kṛṣṇa has given the rarest gem in all three worlds—loving reciprocation with Godhead. Were I not an individual, were God not an individual, and were there not the possibility of loving exchange, what would be the possibility of Absolute Pleasure? Pleasure cannot exist in a void or vacuum, for it is a product of activity; and the supreme activity is the exchange of love between persons. Everyone

hankers for a lover. Then why should we settle for anyone less than the Supreme Lover, Kṛṣṇa?

Srīla Prabhupāda has given us the formula of how to attract Kṛṣṇa. Kṛṣṇa, being God, is not in need of anything. He is *ātmārāma*, or self-contained. But He is also the highest Pleasure Absolute, and for the purpose of pleasure He expands Himself by His pleasure potency into millions and billions of living beings who are all meant for His enjoyment. In the spiritual world such spiritual sparks of the Lord are eternally enjoying with the Lord, and their existence is called *sac-cid-ānanda*—eternal, full of knowledge, and blissful. The living beings in this material world are also part of that pleasure potency, but due to forgetfulness of their relationship with Kṛṣṇa, they are living independently, trying to lord it over the resources of material nature for their own pleasure. Such pleasure is only illusory, but the eternal pleasure resulting from loving communion with Kṛṣṇa can at once be revived by the simple Kṛṣṇa conscious process of dedicating all one’s activities to the enjoyment of the Lord.

This transcendental cookbook is designed to help you transform one of the most important daily chores into a spiritual reservoir of bliss. You may



follow it in all or in part. The idea is to completely engage you in service to Kṛṣṇa, and it is promised that if you agree to be thus engaged, you will also enjoy unlimitedly. If you cannot follow all the rules and regulations, follow what you can. At least one can prepare pure vegetarian foods with all care for cleanliness and then offer them simply with love and devotion. Even offering such foods with only the repetition of Hare Kṛṣṇa, Hare Kṛṣṇa, Kṛṣṇa Kṛṣṇa, Hare Hare/ Hare Rāma, Hare Rāma, Rāma Rāma, Hare Hare is sufficient to render the highest benefit. The main point is to begin. Offer something nice to Kṛṣṇa with love and devotion and see for yourself what happens. That is the miracle of *prasādam*!

#### THE YOGA DIET

Lord Kṛṣṇa says in *Bhagavad-gītā* that *yoga* is not for him who eats too much or for him who eats too little. Rather, one who is actually practicing *yoga* sees the body as a valuable boat which has to be maintained very nicely in order to get across this ocean of material existence which is full of birth, old age, disease and death. Therefore, the *yoga* diet is designed to supply the body with all necessary nutrients, without pandering to the whims of our

changing senses. The principle of regulation is strictly adhered to, and the daily fare is almost unchanging. This is very important for a *brahmacārī*, or celibate student, for if the tongue is agitated for sense enjoyment, all the other senses follow. We do not suggest that you have to follow this diet, but it is included for those who desire to know it. The Sunday feast is an opportunity for everyone to participate in the opulence of Kṛṣṇa. Again, the principle is regulation, and the particular feast menu included here is chosen for its authentic quality, all of the preparations being great favorites of our beloved spiritual master, His Divine Grace A.C. Bhaktivedanta Swami Prabhupāda.

Morning *prasādam*: raw chick-peas, ginger, fruit, cereal and milk.

Noon *prasādam*: dahl, rice, chapatis and curried vegetable.

Bedtime *prasādam*: milk.

The Sunday love feast: rice and peas, wet cauliflower and potatoes, puris, samosa, halavah, sweet rice, sweet balls, pineapple chutney (sweet and hot), rhubarb chutney (salty and hot) and dahi.

Kīrtanānanda Svāmī

## INTRODUCTION

*Prasādam:*  
Food for the Body,  
Food for the Soul,  
and Food for God  
by Kirtanānanda Svāmī

*Prasādam* means food for the body, food for the soul and food for God. More specifically, it is food which has been sanctified by special selection and preparation and then offered to Kṛṣṇa, God, in love and devotion. Cooking for God? How absurd that sounds to the sophisticates of this modern age! How anthropomorphic! Even most transcendentalists will smile a smile of condescension at the suggestion: cooking for God! But why not? We cook for every conceivable nonsensical purpose. Why not cook instead for the Lord? Why shouldn't this most important and central activity of life be dedicated to the Supreme? Why not cook transcendently?

We are not so naive as to suggest that God needs our food, but we are suggesting that we need God to bless the energy of our hands and thus to sustain us by means of daily bread. He does this by accepting and eating the food which we prepare and offer to Him, and then giving it back to us in the form of *prasādam*.

In the *Bhagavad-gītā* Kṛṣṇa says: "If one offers Me with love and devotion a leaf, a flower, fruit or water, I will accept it. O son of Kuntī, all that you do, all that you eat, all that you offer and give away, as well as all austerities that you may perform, should be done as an offering unto Me." (Bg. 9.26-27) Of course, He doesn't need food; He is supreme, absolute. He is full of all opulences, namely, wealth, fame, beauty, strength, knowledge and renunciation. He is never in need or want of anything. Still, He asks His devotee to offer Him these simple fruits

of the earth. The key word is devotion. Twice it is used: "If in full devotion a pure devotee offers a little leaf, a little flower, a little fruit with a little water, because he offers it with great devotion, the Supreme Personality of Godhead accepts them and eats them." So it is not as if the Lord were in need of something; He is fully satisfied in Himself. Indeed, He is everything. So whatever we are offering Him, be it a grain or a fruit, is already His; it is not, and never was, "ours." But out of His causeless mercy, He is so kind to His devotees that any small offering given *in devotion* He accepts and eats. The Lord is not hungry for our food but for our hearts; He is not wanting for our substance but for our consciousness, our love, our union.

This is why *prasādam* is "mercy." In shopping, in preparation, in eating, we are given a chance to remain conscious of Him, to be engaged in His transcendental loving service. This is why the word *bhakti*, or devotion, is so stressed—it is this *bhakti* which makes the Supreme Lord "transcendentally hungry." Even the greatest banquet cooked by the most renowned chef has no appeal to one who is not hungry; so, too, Kṛṣṇa's acceptance of our gifts is dependent upon His being "hungry," and only our love and devotion can do that. His Divine Grace A.C. Bhaktivedanta Swami Prabhupāda writes: "The devotee is so humble and submissive to the Supreme Lord that whenever he prepares something for the Lord, he takes all care to finish the preparation nicely. And for such offering a devotee asks nothing.

It is the exchange of *love*. That *love* is accepted by the Supreme Lord, and He eats. . . Therefore, devotional service is the only way to offer anything to the Supreme Lord, to understand the Supreme Lord, to be in the confidence of the Supreme Lord, and to go back to the supreme abode of the Supreme Lord." Devotional service begins with the chanting of the Lord's holy names, as in the *mahā-mantra*: Hare Kṛṣṇa, Hare Kṛṣṇa, Kṛṣṇa Kṛṣṇa, Hare Hare/ Hare Rāma, Hare Rāma, Rāma Rāma, Hare Hare. That is the first great activity of transcendental service, and the next is to prepare and offer food to the Lord. There are a number of reasons for doing so. First of all, Kṛṣṇa commands it: "The devotees of the Lord are released from all sins because they eat food which is offered first for sacrifice. Others, who prepare food for personal sense enjoyment, verily eat only sin. All living bodies subsist on food grains, which are produced from rains. Rains come from performance of *yajña* [sacrifice], and sacrifice is born of man's work." (Bg. 3.13-14) Here, then, the Lord asserts that *everything* belongs to and comes from Him alone. It is already His, but He invites us to take it and offer it to Him *first* and then eat the remnants for our bodily demands.

Similarly, because everything belongs to Him, we have no right to take anything we please, but only what He allots us; and our allotment, according to the *Gītā* and the *Vedas*, is what can be offered to Him: a leaf, a fruit, etc. At no point does He

ask us to offer meat, or fish, or eggs; but, on the contrary, the prohibition against animal slaughter is so strong that even if one has only an indirect dealing with animal slaughter, such as selling or transporting meat, he is guilty of murder and must pay a murderer's price. (*Śrīmad-Bhāgavatam*, 1.7.37) Therefore, we cannot offer Lord Kṛṣṇa animal flesh, and to do so is an offense.

If I am preparing a dinner for my friend and I know he does not like spinach, I do not fix spinach. I go to all pains to prepare only those things which he likes. That is the meaning of friendship. If one has no regard for Kṛṣṇa's wishes, how can he claim to be the Lord's friend? If we want to cook nicely for Kṛṣṇa, we must dovetail our desires with His desires, and that is clearly expressed in the above-quoted verses.

There is another reason why we must offer our food to Kṛṣṇa if we wish to make spiritual progress. Not only are we thieves if we do not, but we become further implicated in the wheel of *samsāra* by sinful reactions. That every action has a reaction is as true in regard to our personal behavior as in the laboratory test tube. The slaying of life automatically provokes a like result upon the slayer, and if I sustain myself on another's life, at some point my life will be demanded in return. That is nature's law.

This applies equally to those who take animal life and to those who take plant life. Life is life, and the slayer will be slain. Then what is the

difference? The difference is that Kṛṣṇa says that we may offer the leaves and flowers to Him, and by accepting them He also accepts all the sinful reactions, leaving the purified remnants, free from all reactions, for our consumption. But those who eat that which is not offered to Kṛṣṇa, or that which Kṛṣṇa will not accept, are left with all the reactions on their own heads. That is why the Lord says: "The devotees of the Lord are released from all sins because they eat food which is offered first for sacrifice. Others, who prepare food for personal sense enjoyment, verily eat only sin."

Of course, the devotee's primary concern is not for himself, nor even for liberation, but always for Kṛṣṇa. Therefore suitable foodstuffs—suitable, that is, for Kṛṣṇa—are the concern of the pure devotee: vegetables should be fresh and appealing to the eye, grains should be wholesome, fruits large and sweet, and milk fresh and pure. Obviously, living under the conditions of the modern metropolis, these are often impossible to procure—at least on our budgets; but we must do the best we can. That is Kṛṣṇa consciousness.

No canned foods—please!

Having selected the items for preparation, our next concern is cleanliness. Since it is the Supreme for whom we are engaging our energy, we want to be super-hygienic—not for ourselves, but for Him. Wash your hands thoroughly as soon as you come into the kitchen; wash the food as you prepare it;

use nothing that touches the floor or other contaminated areas, such as the sink and garbage pail, unless it can be cleansed. In all preparations, use only fresh things; no leftovers should be mixed in (they should not even be in the kitchen, but rather kept in a specific area of the dining room). Remember, we are cooking for the Supreme, and that which has been offered once should not be offered a second time. And, as good Vaiṣṇavas (devotees), we refrain from using garlic, onion, mushroom, and from mixing salt with fresh milk (although there is no restriction with any other kind of milk culture).

Finally, and probably hardest for American cooks, *don't taste the food during preparation*—not even to see if it is seasoned properly. I know that it is difficult, but it is worthwhile; we are cooking for Kṛṣṇa, and He must be the first to relish it.

When the food is nicely prepared we offer it back to the Source from which everything emanates. If we remember that His "hunger" is proportional to our *love*, the offering is sure to be successful. Simply place *love*, and a generous portion of each item to be offered, on a plate or metal tray, along with a glass of fresh water, and set it before the Deity or picture of Kṛṣṇa. Then prostrate yourself and pray to Lord Kṛṣṇa to accept your humble offering. Acknowledging that it is through the mercy of the spiritual master and the golden incarnation Lord Caitanya that Kṛṣṇa accepts our offer-

ing, the devotees of the Kṛṣṇa consciousness movement offer food to the Lord with these prayers:

1) *nama om viṣṇu-pādāya kṛṣṇa-preṣṭhāya bhūtaḥ śrimate bhaktivedānta-svāmin itī nāmine*

*namas te sarasvate devam gaura-vānī-pracārine nirviṣeṣa-śūnyavādi-pāścātya-deśa-tārine*

“I offer my respectful obeisances unto His Divine Grace A.C. Bhaktivedānta Swami Prabhupāda, who is very dear to Lord Kṛṣṇa, having taken shelter at His lotus feet.

“Our respectful obeisances unto you, O spiritual master, servant of Sarasvatī Gosvāmī. You are kindly preaching the message of Lord Caitanyadeva and delivering the Western countries, which are filled with impersonalism and voidism.”

2) *namo mahā-vadānyāya kṛṣṇa-prema-pradāya te kṛṣṇāya kṛṣṇa-caitanya-nāme gaura-tviṣe namaḥ*

“I offer my respectful obeisances unto the Supreme Lord Śrī Kṛṣṇa Caitanya, who is more magnanimous than any other incarnation, even Kṛṣṇa Himself, because He is bestowing freely what no one else has ever given—pure love of Kṛṣṇa.”

3) *namo brahmanya-devāya go brāhmaṇa hitāya ca jagadd-hitāya kṛṣṇāya govindāya namo namaḥ*

“I offer my respectful obeisances to the Supreme Absolute Truth, Kṛṣṇa, who is the well-wisher of the cows and the *brāhmaṇas* as well as the living entities in general. I offer my repeated obeisances to Govinda, who is the pleasure reservoir for all the senses.”

After offering the food to the Lord, you may distribute the *prasādam* to all who are present. Śrīla Bhaktivinoda Ṭhākura, a great spiritual master in the disciplic succession, has written a nice prayer which you may recite before eating:

*śarīra avidyā-jāl, joṣaendriya tāhe kāl, jīve fele viṣaya-sāgore, tār madhye jihvāti, lobhamoy sadurmatī, thāke jeta kothina samsāre, kṛṣṇa boṣa doyamoy, koribāre jihva joy, saprasād anna dilo bhāi, sei annamṛta pāo, rādhā-kṛṣṇa-guṇa gāo, preme dāko caitanya-nitāi*

“O Lord, this material body is a place of ignorance, and the senses are a network of paths leading to death. Somehow, we have fallen into this ocean of material sense enjoyment, and of all the senses the tongue is most voracious and uncontrollable; it is very difficult to conquer the tongue in this world. But You, dear Kṛṣṇa, are very kind to us and have given us such nice *prasādam* just to control the tongue. So now we take that *prasādam* to our full satisfaction and glorify You, Lord—Rādhā and Kṛṣṇa—and in love call for the help of Lord Caitanya and Nityānanda.”

CHAPTER I

# BASIC COOKING INGREDIENTS



In the Vedic scriptures it is stated that the Supreme Lord has provided ample varieties of food-stuffs for all living creatures and that one should take only that which is allotted to him by the Lord, not more. For humanity the Lord has set aside simple foods such as grains, vegetables, fruit and milk products, and He has requested that we offer Him such pure and nourishing foods. In this way, there are hundreds and thousands of palatable dishes that may be prepared and then offered to Lord Kṛṣṇa.

Listed below are some of the ingredients most commonly used in preparing Kṛṣṇa prasādam.

*white flour (unbleached if available)*  
*whole mung beans \**  
*chick-pea flour, sometimes called besan*  
*or gram flour \**  
*whole chick-peas*

*yellow split peas*  
*split, cleaned urad dahl \**  
*split, cleaned mung dahl \**  
*farina (cream of wheat)*  
*powdered milk*  
*almonds (raw and shelled)*  
*walnuts (raw and shelled)*  
*peanuts (raw and shelled)*  
*sugar*  
*white rice flour \**

Most of these ingredients are readily available from regular grocery stores. The items marked with asterisks would more likely be found at Chinese food stores or Indian specialty stores.



## SPICES

Spices determine the taste of a preparation, and they are the jewels of cooking for Kṛṣṇa. Food-stuffs are spiced in three different ways.

Massala is prepared by heating ghee in a pan, adding spices, and cooking them until they become fragrant; then the vegetable is added to the ghee and spices. Most of the vegetable recipes are cooked in massala. Chaunche is prepared by heating a small amount of ghee in a small pot. Spices are added and cooked until fragrant, and the contents of the pot are added to an already cooked preparation, such as dahl or chutney. The third process is to add certain uncooked spices to a preparation. This is usually done in savories such as samosa or kachori filling because they will be deep-fried. Using uncooked spices keeps the taste fresher after the deep-frying. Adding or omitting a spice varies the taste quite a bit. Crushed or whole chilis or ground cayenne pepper have no taste; they provide the heat sensation. After preparing certain dishes several times, you will become familiar with the spices and be able to make up your own massala or chaunche.

Hot and spicy preparations should not be mixed with unspiced preparations. Salt should never be put into milk or butter. Salt may be added to yoghurt, however. Some spices are sweet, and some are pungent. For instance, luglu would never be made with asafoetida. In preparing *prasadam* it is a good policy to stick to *paramparā* (disciplic succession) and not experiment too much on one's own.

The spices that are mentioned here also have a role other than taste. They serve certain functions

for maintaining good health. Turmeric is a blood purifier, chili peppers aid digestion, asafoetida is an anti-convulsant, ginger controls the intestines, etc. If possible, spices should be bought whole and ground at home in small quantities. The taste of freshly ground spices is incomparable.

Some of the common spices used in *prasadam* preparations are listed below:

<i>ground allspice</i>	<i>ground coriander</i>
<i>asafoetida</i>	<i>ground cumin seeds</i>
<i>whole anise seed</i>	<i>whole cumin seeds</i>
<i>ground black pepper</i>	<i>fresh ginger</i>
<i>whole caraway seeds</i>	<i>ground ginger</i>
<i>whole cardamom pods</i>	<i>dried mango powder</i>
<i>cayenne</i>	<i>ground nutmeg</i>
<i>crushed chilis</i>	<i>whole peppercorn</i>
<i>ground cinnamon</i>	<i>rose water</i>
<i>whole cinnamon sticks</i>	<i>saffron</i>
<i>ground cloves</i>	<i>whole sesame seeds</i>
<i>whole cloves</i>	<i>ground turmeric</i>

Most of these spices are available at supermarkets and spice shops, but some will have to be purchased at Indian specialty stores. If there are none in your area, you can probably have these spices shipped to you. Asafoetida and mango powder will have to be purchased from a specialty store, and ginger root may only be available in a Chinese food store.

## SPECIALLY PREPARED INGREDIENTS

There are a few basic recipes which are used over and over again in preparing food for Kṛṣṇa's pleasure. Yoghurt, curd, bean sprouts and such rare and costly ingredients as ghee may be simply and inexpensively prepared from the recipes given here. Generally we do not use commercially prepared cheeses, buttermilk or sour cream because many commercial products contain a nonvegetarian stabilizer called rennet which is an extremely impure ingredient. Generally, sour cream and yoghurt marked "kosher" or "pareve" do not contain this, but it is always best to check carefully. Even if rennet is not listed on the label, it is a good idea to call the dairy company that makes the particular product and ask if rennet has been used. In any case, it is not difficult to make cottage cheese, cream cheese, yoghurt and other such preparations, and this is a good opportunity to render service to Kṛṣṇa by cooking for Him with devotion.

### BEAN SPROUTS

*1 cup mung beans*

Soak whole mung beans overnight in a sufficient amount of water to allow for expansion. Take a large 2 gallon glass jar and punch holes in the tin cover. Place beans in the jar and fill the jar with lukewarm water. Turn upside down and allow the water to escape by itself through the holes in the lid. When the beans have been "irrigated," shake out excess water and place the jar in a dark warm place. Every four hours, irrigate them in the same way, each time returning them to a warm dark place. Leaving them overnight without irrigation will not harm them if you have tended them regularly all day long. In two or three days they will be nice bean sprouts, like the ones sold in the store, but more flavorful and much cheaper. They can be stored in a plastic bag in the refrigerator for about a week and still retain their freshness.

### COCONUT MILK

Coconut milk is prepared by adding  $\frac{1}{2}$  to 1 cup milk to  $\frac{1}{2}$  freshly grated coconut or  $\frac{1}{4}$  cup commercially grated coconut. Then heat to the boiling point and let sit for 20 minutes. Strain milk through cheesecloth to remove coconut pulp.

### COTTAGE CHEESE (Panir)

Heat 1 pint milk in a saucepan. When it boils, add  $\frac{1}{2}$  teacupful of yoghurt which has been made a day or two in advance. Bring to the boiling point again. When solid lumps are formed, strain through a fine cloth. The whey (excess liquid) can be used in soups and breads. Press the cloth bag containing the *panir* with a heavy weight so as to squeeze out all whey.







Basic Massala

#### CREAM CHEESE

Allow fresh cream to sour at room temperature. This will take about 2 days. Pour the soured cream into a clean cheesecloth bag and let the liquid drain. Remove solid cream cheese from the bag.

#### CULTURED BUTTERMILK

*3½ cups fresh or skim milk*

*½ cup buttermilk*

Shake the whole milk and the buttermilk together in a quart jar or milk bottle. Cover the jar or bottle and set it in a warm place (perhaps near a hot water heater) overnight or for 10-12 hours. The temperature should be about 80-85° F. When milk has coagulated, shake or stir well and refrigerate.

#### CURD (A light natural cheese)

*½ gallon whole milk*

*2 lemons*

*large square muslin (18" x 18")*

Bring milk to a boil, being careful not to burn it. Meanwhile, squeeze the juice from the lemons and strain it. When the milk boils, add the lemon juice. The milk will curdle. Remove it from the heat and cool it. Then again bring it to a boil. This will nicely separate the curds and the whey. Use the muslin square to line a colander, and pour curds and whey through it. Allow it to drain a few minutes, then tie up the curds in the muslin. Hang this bag up to drip, using a good heavy string. Different preparations using curd call for different amounts of dripping time. Curd is the basis of many different delicious preparations. It has no substitute.

#### GHEE

*3 lbs. sweet butter, as fresh as possible*

Used for deep-frying and regular cooking, ghee is the best cooking medium; it has the most delicate flavor and has no substitute.

Place the butter in a heavy pot. It is easiest if the liquid fills between ½—¾ of the pot when the butter has melted. Let the butter melt on a medium flame until it begins to foam up. Take a large spoon and a bowl and skim the foam off into the bowl. Lower the heat and keep cooking. Gradually the butter will clarify and the solids will keep rising to the top. The solids will begin to be crusty rather than foamy. Be very careful not to burn the ghee. Keep skimming every 10 minutes or so until the ghee is an amber color and no more solids rise to the top. (Preparation time is from 1½ to 2½ hours). The few impurities which remain at the bottom can be strained by pouring the ghee into a container through muslin. Ghee can be stored indefinitely without refrigeration. The solids can be used in making bread, biscuits, steamed vegetables and cereals.

#### BASIC MASSALA

Heat 1 T. ghee. Add 1 t. whole cumin seed. Brown cumin seed and 1 t. crushed chilis. Cook until brown.

#### GRAM MASSALA

*1 T. cloves 2 T. cinnamon 1 T. ground coriander*

*1 T. ginger 1 T. nutmeg 2 T. ground cumin*

Mix together all spices.

There are many different mixtures of spices, and they are all called gram massala. You can purchase Indian spices at specialty stores. When you are familiar with the different spices, you can prepare your own.

### KHOYA

Boil milk fairly quickly in a pan for 1 hour, stirring continuously as it thickens. When cool, the residue is *khoya*, which becomes stiff and is used in pastry and sweetmeats. 1 pint milk makes about 3 oz. *khoya*. The cooking and stirring process takes patience and time.

### SOUR MILK COTTAGE CHEESE

*1 qt. raw milk*

*(sour or clabbered whole milk)*

Heat milk over hot water until lukewarm. It should curdle and thicken. Remove it from the heat and stand it in a warm place for curd to collect. Pour cheese into cloth-lined strainer. Drain whey. (If milk was very sour, rinse with cold water and drain again). Hang until all whey is drained off. Moisten with cream or sour milk.

### TAMARIND WATER

*lump of tamarind*

*about the size of a walnut*

*5 oz. hot water*

*sugar or molasses*

*for sweet and sour sauce (optional)*

Soak the tamarind in hot water. When the water is cool, squeeze and strain into a cup. This amount is equal in sourness to the juice of 2 lemons. To increase sour taste, increase amount of tamarind used. Tamarind can be bought at an Indian specialty store.



Kṛṣṇa is notorious as a transcendental butter thief because He used to break the butter pots of His mother and distribute the contents to His friends and playmates.



## YOGHURT

*one gallon whole fresh milk  
1 pint prepared yoghurt (plain)*

Bring milk to a full boil, stirring occasionally with a wooden spoon. Be careful not to burn it. Remove from fire and place in refrigerator or sink with cold water to cool. When milk has cooled to a little warmer than normal body temperature, stir yoghurt until very smooth—no lumps—and add to the milk. Stir and mix thoroughly. The yoghurt tends to stay on the bottom of the pot, so carefully stir the bottom. On your stove, pile 4 burner rings one on top of another and make sure they are very steady. Turn on the pilot light to medium, or use the smallest flame in the ring, and place the covered pot of milk and yoghurt on the burners. Leave covered and maintain the temperature at approximately 110° (use a cooking thermometer), only until the yoghurt thickens. Place the yoghurt in a convenient container in the refrigerator until thoroughly cool. Do not put it in the freezer. When it is cold, it is yoghurt.

Take out 1 pint and set it aside for use in starting the next batch. You should make yoghurt about twice a week to be sure the culture doesn't weaken. If one gallon is too much, then make ½ gallon and use ½ pint yoghurt for starter. Yoghurt should be stirred very well before it is offered, and sugar should be added to sweeten it. There are many *prasadam* recipes requiring yoghurt. Every month or so, or if the yoghurt starts turning out thin and watery, you should purchase fresh yoghurt at the store to use for starter.

Here a transcendental feast is offered to the Lord in ISKCON's Hawaii temple on the Appearance Day of Lord Caitanya Mahāprabhu.

## CHAPTER II RICE



It is explained in the *Upaniṣads* that in order to live a life of peace and happiness and make progress in self-realization, one should live in a very simple and pure manner. One should know that because he is an eternal part and parcel of Kṛṣṇa, Kṛṣṇa will surely provide whatever he needs for his maintenance and sustenance. Therefore one should be contented with the simple food which Lord Kṛṣṇa has provided for human society, and he should not take more than that. Knowing that everything actually belongs to Kṛṣṇa, the devotee first offers all his food to Kṛṣṇa, and then he joyfully accepts the *prasādam* remnants as Kṛṣṇa's mercy.

In order to be accepted by Kṛṣṇa, food need not be very opulent, but it should be offered to the Lord with love and devotion. In the *Kṛṣṇa Book* Srīla Prabhupāda relates the story of a poor devotee who had nothing to offer the Lord but a few grains of the lowest grade of rice. But because of his sincere devotion, the Lord was so pleased by this offering that he turned the devotee's small hut into a palace and granted him unlimited opulence. Srīla Prabhupāda comments, "What the devotee actually offers to the Lord is not needed by the Lord. He is self-sufficient. If the devotee offers something to the Lord, it acts for his own interest

because whatever a devotee offers comes back in a quantity a million times greater. One does not become a loser by giving to the Lord, but he becomes a gainer by millions of times."

Even plain steamed rice will be accepted by the Lord as a very opulent offering if it is offered with love and devotion. Rice is a very simple preparation, but to cook it nicely for Kṛṣṇa requires practice. Each grain should be separate; it should be neither mushy nor hard. To cook plain rice, use two parts water for one part rice, bring it to a boil, cover it, lower the flame, and let it simmer for 15-20 minutes. Rice should first be washed and rinsed several times, until the water becomes clear. The pot should be deep and the cover tight-fitting. Just before removing it from the fire, "flake" the rice gently with a fork.

Plain steamed rice can be made fancier by adding some peas in the last five minutes of cooking, and of course plain steamed rice can be offered with curry. Rice also combines with vegetables, nuts and curd in a very pleasing way. The most important consideration, however, is not the elaborateness of the preparation but the devotee's sincere desire to please the senses of Lord Śrī Kṛṣṇa.



Lime Rice

**COPRA CANA**

- |                                     |                          |
|-------------------------------------|--------------------------|
| <i>2 cups extra long grain rice</i> | <i>10 whole cloves</i>   |
| <i>1 qt. thick coconut milk</i>     | <i>2 cinnamon sticks</i> |
| <i>10 whole cardamoms</i>           | <i>½ cup butter</i>      |
|                                     | <i>½ t. turmeric</i>     |
|                                     | <i>½ t. allspice</i>     |

Fry the spices in ghee for a few minutes. Then fry rice in this mixture for about 3 minutes. Add boiling coconut milk to the depth of 2" above the rice. Cover and let simmer. Do not stir this dish. It must be carefully *folded* with a fork about twice during cooking.

**LEMON RICE**

- |                             |                      |
|-----------------------------|----------------------|
| <i>2 cups rice</i>          | <i>1 t. turmeric</i> |
| <i>¼ cup butter</i>         | <i>½ t. salt</i>     |
| <i>½ t. cumin seeds</i>     | <i>4 cups water</i>  |
| <i>½ t. coriander seeds</i> | <i>2 lemons</i>      |

Fry rice, cumin seeds, coriander seeds, turmeric and salt in butter. Add water. When done, after about 20 minutes, add the juice of a lemon to each cup of rice.

**LIME RICE**

- |                           |                               |
|---------------------------|-------------------------------|
| <i>1½ cups chick-peas</i> | <i>½ cup fresh lime juice</i> |
| <i>2 cups rice</i>        | <i>½ t. salt</i>              |
| <i>1 T. turmeric</i>      | <i>1 t. ginger</i>            |
| <i>1 fresh lime</i>       | <i>½ t. cayenne</i>           |
| <i>¼ cup ghee</i>         |                               |

Cook rice as usual with ½ t. salt. Soak 1½ cups chick-peas for 3 hours and drain. Fry the beans in ¼ cup ghee until crisp. Then mix them with turmeric. Toss spices, lime juice and salt into cooked rice. Garnish with thin rounds of lime.

**POTATO RICE**

- |                             |                            |
|-----------------------------|----------------------------|
| <i>1 cup rice</i>           | <i>1 t. turmeric</i>       |
| <i>1 cup cubed potatoes</i> | <i>½ t. salt</i>           |
| <i>¼ cup butter</i>         | <i>¼ t. cayenne pepper</i> |
| <i>½ t. cumin seeds</i>     | <i>2 cups water</i>        |
| <i>½ t. coriander seeds</i> | <i>½ lemon</i>             |

Fry rice and potato chunks in butter and spices. Add water to cover and cook until tender. Add the juice of ½ lemon for each cup of rice.

**PULAO**

- |                          |                               |
|--------------------------|-------------------------------|
| <i>2 cups rice</i>       | <i>1 t. ground cumin seed</i> |
| <i>10 oz. peas</i>       | <i>1/8 t. cayenne</i>         |
| <i>1½ cups butter</i>    | <i>1/8 t. ginger</i>          |
| <i>4 cups water</i>      | <i>1/8 t. black pepper</i>    |
| <i>1 t. salt</i>         | <i>1/8 t. turmeric</i>        |
| <i>1 t. gram massala</i> |                               |

Sauté rice in 1 cup butter. Set ½ cup butter and peas aside. Add all other ingredients to rice and cook until done. Cook peas in butter separately and add when done.

### PUSHPANA WITH CASEIN

<i>2 cups rice</i>	<i>1½ t. cinnamon</i>
<i>2 or 3 lemons</i>	<i>½ t. ginger</i>
<i>1 qt. fresh milk</i>	<i>½ t. nutmeg</i>
<i>ghee for frying</i>	<i>pinch black pepper</i>
<i>massala</i>	<i>pinch cloves</i>
<i>3 T. butter</i>	<i>¼ cup sugar</i>
<i>1 t. turmeric</i>	<i>¼ t. asafoetida</i>
<i>4 cups water</i>	<i>a little corn starch</i>

#### Casein:

Prepare curd (see recipe, p. 17). Let hang 6-8 hours. Remove from muslin and knead on a smooth surface until curd is smooth and oily. Pinch off bits of curd and roll into little balls. Use corn starch on hands to prevent sticking. Deep-fry balls in ghee using medium-low heat until golden. Stir for even frying. Remove and drain.

#### Rice:

Make massala. Add rice, turmeric, asafoetida and water. Cook until done. Then add cheese balls, butter, spices and sugar.

### RAINBOW RICE

<i>2 cups rice</i>	<i>ghee</i>
<i>1 t. salt</i>	<i>2 t. turmeric</i>
<i>slivered green peppers</i>	<i>1 tomato</i>
<i>2 zucchinis</i>	<i>¼ cup sweet butter</i>
<i>4 cups water</i>	<i>1 t. gram massala</i>

Steam rice, adding salt. Sauté one green pepper in ghee and massala. Fry zucchinis in ghee and flavor with turmeric. In serving bowl, place a layer of rice,

a layer of peppers, a layer of zucchini and one tomato cut into chunks. Sprinkle with paprika and toss to marble the colors. Finish all ingredients in this manner. Top with melted sweet butter.

### RED RICE

<i>2 cups rice</i>	<i>1 sliced green pepper</i>
<i>1 t. gram massala</i>	<i>1 cup stewed tomatoes</i>
<i>¼ cup sweet butter</i>	<i>water</i>

Wash rice. Heat 1 t. massala in butter. Add a sliced green pepper and sauté until tender. Add rice and cook until it begins to color or stick to the pan. Add tomatoes and enough water to rise 1" above the rice. Bring to the boiling point. Simmer until quiet and liquid is absorbed.

### RICE WITH PEAS

<i>4 T. ghee</i>	<i>½ T. turmeric</i>
<i>½ T. cumin seed</i>	<i>1 T. salt</i>
<i>1½ t. crushed chillis</i>	<i>½ lb. peas</i>
<i>½ t. ground black pepper</i>	<i>1 ¾ cups water</i>
<i>1 cup white rice</i>	

Heat ghee and add cumin seed. When it browns add crushed chillis and black pepper. Add washed, drained white rice and stir. Add salt and turmeric. When rice sticks a little to the side of the pan, add peas. Add the water and bring to a boil. Cover and lower flame. Wait 15-20 minutes and check to see if rice is done. Do not stir until after rice is cooked. Casein may be added to rice about 5 minutes before it is done. A very nice rice dish—colorful for feasts and very tasty.





Rice with Peas and Peanuts

#### RICE WITH PEAS AND PEANUTS

<i>1½ T. ghee</i>	<i>1¼ cups washed long</i>
<i>½ T. crushed chilis</i>	<i>grain rice</i>
<i>½ t. ground black</i>	<i>½ t. salt</i>
<i>pepper</i>	<i>1/3 lb. peas</i>
<i>¼ cup raw peanuts</i>	<i>2 1/8 cups water</i>

Put the ghee in a saucepan and heat it on a medium or low flame. Add crushed chilis. When they turn black, add black pepper. Add peanuts and stir until peanuts are golden brown. Add washed, drained rice and continue to stir until rice sticks a little to the bottom and sides of the pot. Add salt and peas. Stir a little more and then add water. Bring to a boil on medium-high flame, cover and turn heat very low. Cook 15-20 minutes *covered—do not stir*. After 15-20 minutes check the rice by sticking a spoon down into it. *Do not stir*. If it is still wet, cover and continue cooking. It is done when dry. Fluff a little with a fork.

#### RICE WITH SPINACH

<i>1½ T. ghee</i>	<i>½ t. salt</i>
<i>¼ T. crushed chilis</i>	<i>2 1/8 cups water</i>
<i>½ t. ground black</i>	<i>½ lb. spinach (fresh)</i>
<i>pepper</i>	<i>1 t. ground coriander</i>
<i>1¼ cups washed long</i>	<i>½ cup fried peanuts</i>
<i>grain rice</i>	<i>(drained)</i>

Put the ghee in a saucepan and heat it on a medium flame. Add crushed chilis. When they turn black, add black pepper and rice. Stir until rice begins to stick to pan. Add salt and water. Bring to a boil on

a high flame, cover and turn heat very low. Cook about 12 minutes. Meanwhile, wash spinach very carefully and drain. After rice has cooked 12 minutes, add spinach and coriander. Do not stir. Cook another 5 minutes and test by sticking fork into rice to see if it is done. Uncover and cook another 2 minutes to dry out rice. Fluff with a fork, distributing spinach throughout. Add peanuts and stir lightly again.

#### SPICY RICE

<i>basic massala</i>	<i>pinch thyme</i>
<i>2 cups rice</i>	<i>½ t. nutmeg</i>
<i>4 cups water</i>	<i>1 t. cinnamon</i>
<i>½ of a cardamom pod</i>	<i>1 t. ginger</i>
<i>pinch of cloves</i>	<i>1 T. ghee</i>
<i>1/3 cup butter</i>	

Prepare basic massala in 1 T. ghee. Add rice and stir until rice is brown. Add water, bring to a boil, then cover rice and cook until done (about 20 minutes). Add all the spices and butter. Stir gently.

#### YELLOW RICE

<i>2 cups white rice</i>	<i>1 t. turmeric</i>
<i>4 cups water</i>	<i>sweet butter</i>
<i>1 t. salt</i>	

Wash rice and drain. Measure water into a pot along with the salt, turmeric and rice. Stir nicely and cover tightly. Cook over a low flame for 20 minutes. Garnish with sweet butter to taste.

CHAPTER III  
**DAHL**



*Bhagavad-gītā* explains that in order to achieve self-realization and God realization, one should be temperate in his activities of eating, sleeping, working and recreation. "There is no possibility of one's becoming a *yogī*," Lord Kṛṣṇa says, "if one eats too much or eats too little, sleeps too much or does not sleep enough." (Bg. 6.16) It is not that one should artificially try to eat less than one needs, but eating should be regulated for the purpose of spiritual progress.

Modern so-called civilized men are addicted to eating meat, which they accompany with liquor to help aid their digestion. This meat and liquor agitates them, and they cannot control their senses. Thus they become trapped in nature's modes of passion and ignorance and behave more like animals than civilized men.

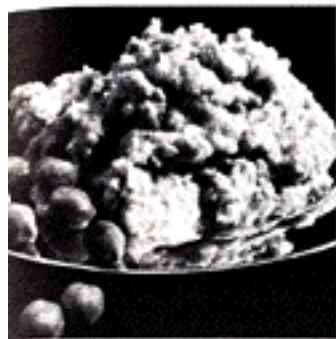
Therefore, one should not eat anything and everything but should eat only food which is offered to the Lord. As explained in *Bhagavad-gītā*, when offered to the Lord one's eatables are sanctified, and by eating sanctified foodstuffs, one's very existence becomes purified; by the purification of existence, finer tissues in the memory become sanctified, and when memory is sanctified, one can

think of the path of liberation, and all these combined together lead to Kṛṣṇa consciousness, the great necessity of present-day society.

There is no need for human beings to resort to eating meat, fish or eggs to get protein because there is ample protein available through split peas, nuts, dahl, whole wheat, etc. The main source of protein in the daily Kṛṣṇa consciousness *yoga* diet is dahl, which is made from different types of dried beans. Most varieties are easily available in Indian specialty stores, the most delicious being split mung dahl and split urad dahl. Ordinary split peas or whole mung beans may also be used. Dahl can be a very plain but wholesome soup, or it can be used to make the most delicate and unusual pancakes. It is also used in kachoris, which are the best of all savories and a favorite of Śrīmatī Rādhārāṇī, Kṛṣṇa's eternal consort.

Chick peas (garbanzo beans) are usually offered in the morning and may be prepared as follows. Soak the chick-peas overnight ( $\frac{1}{2}$  cup is sufficient for a family of four). In the morning, drain them well and sprinkle over them the juice of  $\frac{1}{2}$  lemon. Add  $\frac{1}{2}$  t. salt, a light sprinkling of black pepper and a pinch of asafoetida. Offered with small pieces of ginger, they are a wonderful source of energy.





Chick-peas and Yoghurt

#### BASIC SPLIT PEA DAHL

<i>1 cup split peas</i>	<i>5 cups water</i>
<i>1 red pepper</i>	<i>1 t. salt</i>
<i>1 cup variety cut vegetables</i>	<i>2 t. turmeric</i>
<i>2 T. ghee</i>	<i>½ t. cumin seeds</i>

Wash peas and place in a saucepan with water, turmeric and salt. Bring to a boil. Add vegetables. Reduce heat and simmer until *dahl* is a smooth soup (about 1 hour). In a small pan heat ghee until smoking. Add cumin seeds and cook until black. Add the broken red pepper and cook until black. Pour contents in a fell swoop into the *dahl* and cover quickly to avoid splashing.

#### CHICK-PEAS (Garbanzo Beans)

<i>2 cups chick-peas</i>	<i>juice of 1 lemon</i>
<i>8 cups water</i>	<i>¼ cup ghee</i>
<i>1 red pepper</i>	<i>1 T. salt</i>
<i>½ cup freshly grated coconut</i>	<i>1 t. turmeric</i>
	<i>1 t. cumin</i>

Soak peas overnight. Bring peas and water to a boil. Add salt and turmeric. Simmer gently until tender. Add lemon juice and coconut. Prepare chaunche as with BASIC SPLIT PEA DAHL\*. Serve with CUDDY SAUCE\*.

#### CHICK-PEAS & PEANUTS

<i>1 cup chick-peas</i>	<i>2 t. salt</i>
<i>1½ cups raw peanuts</i>	

<i>juice from 1 lemon</i>	<i>½ t. turmeric</i>
<i>ghee for deep frying</i>	<i>¼ t. cayenne</i>

Soak chick-peas overnight. Drain very well. Fry peanuts and chick-peas until golden brown (separately). Combine all spices with lemon juice and pour over fried chick-peas and peanuts. Mix well.

#### CHICK-PEAS & YOGHURT

<i>1½ cups chick-peas</i>	<i>1 T. salt</i>
<i>2 cups yoghurt</i>	<i>½ t. ground black pepper</i>
<i>¼ t. ground red pepper</i>	

Wash chick-peas thoroughly. Soak 8 hours or overnight in 4 to 5 cups water. When ready to prepare, use same water and bring to a boil. Cover chick-peas and simmer until they are tender and can be easily mashed. Test by mashing one between the fingers. Drain off water and mash well; then add yoghurt, salt and pepper. Mix well.

#### DOSA PANCAKES

<i>1 cup raw white rice</i>	<i>water</i>
<i>½ cup urad or mung dahl (split)</i>	<i>2 t. salt</i>
<i>½ cup yoghurt</i>	<i>¼ t. cayenne</i>

Soak the dahl and rice overnight. Drain. Blend in an electric blender, adding salt and cayenne with just enough water to help blending process. Pour into a bowl and add the yoghurt. Mix well. The batter should be like any pancake batter. Lightly grease a skillet. Pour batter into nice circles. The bottom is

\*These recipes are elsewhere in this book and may be found in the Index.

done while the top is still bubbling. Turn over and brown other side. This may be served plain, or best, with tender potatoes fried in spices with a little water. It can be served with potatoes and cabbages.

#### FRIED DAHL

*1½ cups split peas*                      *½ t. gram massala*  
*1 crushed red*                         *1 t. cumin seeds*  
    *pepper*                                 *¼ t. ginger*  
*¼ cup ghee*

Wash and soak peas in water overnight. Drain. Heat ghee and make massala. Add peas and fry slowly for 20-25 minutes or until tender and spices have been absorbed. These are not crispy. Spice now with gram massala and ginger.

#### HARD DAHL

*1 lb. yellow split peas*                 *1 t. cumin*  
     *(or any other dahl)*                 *1 t. cinnamon*  
*1 t. red pepper*                             *1 t. ginger*  
*3 cups ghee*                                 *½ t. nutmeg*  
*½ t. salt*                                        *¼ t. ground cloves*  
*¼ t. black pepper*

Soak peas overnight and drain. Heat ghee and slowly pour in peas and fry slowly until hard. Drain off excess ghee. Then add remaining spices. Stir well and serve.

#### KITRI

*1 cup rice*                                     *1 T. salt*  
*1 cup urad or mung dahl*                 *1 t. turmeric*  
     *or split peas*                             *2 crushed red peppers*

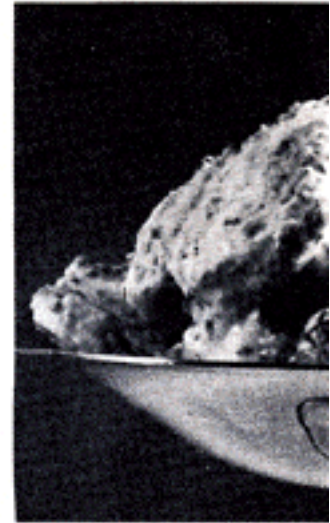
*½ cauliflower or cabbage*             *1" piece of fresh ginger*  
*2 cups string beans*                     *1 t. anise seed*  
*1 small potato*                             *½ t. asafoetida*  
*¼ cup butter*                                *2 t. ground cumin*  
*5 cups water*

Wash rice and dahl very thoroughly. Place in large-sized pot with tight cover and add water. Bring to a boil. Add salt and spices. Cut cauliflower in large flowerettes, or cut cabbage in large pieces. Cut potato in 1½" chunks; remove strings from string beans and snap into 2" pieces. Add vegetables immediately or after kitri has been simmering on a medium flame, covered for ½ hour, for more crisp vegetables. Stir once or twice, but not too often. Frequent stirring makes the kitri too mushy. Cook on low-medium flame until it is well cooked and the vegetables are very tender. Add butter and stir lightly. Offer to Kṛṣṇa.

#### MUNG BEAN DAHL

*1 cup mung beans*                         *3 T. ghee*  
*6 cups water*                                *1 t. salt*  
*½ t. finely chopped*                       *1 t. turmeric*  
     *fresh ginger*                             *½ t. cumin seed*  
*1 large fresh sliced*                       *1 t. red pepper*  
     *tomato*

Wash beans and put into a saucepan with water. Add tomato, ginger, turmeric and salt. Bring to a boil. Turn to a low boil and cook until the beans are soft and broken up. Spice as with basic split pea dahl.





Urad Dahl Bara

#### SPLIT PEA BARA

2 cups yellow split peas (green if not available)	2 T. sage
2 cups yoghurt	1 T. ground cumin
ghee for frying	1 T. turmeric
1½ cups water	½ t. cayenne
¼-½ cup salt	1½ t. salt
¼ t. cinnamon	¼ t. allspice
1 T. ground coriander	½ t. asafoetida

Wash split peas well. Soak 2 hours and then drain. Grind in a food grinder into a pan. Place another pan under grinder to catch excess water. Grind a second time. Discard excess water. Add spices to ground peas and mix until well-blended. Heat ghee in a deep fryer (about 1/3 full).

In another pot make a solution of salt and water—2 handfuls of salt to 6 cups of water. Shape ground peas into flat cakes the size of a half dollar. It is helpful to put a little salt water in the palm of the hand while patting the split peas into *baras*. Place a layer of *baras* in the frying basket and deep fry until hard, but not brown. Put the fried *baras* in the salt water solution and soak until they are slightly soft. Remove them and mix the *baras* in with the yoghurt. Before offering, place *baras* and yoghurt in oven for 10 minutes under low heat. Yoghurt will separate and the nice flavor is increased.

#### URAD DAHL

1 cup urad dahl	¼ t. anise seed
½ sliced tomato	1 t. turmeric
6 cups water	¼ t. asafoetida
1 t. salt	1" piece fresh ginger
optional chaunche	

Wash dahl and put dahl, tomato and water into saucepan. Bring to a boil and add all other ingredients. Cook on a high flame for five minutes; then cover and simmer until beans are soft and expanded.

#### URAD DAHL BARA

1 cup urad dahl (split)	1½ t. salt
2 cups yoghurt	1 t. cumin
ghee for deep frying	½ t. allspice
¼ cup water	1 t. cayenne
½ t. cinnamon	

Soak dahl overnight. Drain, then grind in a blender, adding a little water (no more than ¼ cup) to a paste. Beat the paste a little. Heat the ghee. Make a mixture of salt and water—a handful of salt to 3 cups water. Wet your palms with the salt water mixture and pat the paste into little cakes no bigger than half dollars. Fry the *baras* in the ghee on a medium flame until golden brown. Drain. Soak the *baras* in the salt water mixture about five minutes and then remove them and squeeze them so that the water is removed. Beat the yoghurt and spices together with salt. Pour the yoghurt over the *baras*. These are more delicate than split pea *baras*.

#### CHAPTER IV

## BREADS



Although it is very good to pray to the Lord to supply our daily bread and in this way acknowledge our dependence on the Lord, to ask the Lord for bread is actually unnecessary, since He is already supplying food for all living entities, without our needing to pray for it. Knowing this, pure devotees, not concerned with their own self-interest, prefer to bake bread for the Lord's enjoyment and offer it to Him in love. This is just like the love of a child for his father. A father may have many sons and give them all a weekly allowance of money to spend in their own ways for their pleasure, but if one son uses the money to buy something for his father, the father is very much appreciative. Actually the money already belongs to the father, who is not in need of anything from the child, but nevertheless he cannot help being pleased when the son expresses his affection in this way. The son knows: "It is not the money which is wonderful but my father—he is wonderful." Similarly, the

pure devotee is not very much concerned with making the Lord his order supplier for daily bread, but he wants to serve Kṛṣṇa in love and devotion. This is Kṛṣṇa consciousness.

The breads described here are very delicious as well as wholesome, and they are easy to prepare with a little practice. None of them are cooked in an oven, although regular baked bread (without yeast) is very nice to offer. All the breads described here (except bread sticks) are round and require a little skill in rolling, but it soon becomes easy to do. Chapatis, which are made from whole wheat, are the daily bread of the classical Vedic diet. Puris and chapatis are especially exciting to make because they blow up almost to bursting during the cooking. The perfect chapati should have no trace of burns on it, and the perfect puri should be white, with no brown areas. Both, however, must be fully cooked.



Chapatis

#### BREAD STICKS

2 cups whole wheat flour    1½ T. sesame seeds  
½ cup white flour            or caraway seeds  
1 t. salt                            ghee for deep-frying

Mix together flours, salt and seeds. Add ghee solids and mix with hands until flour is the consistency of coarse corn meal. Add enough warm water to make a soft and damp dough (but not wet). Add water gradually to avoid using too much. Knead the dough until done for 5 to 10 minutes. Divide it into 12 parts. Roll the bits of dough into long shapes, no longer than 5" long and 1"-1½" in diameter. Deep fry the bread sticks, several at a time. They should be covered as much as possible by the ghee. Deep fry on a medium flame until they are golden brown and sound hollow when tapped. Remove with tongs and drain. Delicious buttered or plain, they are very good for traveling and will keep nicely for 2 to 3 days. They also make elegant rolls.

#### CHAPATIS

1 cup whole wheat flour  
¼ cup melted butter  
warm water

Mix together flour and water. Add water gradually until dough is soft but not wet and can be kneaded. Knead the dough until fairly soft (about 10 minutes). Cover and let stand 1 hour. Sprinkle flour on the rolling area and pinch off balls of dough about 1½ inches in diameter. Flatten balls and roll out to about 4-5" in diameter. Heat a skillet (you should have one just for this purpose; always keep it clean and free from oil or ghee—cast iron is best) and place the *chapati* on it. Watch carefully. When bubbles appear, turn *chapati* quickly and watch for bubbles again. Using tongs, hold the *chapati* over a direct flame from the stove. You can rest the *chapati* on the burner, but be very quick to turn it. Place the *chapati* down on the first side that it was cooked on in the skillet. Within a few seconds the *chapati* will puff up. Quickly turn it over, put on the burner a few seconds, and then remove. Butter both sides with the melted butter, using a pastry brush. Cover the *chapatis* with a clean cloth to keep in the heat.

### CHEPURIS

1 cup whole wheat flour      ½ t. salt  
(or ½ cup whole wheat flour, water  
½ cup white flour)      ghee for deep-  
2 T. ghee solids, ghee or butter      frying

Prepare dough as for *PURIS\**, and then fry in the same way. *Chepuris* are very delicious and tasty because they combine the wholesome taste of *chapatis* with the delicacy of *puris*.

### CHIPS

2 cups white flour      ½ t. baking powder  
2 T. caraway or sesame seeds      scant ¼ cup cold  
½ T. coarse salt      water  
3½ T. ghee solids      ghee for deep-frying

Mix together flour, seeds, salt and baking powder. Add ghee solids, mixing with hands until flour is corn meal consistency. Slowly add cold water, mixing constantly. Knead dough, then roll out to ¼" thickness. Cut into diamond shapes and deep-fry until golden brown.

### COCONUT BREAD

½ cup whole wheat flour      1 t. salt  
1 cup grated coconut      pinch coriander  
3 T. sugar      few drops rose water

Mix ingredients with enough cold water to make a soft dough. Pat into dollar-size patties and fry in ghee until crisp and light brown.

### PARATHA

1½ cups whole wheat flour      ¼ cup ghee or melted  
½ cup white flour      butter  
water

Work butter or ghee into flour with fingertips. Add enough water to make a medium-soft consistency. Cover and let stand for one-half hour. Knead for about 10 minutes. Make large balls, 2" in diameter, using ½ cup flour for each *paratha*, and roll out about 8" round so it's nice and thick. Spread top with melted butter and fold in half. Smear with butter and fold into quarters (△ shape). Roll out. Place in a medium hot skillet, turning frequently. With each turn, add a spoonful of ghee on the surface and rub lightly with the spoon. Press the edges occasionally to insure doneness. Cook until it turns reddish and is crispy.

### STUFFED PARATHA

Prepare regular *paratha*, but before folding, add 1 T. grated radish, cauliflower, or green pepper with a sprinkle of salt and ground coriander. These are very delicious and can be offered in an assortment to *Kṛṣṇa*.

### PARATHA II

1 cup whole wheat flour      a few tablespoons of  
water      butter or ghee

Mix water into the flour, stir a little, and then press or knead lightly again. Make a 2" ball from the dough and then roll out a round *paratha* about 1/3"





Puris

to  $\frac{1}{2}$ " thick. Place a little ghee in a heavy round-bottom pan (or Indian *tala*). Put the *paratha* down on one side into the pan; in a short while it will puff up. Turn it over and cook the *paratha* in a small amount of butter or ghee until both sides are a light brown. A few turnings on each side should be sufficient.

#### STUFFED PARATHA II

Roll out *paratha* in the same way. On one *paratha* place a few teaspoonsful of vegetables (raw spinach, grated white radish, grated cauliflower, grated carrot, mashed potatoes, etc.) and sprinkle vegetables with a little gram massala and salt. Place another *paratha* on top, and then roll them together to seal. Roll very carefully. Cook them the same as regular *parathas*. Offer hot.

#### PURIS

2 cups white flour	little over $\frac{1}{2}$ cup water
$2\frac{1}{2}$ T. ghee or ghee solids	ghee for deep-frying

Add ghee solids to flour and mix with hands until flour is consistency of coarse corn meal. Add water a little at a time; keep mixing. Knead dough about 10 to 15 minutes. Cover with a dampened cloth and let sit about  $\frac{1}{2}$  hour. For rolling, rub a little ghee on a table top and onto rolling pin. Pinch off bits of dough into balls  $1\frac{1}{2}$ " in diameter. Roll into round, flat, thin *puris*. It takes a little practice to get them perfectly round.

Place *puri* in hot ghee. Push it to the bottom and bathe it in ghee. It will rise up and puff up, like a balloon. Turn over quickly; remove with tongs. To drain them nicely, prepare in advance a cardboard box lined with paper toweling. Stand *puris* up in long lines to drain. *Puris* are traditionally served plain, but they may be sprinkled with confectioner's sugar or spread with chopped walnuts, raisins and honey. They are delicious served with fruit chutneys or with WET POTATOES AND CAULIFLOWER\*.

#### SOPAI PILLAS

4 cups white flour	2 T. ghee
2 t. black pepper	milk
3 T. sugar	ghee for frying

Work ghee into sifted dry ingredients with fingertips. Add enough milk to make a firm dough. Cover and let dough stand for 30 to 40 minutes. Then roll out to a  $\frac{1}{4}$ " thickness. Cut into diamonds and deep fry in ghee.

#### WHOLE WHEAT DIAMONDS

2 cups whole wheat flour	1 T. coriander
$\frac{1}{4}$ cup ghee	water
1 cup powdered sugar	ghee for deep-frying

Mix coriander into the wheat flour. Rub in ghee with fingertips. Add the powdered sugar and enough water to make a stiff dough. Roll out  $\frac{1}{4}$ " thick and cut into diamonds. Fry in ghee.

CHAPTER V

# VEGETABLES



In *Bhagavad-gītā* Lord Kṛṣṇa declares, "I enter into each planet, and by My energy they stay in orbit. I become the moon and thereby supply the juice of life to all vegetables." (Bg. 15.13) Śrīla Prabhupada further explains: "It is due to the Supreme Personality of Godhead that the moon nourishes all vegetables. Due to the moon's influence, the vegetables become delicious. Without the moonshine, the vegetables can neither grow nor taste succulent. Human society is working, living comfortably and enjoying food due to the supply from the Supreme Lord. Otherwise, mankind could not survive. Everything becomes palatable by the agency of the Supreme Lord, through the influence of the moon."

Most vegetables in season can be offered to Kṛṣṇa. From the recipes in this section you will see

how you can transform simple vegetables into classic, flavorful dishes. The potato is called the "king" of vegetables because it can be prepared in many delicious ways. Eggplant and cauliflower, being great favorites, are also an integral part of the Vedic diet, as are okra, string beans and peas. Onions, garlic and mushrooms are considered unclean vegetables and are therefore never offered to Kṛṣṇa. Vegetables can be prepared with spices or steamed in a small amount of water with butter added at the end. Fresh lemon squeezed on plain vegetables prepared by steaming is very delicious, and the correct amount of salt brings out the wonderful natural flavor of any vegetable. Each recipe calls for fresh vegetables. One should not offer Lord Kṛṣṇa canned vegetables and fruits. However, frozen vegetables may be used, since they retain their freshness.





Cabbage

#### BEAN SPROUTS

6 cups bean sprouts (fresh)    ½ t. ground ginger  
2 T. ghee    ¼ t. salt  
¼ t. asafoetida    ¼ t. ground coriander

Heat the ghee and add all spices except salt. Fry spices 2 minutes and then add well-drained bean sprouts. Fry bean sprouts, constantly turning, for 5 to 7 minutes, or until sprouts become translucent and slightly soft. Add salt; fry and mix for 2 minutes more. This is nice as an accompaniment to a green vegetable and TOMATO RICE\*.

#### CABBAGE

2 medium heads cabbage    1 t. cayenne  
8 T. ghee    1 t. turmeric  
1 T. salt

Core cabbages. Chop into tiny pieces. In a large frying pan heat the ghee, adding the cayenne and turmeric. Stir, then add the cabbage. Fry on medium flame until cabbage becomes clear. Add salt. Stir and cook another few minutes. The cabbage should be neither browned nor watery; it should be slightly crisp.

#### CAULIFLOWER

3 medium cauliflowers, grated    7 T. ghee  
or chopped very small    1½ T. salt

Heat ghee on a medium flame. Add the cauliflower, stirring until vegetable becomes clear and slightly tender. Add salt. Stir a few minutes more, being careful not to brown the cauliflower. Do not overcook or the vegetable will become watery. This is very simple, but very delicious and unusual.

#### CHINESE PEA PODS

(sometimes called snow peas or sugar peas)

½ lb. pea pods    ¼ t. asafoetida  
2 T. ghee    ½ t. salt  
¼ t. ginger

Heat ghee. Add spices except salt. Fry spices 2 minutes and add pea pods. (The stems of the pods should be removed as you would for string beans). Fry the pods 5 minutes and then add salt. Fry another 5 minutes until pods are just tender. This green vegetable is very delicious and delicate. Be very careful not to burn.

#### CHINESE PEA PODS AND GREEN PEAS

*½ lb. pea pods*                      *¼ t. ginger*  
*1 lb. green peas*                  *½ t. coriander*  
*¼ cup fried peanuts (opt.)*      *½ t. salt*  
*½ cup diced pineapple*        *½ t. ground black*  
*4 T. ghee*                              *pepper*  
*¼ t. asafoetida*

Remove the stems of the pea pods, and wash and drain well. Heat the ghee and add all the spices except the salt and coriander. Add the pods, and fry for 5 minutes stirring constantly, but gently. Add the salt. Fry another 5 minutes. Add the peas, and stir all together. Cover the pan and let the peas gently steam until they are almost tender. Add pineapple, peanuts, and coriander; stir and cover. When peas are just tender, uncover and cook one minute more.

#### DRY CAULIFLOWER AND POTATOES

*1 cauliflower*                      *1 t. turmeric*  
*4 potatoes*                          *1 t. salt*  
*massala*

Wash and cube potatoes. Wash cauliflower and break into small flowerettes. Make massala. Add vegetables, salt and turmeric. Cover with water and cook over medium heat covered until dry.

#### CUCUMBERS

*2 cucumbers*                      *½ t. black pepper*  
*1 small piece fresh*              *pulp from 2 lemons*  
*ginger*                                  *or limes*  
*¼ t. salt*

Cut cucumber into tiny pieces. Grind ginger and citrus pulp. Add salt and pepper. Serve cold. Very cooling in summer.

#### EGGPLANT BHARATA

*1 eggplant*                          *¼ cup shredded coconut*  
*2 small green chilis,*              *¼ cup golden raisins*  
*sautéed*                              *½ t. ground coriander*  
*small piece fresh ginger*        *½ t. salt*  
*2 T. butter*

Boil eggplant with stalk. Remove from water when tender. Peel, remove the stalk, and mash the pulp. Heat butter, add the pulp, raisins, chilis, salt, finely chopped ginger. Keep frying for 5 minutes. Add shredded coconut and coriander and remove from fire.

#### EGGPLANT FAVORITE

*1 eggplant, cubed*                  *1 cup chopped green*  
*massala*                                  *beans*  
*ghee*                                      *2 sliced tomatoes*

Heat ghee in a pan and make massala. Add eggplant and green beans with a little ghee and cook until soft in covered pan. Add tomatoes. On a high flame, cook and stir until wetness has evaporated.





Although Kṛṣṇa is the Supreme Personality of Godhead, He appeared in this world as a cowherd boy to enjoy transcendental pastimes as the son of Nanda Mahārāja and His wife Yaśodā in the land of Vṛndāvana.

#### EGGPLANT PUKI

1 medium eggplant                      3 T. salt  
3 T. turmeric                              ½ cup ghee

Cut the eggplant in quarters. (It is best to use an eggplant that doesn't have a long neck. A short, squat eggplant works best.) After the eggplant is quartered, cut in thick slices. You should have 12 to 14 thick slices. Mix the salt and turmeric together and place in a flat plate. Heat the ghee in a frying pan. The ghee should cover about ½ inch of the pan. Dip each slice of eggplant in salt-turmeric mixture (the slices should be thoroughly dry) and rub the mixture on the slice as a coating. Fry the pieces in the pan of ghee on a medium-high flame, turning as necessary. Hold a small sharp knife over a piece of eggplant puki and let it drop. If it falls straight through, hitting the bottom of the pan, and the eggplant is as soft as butter, it's ready to offer. If there is excess ghee, strain it through a piece of muslin and pour it on plain rice. The muslin will remove the salt and turmeric.

#### EGGPLANT AND TOMATOES

1 eggplant                                      2 t. turmeric  
ghee for frying                              1 t. salt  
3 cubed tomatoes                        1 green pepper  
½ t. cumin powder                        ¼ cup golden raisins  
¼ t. cayenne                                 1/8 t. asafoetida

Wash and chop the green pepper, then sauté in ghee until tender. Drain and set aside. Cube eggplant and fry in ghee until done. Drain and set aside. Put a little ghee in a pan. Cook tomatoes, spices, green peppers and raisins for 5 minutes, then add eggplant and cook an additional 5 minutes, uncovered.

#### EGGPLANT, TOMATOES AND CHICK-PEAS

1½ lb. tomatoes                              1 t. turmeric  
4 medium eggplants                        ½ t. crushed chilis  
½ cup chick-peas                            pinch asafoetida  
½ cup ghee

Soak chick-peas overnight. Boil until tender, drain and set aside. They may be mashed. Cut tomatoes into quarters and cook until they are almost all liquid. As they cook, cut eggplant into thin wedges. Heat the ghee and add chilis. When chilis are brown, stir in asafoetida and turmeric. Add eggplant and fry, stirring constantly. When eggplant is soft and coated with spices, add chick-peas and tomatoes. Cook covered, stirring occasionally until vegetables are tender and mixture thickens. This is delicious with rice and lemon.

### EGGPLANT AND ZUCCHINI

*1 eggplant*                      *¼ cup ghee solids*  
*2 lb. zucchini*                *1 t. salt*  
*1 t. cumin seed*              *½ t. turmeric*  
*½ t. crushed chilis*

Wash and cut vegetables into 1" chunks. Make basic massala. Add vegetables and spices and stir. Cook covered on medium heat, stirring occasionally. After 20 minutes, lower heat and continue cooking until vegetables are done. Then remove cover and let excess water steam off.

### GREEN PEPPERS

*2 T. ghee*                        *½ t. coriander*  
*6 chopped green peppers*   *½ t. turmeric*  
*¼ cup chick-pea flour*        *salt*  
*½ cup grated coconut*

Simmer peppers in ghee until tender. Drain. Mix in other ingredients and fry for 5 minutes.

### GREEN VEGETABLES BHAJI

*2 bunches spinach*            *1½ t. salt*  
*1 bunch turnip leaves*        *1 T. coriander*  
*1 bunch white radish*        *¼ t. cayenne*  
   *leaves*                      *1 small piece ginger*  
*2 T. ghee*

Wash vegetables. Remove the hard stems and cut roughly. Heat 2 T. ghee. Add spices and vegetables and stir well. Cook, uncovered, on low flame until all water is evaporated. Stir again. Add butter.

### KOFTA (for 6)

**Balls**  
*2 med. heads cauliflower*    *about ½ cup chick-pea*  
*2 potatoes*                      *flour*  
*1½ t. turmeric*                *pinch asafoetida*  
*1½ t. salt*                        *ghee for deep frying*

**Sauce**  
*10 tomatoes*                    *¼ t. ground ginger*  
*½ t. whole cumin seed*        *1 t. salt*  
*½ t. crushed chilis*            *2 bay leaves*  
*½ t. whole coriander seed*   *½ t. oregano*  
*¼ t. asafoetida*                *2 T. ghee*

Grate the cauliflower and potatoes together. Drain excess water. Add all the spices and enough chick-pea flour to hold ingredients together in 1" balls. Deep-fry the kafta balls in medium hot ghee. Drain on paper towels and set aside.

Sauce: dry roast the cumin seeds and add chilis. Brown chilis and add asafoetida and ginger. Chop 3 tomatoes and add. Simmer 10 minutes on a low heat. Meanwhile, blend 7 tomatoes and add to sauce with bay leaves and oregano. Cook slowly for ½ hour to one hour. Tomato sauce can be begun first and balls can be fried during the simmering time. When tomato sauce is ready to offer, add the kofta balls. Serve with melted butter and LEMON RICE\* and CHEPURIS\*.



Kofta



#### OKRA AND COCONUT

1 T. ghee	¼ cup coconut
¼ lb. okra (halved long way)	½ t. ginger
½ t. salt	1½ cups yoghurt
½ t. ground turmeric	¼ t. cayenne
	½ t. coriander

Heat ghee. Add halved okra. Fry 5 minutes, then add salt, turmeric and ginger. Fry until done. Combine yoghurt, cayenne, coriander and coconut. Toss with okra.

#### PEAS AND TOMATOES WITH CASEIN (serves 4-6)

curd from ½ gallon of milk	1 t. cayenne
½ lb. tomatoes	1 lb. peas
6 T. ghee	1½ t. salt
1 t. turmeric	1 cup whey (save from curd)
1 t. ginger	
2 t. ground coriander	ghee for deep frying

Let curd hang 3-4 hours and reserve 1 cup whey. Make casein balls. (see p. 22) Set aside. In a frying pan heat ghee and add all the spices except salt. Heat for a minute or two, then add the tomatoes. When the tomatoes cook down a little, add the peas and whey and salt. Lower flame and cook until peas are tender. Add the fried casein balls and simmer about 15 minutes. This is a very rich and tangy vegetable, especially good for festive celebrations.

#### PEAS AND PEANUTS

2 lb. peas	½ t. cayenne
½ cup raw peanuts	½ t. ground black pepper
4 T. ghee	1 T. ground coriander
pinch asafoetida	½ t. cinnamon
1 t. salt	½ t. allspice
¼ t. turmeric	

Heat the ghee in a frying pan. Add a pinch of asafoetida. Add peanuts and cook until light golden brown, add peas and stir lightly. Add salt and spices one at a time and stir until all are well mixed. Cook until peas are tender.

#### POTATOES AND PEPPERS

2 lb. potatoes, diced	1 green pepper
¼ cup ghee	1 t. turmeric
1 t. basic massala	1 t. salt

Make basic massala and add green pepper. Add potatoes. Stir. Add turmeric and salt. Cover with water and cook uncovered until done.

#### MASHED POTATOES AND CABBAGE

4 potatoes                      ½ t. anise seeds  
1 t. turmeric                  juice of 1 lemon  
1 large cabbage              ¼ cup brown sugar  
½ cup ghee                    1 cup yoghurt  
basic massala

Wash vegetables. Boil peeled potatoes in turmeric water. Mash. Make basic massala. Fry shredded cabbage in ghee with anise. Sprinkle with lemon juice and sugar. Add to potatoes. Add yoghurt and mix.

#### POTATOES, CAULIFLOWER AND PEAS

4 potatoes                      ghee  
1 t. turmeric                  2 t. salt  
1 cup green peas              ¼ t. cayenne  
1 cauliflower                  ½ t. cumin powder

Boil all vegetables. Mash into a paste. Add spices and make into patties. Fry in pan until crust is formed. Turn often and add more ghee as necessary.

#### POTATOES, CAULIFLOWER IN YOGHURT

1 small cauliflower          1 T. turmeric  
4 potatoes                      ½ t. ginger  
ghee                              1½ t. salt  
1 cup yoghurt

Break washed cauliflower into flowerettes. Wash and slice potatoes. Deep-fry both in ghee until golden. Drain. Toss into spiced yoghurt.

#### DEEP-FRIED POTATOES (serves 6)

5 lb. potatoes, cut in one    2 T. ghee  
inch cubes                    1 t. cumin seed  
ghee                              1 t. crushed chills  
1 cup chopped green        pinch asafoetida  
pepper (opt.)                  salt

Using frying basket, deep-fry potatoes in ghee until potatoes are light golden color and are easily pierced with a sharp knife. Do not brown. When they are all done, heat 2 T. ghee in a small pot. Add cumin seed and heat until brown. Then add asafoetida and chilis. When chilis are brown, add ghee and spices to potatoes and salt well. Add green peppers and mix.

#### POTATOES AND YOGHURT

2 lb. potatoes                  1 t. turmeric  
2 cups yoghurt                1 t. ground cumin  
1 t. salt

Wash and cut potatoes in half. Boil in a pot with water. When done, drain, mash and add spices. Add yoghurt and mix well.



Potatoes, Cauliflower  
and Peas



#### SPINACH IN COCONUT MILK

1 cup dried grated coconut  
1 cup milk

2 lb. spinach  
1 t. lemon juice  
½ t. pepper

Combine coconut and milk in a saucepan. When it boils, remove from heat and discard pulp. Wash spinach and drain well. Chop. Combine spinach, lemon juice, pepper and coconut milk in a saucepan. Cook covered over low heat for 20 minutes.

#### SPINACH, EGGPLANT AND CHICK-PEAS

massala  
2 bunches spinach  
5 large tomatoes  
1 eggplant

½ cup chick-peas  
1 T. turmeric  
1 T. salt  
½ cup melted butter

Soak chick-peas overnight. Drain and set aside. Stew tomatoes in simmering water until soft. Drain off excess water and mash. Set aside. Wash and chop spinach and eggplant. Make massala. Add eggplant, tomatoes, chick-peas, spinach and spices. Cook over medium heat until done. Add butter.

#### STRING BEANS (serves 4-6)

2 lb. string beans  
¼ cup ghee solids  
juice of 1½ lemons  
(strained)  
1½ t. salt

½ t. black pepper  
1 T. ground coriander  
½ cup fried peanuts  
(opt.)

Wash string beans well. Break off both ends and remove strings. Put them in a saucepan and put one inch of water in the bottom of the pan. Place on medium flame. When water begins to boil, cover and lower flame slightly. Steam string beans until they are tender. Check frequently to see that water does not evaporate. Add a little more water if necessary. When string beans are done, drain them. Keep the water, as it is very nutritious and flavorful, to use in rice or dahl. Add the ghee solids. When they melt, add salt and spices and lemon. Mix very well. Add peanuts.

#### STRING BEANS AND EGGPLANT

1 eggplant, chopped  
½ lb. string beans  
¼ cup ghee  
1 t. cumin  
¼ chili, crushed

½ t. salt  
½ t. turmeric  
1/3 cup water  
massala

Boil string beans in water until soft. Drain and set aside. Put ghee in a pan and make massala. Add chopped eggplant and stir. Add water and other spices. Cover and cook, stirring occasionally until the eggplant is soft as butter. Mix in the string beans. Cook five minutes uncovered.

**SWEET POTATOES (serves 6)**

2½ lb. sweet potatoes (or yams) ½ t. cinnamon  
 1 cup grated coconut 1 t. ground cumin  
 ½ stick butter (2 oz.) ½ T. salt  
 1 t. ground black pepper ¼ t. cayenne  
 ½ t. allspice

Cut yams in halves or quarters if large. Boil until soft. Peel and mash. Toast coconut. Add butter, coconut, salt and spices to yams. Mix well.

**TOMATOES AND PLANTAINS (serves 6)**

8 plantains, peeled and cut in 1 inch chunks 2 t. salt  
 8 large tomatoes ghee for deep frying  
 6 T. ghee 1 T. amchur (mango powder)  
 1 t. cumin seed 1½ T. ground coriander  
 ½ t. crushed chilis

Cut tomatoes in quarters or eighths. Boil plantains in water until they are bright yellow and slightly tender. Test by piercing with a sharp knife. Drain plantains. Heat ghee for deep frying and deep fry plantains until they are golden brown. Remove. Heat 6 T. ghee and add cumin seeds. When cumin browns, add crushed chili peppers. When chilis are brown, add tomatoes. Cook until soft and semi-liquid. Add plantains, salt and spices and keep cooking until tomatoes form a nice sauce and plantains are tender. Cover and cook on a low flame, stirring occasionally to prevent sticking or burning.

**UPMA**

1½ cups farina (cream of wheat) ½ t. cumin powder  
 1 broken chili  
 1½ cups diced string beans, peas and cabbage 2 cups water  
 ¼ cup butter  
 2 t. salt

Put farina into a dry skillet and stir briskly and continuously over medium flame until browned. When nicely browned, remove from fire and pour into a bowl. Heat butter. Make massala. Add vegetable. Let cook for a few minutes. Then add 2 cups water. Let it come to a boil and cook until the vegetable is done. Add 2 t. salt. Add farina, stirring as you put it in. It will soak up water quickly and is done in no time. It has the consistency of dry halavah.

**UPMA II (serves 4)**

4 T. ghee 1 cup farina (cream of wheat)  
 ½ cup peas strained juice of lemon  
 2 med. green peppers (cut in small pieces) 2 T. butter  
 1 small cauliflower or cabbage (cut in small pieces) ½ t. turmeric  
 2 t. salt pinch asafoetida  
 ½ t. cayenne pepper

Put the ghee in a deep pot and heat it well. Add the chopped cauliflower or cabbage until it becomes clear and slightly soft. Add green pepper and sauté about 5 minutes, stirring continuously. Add water, peas and spices and bring to a fast boil; then turn







the heat slightly down and cook several minutes until vegetables are tender. Add farina by pouring it slowly with one hand and stirring with the other to avoid lumps. (The farina should be dry roasted beforehand.) Add the lemon juice and butter. Stir very firmly until *upma* is perfectly blended and not mushy—about 5 minutes. This is very tasty and easy to prepare.

#### WET CAULIFLOWER

4 med. cauliflowers	1½ T. salt
7 T. ghee	2 T. butter or ghee
2 t. turmeric	solids
1 t. crushed chilis	water to cover

Cut cauliflower in flowerettes. In large frying pan heat ghee and add crushed chilis. When chilis brown, add turmeric, stir, and add cauliflower. Sauté cauliflower 5 or 10 minutes and add enough water to cook the cauliflower. Cover and salt. Cook covered, stirring occasionally until tender. Add butter. The juice is delicious poured over plain rice.

When Kṛṣṇa's cowherd friends came to beg food from some *brāhmaṇas* who were performing Vedic rituals, the *brāhmaṇas* refused them, but the wives of the *brāhmaṇas*, out of spontaneous affection, immediately went out into the forest to offer a nice feast to Kṛṣṇa and His brother Balarāma.

#### WET CAULIFLOWER AND POTATOES (serves 6-8)

3 lb. potatoes, cut in 1 inch cubes	1 T. turmeric
2 small-med. cauliflowers, cut in small flowerettes	3 T. ghee
1 T. salt	1 t. cumin seed
¼ cup yoghurt	1 t. crushed chilis
	pinch asafoetida

Deep fry potatoes and cauliflower in deep fryer until tender, but still white. Keep putting fried vegetables in a separate large pot until all vegetables are done. In a separate pot, make *massala* (asafoetida, cumin seed, chilis and ghee). Fill the pot with water sufficient to cover the vegetables. Bring to a boil on a high flame, then add salt, turmeric and yoghurt. Add vegetables, bring to a boil and turn off flame.

note: Split pea *baras* may be added to this vegetable preparation. The fried *baras* should be first soaked in salt water, then added to the cooked vegetables to soak up the juice. The *baras* do not have to soak in yoghurt for this preparation.

#### ZUCCHINI AND PEPPERS

2 lb. zucchini	¼ cup ghee
2 green peppers	½ t. turmeric
massala	¼ t. salt

Fry washed and sliced zucchini and peppers in massala and ghee. Add salt and turmeric.

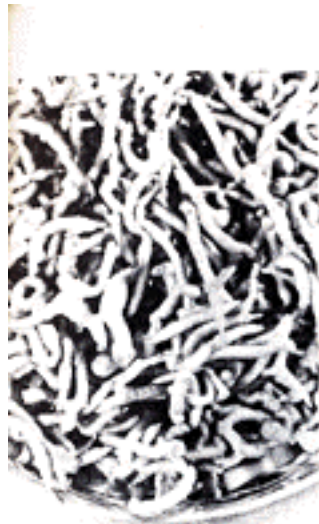
CHAPTER VI  
**SAVORIES**



The preparation of savories shows the sophistication of *prasādam* cooking. The great spiritual masters in Kṛṣṇa consciousness recommend that one should not be attached to material sense enjoyment, but one should accept everything enjoyable which is in relationship to Kṛṣṇa. For example, eating is necessary, and we want some palatable dishes to satisfy our sense of taste. Therefore, for the satisfaction of Kṛṣṇa rather than for the satisfaction of the tongue, some palatable dishes may be prepared and offered to Kṛṣṇa. This is renunciation. Let the palatable dishes be prepared! However, unless they are offered to Kṛṣṇa one should not eat them. This vow of rejecting anything which is not offered to Kṛṣṇa is actually

renunciation, but it is not dry and artificial renunciation, for by such Kṛṣṇa conscious renunciation one is fully able to satisfy the demands of the senses

For an impersonalist, the Lord, or the Absolute, being impersonal, cannot eat. Therefore an impersonalist artificially tries to avoid good eatables. But a devotee, knowing that Kṛṣṇa is the supreme enjoyer and that He eats all that is offered to Him in devotion, offers good eatables to the Lord and then enjoys the *prasādam* remnants. The devotee takes *prasādam* in Kṛṣṇa consciousness, whereas the nondevotee rejects it as material. The impersonalist, therefore, cannot enjoy life due to his artificial renunciation, whereas the devotee enjoys full bliss in relationship with Kṛṣṇa.



Chudy Noodles

#### CHUDY NOODLES

*1 cup chick-pea flour*

*1 t. turmeric*

*1 t. salt*

Mix together flour, spices and a few tablespoons hot water to make a firm dough. This should not be like a batter, but it should be wet enough to squeeze through a ricer. Knead the dough for 5 minutes, and meanwhile heat the ghee in a deep pot. When the ghee is almost smoking, place a nice amount of dough in the ricer, and squeeze it through into the ghee. In a minute the noodles will be done; they will have a brown color. Do not fry too long because they keep cooking when removed from the ghee. These are very crunchy and spicy and delicious. They are very nice with puffed rice, fried peanuts and golden raisins, all combined, or they can be mixed with hard dahl.

*1 t. cayenne pepper*

*ghee for deep frying*

#### MUNG BEAN KACHORIS

*2 cups white flour*

*1 cup chick-pea flour*

*1 t. salt*

*1 t. cayenne pepper*

*peanut oil for deep frying*

*4 medium potatoes*

*2 cups chudy noodles*

*tamarind sauce*

*gram massala*

*1 cup yoghurt*

*¼ cup mung beans*

Make a soft dough with sufficient water using the white flour. Do not put any butter or ghee in the dough. Mix the chick-pea flour with the salt and cayenne, and dry roast the chick-pea flour in a pan until nicely browned. Mix the chick-pea flour with

water to make a soft dough. Prepare chudy noodles using enough flour to yield 2 cups. If possible, use a ricer with small holes to make long, thin noodles. Set aside.

Now, with the white flour dough, make a ball about one inch in diameter. Push your finger into the ball to make a depression about 3/8 inch deep. Make a ball from the chick-pea flour dough a bit bigger than a pea. Place the chick-pea ball inside the depression in the white flour dough, and then pinch the white dough together, completely enclosing the chick-pea ball. Again roll the ball lightly in your hands so that it is evenly round. Now, very carefully roll a nice-sized *puri* from the ball. (Be very careful that nothing is stuck on the rolling pin or on the rolling surface to break the *puri*.)

Heat the peanut oil (oil is used for this preparation so that the *puri* will be very hard and crisp rather than tender) and fry the *puris*. Fry until they puff up. Then continue to fry until the *puris* are very hard and crispy.

Before you begin the frying process, boil the potatoes, peel them, and dice them in 1 inch cubes. Boil the mung beans until they are soft, but not mushy or broken. Set both aside. Prepare tamarind sauce and add 2 T. salt. Set aside. Begin frying the *puris*. When they are all done, in the center break a hole about 2" in diameter in the crispy, puffed-up *puri*, and drop a few pieces of boiled potato inside. On top of the potatoes, put some mung beans, then a big spoonful of yoghurt,

on top of the yoghurt put some chudy noodles, and then sprinkle gram massala. Finally, put a generous amount of tamarind sauce on top of all the layers. Prepare all the *kachoris* in this way, and offer. This preparation is described as being so delicious that it appears that *kachoris* are from the upper planetary systems.

#### PAKORA

batter:

1 cup chick-pea flour	$\frac{3}{4}$ t. salt
1 t. ground cumin seed	$\frac{1}{2}$ t. crushed chilis
1 t. turmeric	$\frac{3}{4}$ t. baking powder
$1\frac{1}{2}$ t. ground coriander	little less than 1 cup
$\frac{1}{2}$ t. each—allspice & cinnamon	water
	<i>ghee for deep frying</i>

Sift chick-pea flour. Add all spices, salt and baking powder. Mix with hands until blended. Add water a little at a time to avoid lumps. Heat ghee for deep frying.

##### plain pakora:

Pour a small amount (about 1 T.) into hot ghee. It will puff up and become similar to a ball. Turn over and brown. Tap with a spoon—if it sounds hollow it's done. Remove with a skimmer and drain on paper toweling. Fry several at a time.

##### filled pakora:

Filling: thin-sliced eggplant wedges or strips, small cauliflower flowerettes, green pepper strips, asparagus tips, parsley sprigs, thin rounds of zucchini or cucumber, carrot rounds or strips. Pieces should be

no bigger than 2" long and they should be thin. Dip vegetables into batter and deep fry until golden. Remove and drain. The little fried batter drips can be removed and saved for salad or peas and peanuts.

#### POPPERS

Poppers are not prepared, but they are bought at Indian specialty stores. They are round, incredibly thin and crisp crackers. They come in a variety of brands and spice mixtures. The two best brands are *Ambi's* or *Bedekar's*. The three main flavors are: red chili (hot), black pepper (tasty but not hot), and plain.

The poppers should not be offered uncooked. They are fried in this way: heat ghee in a large frying pan. It isn't necessary to fill the pan; 1/3 full is plenty. When ghee is very hot, place a popper in the pan. In a matter of seconds it will expand sideways and become light in color. Immediately remove with tongs and stand sideways in a pot lined with paper toweling. Drain very well. These fry very quickly, so don't allow the popper to curl up. These are very delicious and delicate and go very well with rice and peas, or potato preparations. Before offering them, be sure that they are placed so as not to absorb any juices and become soggy. The poppers are prepared from different flours made from beans.



Pakora



### POTATO KACHORIS

#### Filling I:

<i>2 medium potatoes</i>	<i>pinch asafoetida</i>
<i>½ cup peas</i>	<i>½ t. salt</i>
<i>½ t. turmeric</i>	<i>¼ t. each of cinnamon,</i>
<i>1 t. whole cumin seeds</i>	<i>cloves &amp; nutmeg</i>
<i>½ t. crushed chilis</i>	<i>1 t. ground coriander</i>
<i>1" piece ginger root,</i>	<i>5 T. ghee</i>
<i>cut in small pieces</i>	

#### Filling II:

All ingredients the same but omit the peas, add ¼ of one medium cauliflower cut in tiny pieces.

#### Dough:

<i>1¼ cups white flour</i>	<i>ghee for frying</i>
<i>¼ cup whole wheat flour</i>	<i>water</i>
<i>ghee solids or butter</i>	

Prepare dough as for *puris*, soft but not wet. Knead well, cover with dampened cloth and set aside. Cut potatoes in large chunks and boil until cooked but not very soft. Drain, peel and set aside.

**Filling I:** Heat ghee and add ginger. Fry until ginger browns, then remove ginger and add cumin seed. Brown and add asafoetida and chilis. Brown chilis and add all spices except salt. Heat spices thoroughly and add potatoes. Fry potatoes, mashing slightly as they cook, and then add peas and salt. Fry five minutes more and then mash thoroughly.

**Filling II:** Heat ghee and add ginger. When brown, remove and add cumin seed. When cumin seed is brown, add asafoetida and chilis. Brown and add

cauliflower. Fry cauliflower until it is as soft as butter. Mash, then add potatoes. Fry as for I, mashing and adding spices. Mix thoroughly and mash well when done.

**To stuff:** Pinch off 1" balls of dough and roll out to 2½" circles. Place 1 t. or more of filling on one side and fold in half, making a half-circle shape. Using a tiny bit of water, seal very well. Fry in medium hot ghee until done. *Kachoris* fry about the same as *samosa*. Test by noting the golden brown color and a hollow sound when tapped.

### PUFFED RICE (for 4-6)

<i>8 cups puffed rice</i>	<i>salt</i>
<i>1 cucumber peeled, cut in</i>	<i>black pepper</i>
<i>very thin slices</i>	<i>3/8 cup butter</i>

Heat butter until melted. Soak cucumber in salted water for ten minutes. Then drain very well. When the butter is cool, pour over puffed rice and mix in well. Sprinkle salt and pepper and mix in with dry cucumbers. If it is too dry, add a little more melted butter.

### RĀDHĀBALLABHA KACHORIS

*ghee for deep frying*      *cayenne pepper*  
*1 cup of cleaned, split*      *asafoetida*  
*urad dahl*      *2 T. freshly ground*  
*2 cups white flour*      *anise seed*  
*salt*      *butter or ghee solids*

Wash urad dahl thoroughly. Soak in water overnight. Drain, leaving a tiny bit of water. In a blender, grind urad dahl until it is a smooth paste, adding a little more water if necessary. The paste should be very thick. Set aside. Add anise seed to paste. Using white flour, butter or ghee solids and water, make a soft dough, like puri dough. (Not wet.) Let the dough sit for one hour under a dampened cloth. Meanwhile prepare three very small bowls in the following manner:

1. Put in a mixture of 1 T. water and ½ t. asafoetida.
2. Put plain salt in the second.
3. Put cayenne pepper in the third.

Pinch off balls of dough one inch in diameter. Roll them out into circles of 2½ inches in diameter. Pinch off a ball of kachori paste about one inch in diameter; dip into each of bowls in succession, and place in the center of the circle of kachori dough. Gather up the dough around the paste as you would gather a paper bag. Make sure all the urad dahl is covered, and seal the top edge very well using a little water. Flatten the sealed kachori with a rolling pin, and then roll gently as you would a puri or chapati.

Be very careful not to break the surfaces. If necessary, pat them out by hand. Deep-fry the kachori in fairly hot ghee as you would a puri. Stand up kachoris on paper toweling to drain. Before offering them, refry very quickly, but do not brown. This preparation is one of Śrīmatī Rādhārāṇī's favorites and is always prepared for Her appearance day. There is nothing in the material world to compare with the flavor of Rādhāballabha Kachoris.

### SAMOSA—30 flaky, delicious samosas

#### Filling:

<i>1 small cauliflower</i>	<i>1 t. cayenne pepper</i>
<i>½ lb. peas</i>	<i>¼ t. allspice</i>
<i>1/8 cup ghee</i>	<i>¼ t. cinnamon</i>
<i>½ T. cumin seed</i>	<i>¼ T. ground cumin</i>
<i>¼ t. asafoetida</i>	<i>seed</i>
<i>½ t. ground ginger</i>	<i>½ T. ground coriander</i>
<i>½ T. salt</i>	

#### Dough:

<i>2 cups white flour</i>	<i>4 T. ghee solids or</i>
<i>little over ½ cup</i>	<i>ghee</i>
<i>warm water</i>	<i>ghee for deep-frying</i>

Cut cauliflower in tiny pieces. Heat ghee and add cumin seed. When they brown, add asafoetida. Fry cauliflower in ghee and spices on medium flame until cauliflower is tender but not browned. Add peas and cook until peas are tender.



Samosa



Add salt and all other spices. Cook until vegetable is very soft and can be mashed easily and then continue until the paste is quite dry and a little dark in color.

**Dough:**

Cut ghee solids or butter into the white flour. Mix together with hands until it is the consistency of coarse corn meal. Slowly add warm water. Mix very well and then knead until dough is completely soft—about 10 minutes. Pinch off balls about an inch in diameter. Roll out in circles 3½-4" in diameter. Cut in half. Place half circles across the left hand with rounded edge towards fingers. On straight edge put a thin line of water with finger. Pull top corner down, twisting over slightly until you have a cone. Press firmly on the seam to seal. Fill 2/3 of the cone with filling and then seal the top edge, first moistening the two sides with a little water. Pinch, twist and fold the sealed edge in successive folds to form a fluted top. Each *samosa* should have 10-12 little pressed-down folds. The final objective is to have a uniform triangular or fan-shaped *samosa*. They must be well sealed so that they will not break open during the deep frying. Heat ghee for deep-frying. Fry *samosas* till golden and flaky. Test for doneness by tapping lightly with tongs or spoon. If it sounds hollow, it is done. This is the most delicious pastry ever made. (See illustrated diagram.)

**URAD DAHL KACHORIS**

½ cup urad dahl	water
1½ cups white flour or	½ t. salt
1 cup white flour and	1 t. cayenne
½ cup wheat flour	¼ t. asafoetida
5-6 T. ghee solids or	ghee for deep frying
butter	

Soak urad dahl for 5-6 hours. Drain, and crush the beans. Heat 2 T. ghee in a frying pan, and fry the urad dahl with salt, cayenne and asafoetida. Fry for 10 minutes, then add a little more ghee to make the filling smoother. Prepare a very soft dough from the flour and ghee solids or butter. Add a little water and when the dough is well-kneaded, make small balls, ½" in diameter, and stuff in the same way as potato *kachoris*. Roll out the *kachoris* like *puris*, using a rolling pin rubbed with ghee, and the rolling surface rubbed with ghee. The *puri* should be carefully rolled so as not to break, and should only be 1½-2½" in diameter. Heat the ghee for deep frying. Fry until they puff up, remove from the ghee and drain, and when they cool off, deep fry in ghee a second time. If you like you can wait until a few minutes before offering to re-fry. These are very similar to *Rādhāballabha Kachoris*.

CHAPTER VII

# CHUTNEYS, RAITAS & CURRIES



Chutneys and raitas are accompaniments or side dishes served with rice, vegetables, bread and savories. Generally, chutneys are made with fruits and are hot and sweet. Raitas usually consist of a vegetable prepared with yoghurt and salt; they are similar to salads and are simple to prepare.

With a little experience, it is easy to determine which chutney or raita will be most palatable with each offering. For instance, peach chutney is very tasty with cauliflower pakora, and cucumber raita goes well with steamed rice, plain cuddy and plain pakora. Tomato chutney is excellent with potato kachoris, Rādhāballabha kachoris, samosas, baras and so on. Raitas and chutneys should also be chosen for their colors and arranged very nicely on the offering plate.

As it is said, "Variety is the spice of life." The Supreme Personality of Godhead, being the reservoir of all bliss, cannot be impersonal. The idea of impersonal oneness is monotonous and dull, whereas the unlimited spiritual varieties which are present within Kṛṣṇa are an eternal source of

transcendental pleasure for His devotees.

Lord Caitanya Mahāprabhu has prescribed a very simple program by which anyone can easily make progress in the spiritual life of Kṛṣṇa consciousness even in the present age of quarrel and hypocrisy. It is simply to hear about Kṛṣṇa's philosophy and activities from authorized scriptures like *Bhagavad-gītā As It Is* and *Śrīmad-Bhāgavatam*, to chant the Hare Kṛṣṇa mantra and dance in ecstasy, and, when one feels tired after chanting and dancing, to rest and enjoy sumptuous Kṛṣṇa prasādam. When Lord Caitanya was propagating this *saṅkīrtana* movement in the holy city of Jagannātha Purī, there were standing orders to the managers of the Jagannātha temple that Lord Caitanya's devotees should have as much prasādam as they wanted. Every evening there would be chanting and dancing with thousands of devotees, and then there would be profuse distribution of Kṛṣṇa prasādam. Therefore this *saṅkīrtana* movement of Lord Caitanya is simply transcendently pleasing, and every living entity can take part in it and relish the essence of all bliss.





Apple Chutney

## CHUTNEYS

### APPLE CHUTNEY

<i>5 lbs. apples</i>	<i>¼ t. cloves</i>
<i>½ cup water</i>	<i>1 t. turmeric</i>
<i>¼ cup butter</i>	<i>1 t. ginger</i>
<i>2 T. crushed chills</i>	<i>1 t. cinnamon</i>
<i>1 t. nutmeg</i>	<i>6 cups sugar</i>

Wash, core and peel apples. Measure spices. Steam apples in water until done. Remove lid and cook off excess water. In a deep skillet heat butter and make massala. Add all other spices immediately. Stir; add apples and let cook on a high heat, cooking away excess liquid. Add the sugar until mixture becomes jam-like. Remove from heat. Serve cold to Kṛṣṇa.

### AVOCADO CHUTNEY

Mash 3 avocados to a pulp. Spice with lemon, chili powder, ginger, honey and salt.

### BANANA CHUTNEY

<i>12 bananas</i>	<i>¾ cup sugar</i>
<i>1" piece tamarind</i>	<i>¼ t. ground cumin</i>
<i>¼ t. nutmeg</i>	<i>¼ t. ground red pepper</i>
<i>¼ t. cinnamon</i>	<i>¼ t. ginger</i>
	<i>¼ t. black pepper</i>

Soak tamarind overnight in a small amount of water. Push through a strainer into a large bowl and add all other ingredients. Mash, mix and serve cold.

### BANANA SAMBAL

<i>4 bananas</i>	<i>1 t. nutmeg</i>
<i>¼ cup sugar</i>	<i>½ cup butter</i>
<i>juice of 2 limes</i>	

Sprinkle bananas with sugar, lime juice and nutmeg. Sauté in butter until light brown. Serve as a side dish.

### FIG AND DATE CHUTNEY

<i>1½ lbs. figs</i>	<i>1 T. turmeric</i>
<i>¾ lb. dates</i>	<i>1½ cups sugar</i>
<i>2 T. cumin seeds</i>	<i>6 T. ghee</i>
<i>5 crushed chili peppers</i>	<i>water</i>

Grind or chop dates and figs very fine. Put ghee in a pan. Make massala and add other spices. Add fruit and stir. Add water to cover and boil for one hour. When cooked, add sugar. When mixture resembles a hot jam, remove from fire and cool. This can also be made with figs or dates alone.

### GREEN TOMATO CHUTNEY

<i>2 qts. green tomatoes</i>	<i>2 T. turmeric</i>
<i>1 cup green pepper, chopped</i>	<i>1 cup golden raisins</i>
	<i>1/3 cup ghee</i>
<i>1 t. cumin seed</i>	<i>1 t. salt</i>

Chop tomatoes into quarters. Fry green pepper in ghee with cumin seed. Add tomatoes. Cook on a medium heat. Then add turmeric and raisins. Do not overcook.

### LEMON PICKLE

1 lb. fresh lemons,      2 oz. gram massala  
cleaned properly      sugar (optional)  
and dried very well      2 oz. salt

Prepare a jar large enough to hold the lemons. Wash it thoroughly and then dry it until there is no moisture left. With your hands and the knife perfectly dry, quarter the lemons, without cutting all the way through. Put a few teaspoonsful of massala, sugar, and salt mixture in the bottom of the jar, and also put the spice mixture inside the cut of the lemons. Place 2 layers of lemons in the jar, and then a layer of salt and spice mixture, alternating in this way until all the lemons are in the jar. Place a square of clean cloth on top of the jar, and then put a tight-fitting cover on. It will be ready in 3 months. After one week check and see if mold has formed on any of the lemons; if it has, remove the lemon with the mold and place the remaining lemons in the sun. Cover the lemons in the jar with salt and sugar completely. After a day in the sun, covered by salt and sugar, they will be all right. Re-cover the jar with a new cloth and seal tightly. When ready, small pieces may be offered with rice, vegetables and *dahl* preparations.

### PINEAPPLE CHUTNEY

2 fresh pineapples,      1 t. cinnamon  
chopped small      ¼ t. cloves  
½ cup butter, melted      1 T. nutmeg  
cumin seed      ½ t. ginger  
red pepper      2½ cups brown sugar  
1 t. coriander      1 cup golden raisins  
½ t. turmeric

Chop two fresh pineapples into small pieces. Melt butter, adding cumin seed and red pepper. Cook until brown. Toss in pineapple. Cook until pineapple reaches liquid consistency. Add remaining ingredients. Bring to a boil, then simmer for two hours, stirring occasionally until liquid cooks down to a mush.

### PLUM CHUTNEY

2 qts. plums      1½ cups milk  
3 cardamom pods      2 t. coriander  
1 grated coconut      2 cups sugar

Pit plums and cut into chunks. Put into a deep pan over medium heat. Add remaining ingredients and cook to a chunky puree. Cool and serve cold.



Pineapple Chutney



#### RAISIN CHUTNEY

*3/4 lb. raisins*                      *water*  
*1 t. cumin seeds*                  *sugar*  
*2 chili peppers*                  *ghee*

Heat ghee. Make massala. Add raisins, stir, and add water. Cover and cook on high heat. When water is evaporated, add enough sugar to make jam-like consistency. Serve cold.

#### RHUBARB CHUTNEY

*3 lbs. fresh rhubarb*              *water*  
*1 T. salt*                              *basic massala*  
*1 T. turmeric*

Trim rhubarb and cut into cubes. Make massala. Add rhubarb, stir, add salt, turmeric and stir. Cover with water and cook until water is evaporated. Serve cold.

#### ROSE PETAL PRESERVES

*3 cups fresh rose petals*        *2 cups water*  
*8 cups sugar*                        *1 T. lemon juice*

Wash rose petals in cold water. Drain, place in a pot and cover with 2 cups cold water; bring to a boil. Strain liquid into a second pot, setting aside petals for later use. Add sugar to liquid and boil into a thick syrup. Add lemon juice. Return petals to the syrup and cook for 20 minutes on a low flame. Pour into jars, seal tightly, but do not store in the refrigerator. Offer with PURIS\* or use in HALF-MOONS\*

#### TOMATO CHUTNEY

*2 lbs. tomatoes*                  *1/2 t. cumin seed*  
*2 t. salt*                              *2 T. ghee*  
*1 t. crushed*                      *1 t. coriander*  
    *chilis*

Cut tomatoes in eighths. Cook covered until tomatoes are liquid. Add salt and coriander while cooking. In a small pot heat ghee and add cumin seed. When it browns, add crushed chilis. Add ghee and spices to cooked tomatoes.

## RAITAS

#### CUCUMBER RAITA I

*1 large cucumber*              *1/2 t. salt*  
*2 cups yoghurt*                  *pinch of cayenne*  
*1/2 t. cumin powder*

Peel and thinly slice cucumber. Add yoghurt and spices. Gently toss. Chill.

### CUCUMBER RAITA II

*5 cucumbers*             $\frac{1}{4}$  t. cayenne pepper  
*1 T. salt*                *1 1/3 cups yoghurt*  
 *$\frac{1}{2}$  t. black pepper*

Cut off an inch slice from each end of the cucumbers. On each end make ten tiny cuts in each direction. This is done by flipping the knife quickly. The cuts should be no more than 1/8" deep. Fit the cut ends back on to the cucumber and rub together vigorously. Do one end at a time. This process will completely remove the bitterness from the cucumber. Peel cucumbers. Cut in half lengthwise, and cut each half into quarters. Then slice strips crosswise. Mix the yoghurt, salt and spices together and add to cucumber bits. Very tangy and refreshing.

### POTATO RAITA I

*1 lb. potatoes*             $\frac{1}{2}$  t. gram massala  
*2 cups yoghurt*            $\frac{1}{2}$  t. cayenne  
 $\frac{3}{4}$  t. salt

Boil potatoes, peel and dice into 1" cubes. Beat the yoghurt and add the potatoes. Add salt. Sprinkle with gram massala and cayenne.

### POTATO RAITA II

$\frac{1}{2}$  lb. potatoes             $\frac{3}{4}$  t. salt  
*2 cups yoghurt*            *cayenne (optional)*  
*1 1/2 t. cumin seed,*  
*crushed, dry roasted*

Prepare potatoes as in RAITA I\*, but blend the cumin seed with yoghurt. Add cayenne if you like.

When Kṛṣṇa ate lunch with His friends in the forest, Kṛṣṇa appeared like the whorl of a lotus flower, and the boys surrounding Him appeared to be its different petals. These transcendental activities of the Lord are described by Śrīla Prabhupāda in his book *Kṛṣṇa, the Supreme Personality of Godhead*.





## CURRIES

### CUDDY (serves 6-8)

<i>1 cup yoghurt</i>	<i>½ cup chick-pea flour</i>
<i>4 cups water</i>	<i>3 T. ghee</i>
<i>¼ T. salt</i>	<i>2 t. cumin seed</i>
<i>1 t. turmeric</i>	<i>1 t. chilli peppers</i>

Mix yoghurt and chick-pea flour together in a deep pot. Add water, salt and turmeric. Bring to a boil, stirring occasionally, and boil until cuddy foams up to the top of the pot. Remove from the heat. In a small pot heat ghee and add cumin seeds. When they brown, add chilli peppers. Add to the cuddy. The sauce can be served plain over white rice or, best of all, it can have plain PAKORAS\* added to it and be served over rice. Very quick and delicious.

### MIXED VEGETABLE CURRY

<i>1 cup green peas</i>	<i>¼ t. asafoetida</i>
<i>1 cup diced carrots</i>	<i>2 t. whole cumin seed</i>
<i>1 cup diced potatoes</i>	<i>1 t. salt</i>
<i>2 cups fresh string beans</i>	<i>2 t. turmeric</i>
<i>cut in 1" pieces</i>	<i>2 whole chillies or ½ t.</i>
<i>4 T. ghee</i>	<i>crushed chill</i>

Put all vegetables and salt in a pot with barely enough water to cover. Bring to a boil and simmer gently until vegetables are barely tender. Set aside after draining. In a large skillet heat the ghee and add the cumin seeds. Brown the seeds until they begin to smoke. Add chillies, then, after a few seconds, add spices. Add vegetables and fry until dry.

### POTATO CURRY

<i>6 medium potatoes</i>	<i>1 t. ground coriander</i>
<i>3 T. ghee</i>	<i>1 t. cayenne pepper</i>
<i>1 t. whole cumin seed</i>	<i>½ cup yoghurt</i>
<i>1 t. turmeric</i>	<i>1 small cucumber,</i>
<i>1 t. salt</i>	<i>peeled and chopped</i>
<i>2 cups water</i>	<i>(optional)</i>

Chop potatoes fairly small. Heat the ghee and add cumin seeds. When the seeds brown, add turmeric and cayenne. Cook spices 2 to 3 minutes and then add potatoes. Fry potatoes, stirring constantly for 10 minutes, then add the water and salt. Simmer slowly for ½ hour. Add the yoghurt and coriander. Cook another 10 minutes. Sprinkle with cucumber after it is on the serving dish. This is very nice to serve with plain steamed rice and CHEPURIS\*.

### POTATO AND TOMATO CURRY

<i>6 potatoes</i>	<i>1 t. whole cumin seed</i>
<i>3 tomatoes</i>	<i>1 t. salt</i>
<i>3 T. ghee</i>	<i>1 t. cayenne pepper</i>
<i>1 t. turmeric</i>	<i>½ cup yoghurt</i>

Chop potatoes and tomatoes and keep separate. Heat ghee and add cumin seeds. Fry until brown, add turmeric and cayenne, heat spices 2 to 3 minutes. Add the vegetables and salt and fry on high flame for 5 minutes. Stir constantly. Barely cover vegetables with water and simmer about 20 minutes to ½ hour. Add yoghurt and cook 5 minutes more. Offer with plain steamed rice.

CHAPTER VIII

# SWEETS & MILK SWEETS



It is important that one should not only offer nice palatable food to Kṛṣṇa and then accept the remnants of such an offering as Kṛṣṇa's mercy or *prasādam*, but one should also distribute such *prasādam* to others. This is Kṛṣṇa consciousness. Even if one does not accept all the principles of Kṛṣṇa consciousness, if he simply eats Kṛṣṇa *prasādam* he can gradually become fully qualified to become a devotee of Kṛṣṇa. In this way even the most ignorant people—or even an ignorant animal—can get the benefit of Kṛṣṇa consciousness. Śivānanda Sen, a devotee of Lord Caitanya, once gave a little *prasādam* to a dog; thus the dog later met Lord Caitanya Himself and attained liberation.

Once, after a lecture, a disciple asked Śrīla Prabhupāda what happens if a devotee gives someone a little morsel of *prasādam*, such as the "simply

wonderful" described later in this section. Śrīla Prabhupāda replied, "Then that is wonderful. Simply wonderful! He has not tasted such a wonderful sweet in his life. Therefore, you give him a simply wonderful, and because he is eating that wonderful sweet, one day he will come to your temple and become wonderful. Therefore it is simply wonderful. So go on distributing these simply wonderfuls." He thought for a moment, and then said, "Your philosophy is simply wonderful, the *prasādam* is simply wonderful, you are simply wonderful, and your Kṛṣṇa is simply wonderful. The whole process is simply wonderful." The devotees responded, "Śrīla Prabhupāda is simply wonderful!" It is said, *yasya prasādād bhagavat-prasādaḥ*: "It is only by the mercy of the spiritual master that one can receive the mercy of Kṛṣṇa."



Burfi

#### BRAHMIN SPAGHETTI

*1 lb. rice flour*                      *sugar*  
*water*                                      *ghee*

Mix rice flour with water to make a stiff dough. Let dough stand long enough to sour (usually one day). Then squeeze dough through a potato ricer into smoking hot ghee. Deep fry until golden brown and drain off excess ghee. Soak in sweet nectar made of 4 cups sugar and 2 cups water.

#### BURFI

*¾ cup butter*                              *3½ cups powdered milk*  
*1¼ cups sugar*                              *1 cup chopped walnuts*  
*1 cup whole milk*                              *or almonds*

Melt the butter. Add sugar and mix together. Add the whole milk, stir and bring to a boil on medium flame. Lower flame and add powdered milk, a little at a time. Keep stirring and add coconut and nuts. When all powdered milk is added, stir to get out all lumps. Use an electric beater if you have one. Lightly butter a rectangular or square cookie sheet. Pour *burfi* mixture onto the sheet and refrigerate. When it is cold and hard, remove it from sheet and cut into small diamonds. Place the diamonds on a plate. You can sprinkle finely chopped pistachios on top. For an added nice touch, mash a ripe banana and add it during the cooking.

#### COCONUT BURFI

*1 cup ground fresh*                      *½ t. ground nutmeg*  
*coconut*                                      *ground seeds from*  
*1½ cups sugar*                              *6 cardamoms*  
*6 cups milk*

Grind the coconut with a special coconut grinder, or you can use a food grinder. Put the coconut and sugar in a pot, or deep frying pan, and cook for about 10 minutes, being careful not to let it burn. Then add the milk and cook it down for ½ hour or 45 minutes, until it is fairly thick. Add the nutmeg and cardamom seeds and roll into balls, or pour it onto a flat sheet and cut squares or diamonds when it is cool.

#### CELESTIAL BANANAS

*8 bananas*                                      *4 T. brown sugar*  
*½ lb. homemade cream*                      *cinnamon to taste*  
*cheese*                                      *1 cup yoghurt*  
*2 T. butter*                                      *ghee for frying*

Halve the peeled bananas lengthwise and brown lightly in ghee. Butter a pie plate and place 8 halves on the bottom. After creaming the sugar and cream cheese with cinnamon, spread half of the mixture on the 8 halves. Place remaining bananas on top and spread with butter and cheese mixture. Place yoghurt on top. Bake at 375 degrees for 20 minutes.

### PERA (Makes 6 pera)

10 oz. milk *not available*  
4 t. powdered milk 4 t. granulated sugar  
2 black cardamoms ground 6 grated pistachios  
*coarsely (green if black)*

Put whole milk in a small wok and place on a high flame. Prepare khoya (see basic preparations chapter). Let the khoya dry for a few minutes; then add the powdered milk and mix well. Thoroughly mix in sugar. Add the cardamom and mix again. Form balls by rolling between the palms. Do not make smooth round balls—make rough ones. Place *pera* in the palm of the left hand; with thumb of the right, pick up grated pistachios and press into the middle of the *pera*, making a depression. Do not offer the same day, but keep aside a day or two to harden. The cracks in the *pera* increase the wonderful flavor.

### ROSE PETAL SWEET BALLS

1 finely shredded coconut pinch of ground camphor  
3 cups sugar salt  
pat of butter pepper

Add 3 cups sugar to coconut and fry in a heavy pan until the mixture thickens and sticks together. Add butter, camphor, salt and pepper. Cool slightly and shape into balls.

### HALF MOONS

*puri* dough made from one cup of flour  
for orange filling: the juice of 4 oranges  
2-3 T. corn starch  
sugar

Cook orange juice in a pan, and when it cooks down a bit, add corn starch. When the orange filling is thickened to a jelly, add twice as much sugar to the filling. Cook 5 minutes. Cool.

for banana filling: 2 mashed bananas  
½ cup dates, walnuts,  
or coconut

Add twice as much sugar to the mashed bananas and mix well.

for strawberry filling: one pint box fresh  
strawberries (or any  
berry)  
3 t. corn starch  
sugar

Cook strawberries on a medium flame. When they are liquid, add corn starch and cook until they thicken. Add twice as much sugar to the filling. Cook 5 minutes, and then cool. ROSE PETAL JAM\* also makes a very nice filling.

Make 10-12 balls one inch in diameter. Roll them out to 4 inch diameter and very thin. Add approximately a teaspoon of filling (not too much or the pastry will break open during cooking) and then fold circle in half, pressing ends tightly together; moisten with water if necessary. With the tines of a fork, press all around the sealed ends on both sides.







Laddu

On one side prick with fork to let steam escape while baking. Place on a greased baking sheet and bake  $\frac{1}{2}$  hour in a preheated 400 degree oven. Check every 10 minutes to see the progress. When one side is golden, turn all the half-moons over very gently, and bake another 10-15 minutes. When both sides are golden, remove from oven and sprinkle with confectioner's sugar. It is nice to offer these warm.

#### JALLEBI

<i>4 cups white flour</i>	<i>2 cups sugar</i>
<i>2 T. baking powder</i>	<i>1 t. rose water</i>
<i>pinch saffron</i>	<i>ghee for frying (deep)</i>
<i><math>\frac{1}{4}</math> cup yoghurt</i>	

Sift flour and baking powder together. Dissolve saffron in 2 t. warm water. Beat yoghurt until smooth. Add saffron and water, yoghurt, and enough water to make a thick batter of the flour. Leave for 1 hour. Make a thick syrup with sugar and  $2\frac{1}{4}$  cups water. Boil until thick and add rose water. Keep sugar water warm. Heat the ghee in a frying pan and put some batter in a forcing bag. Pipe round swirls of batter into the ghee and fry on both sides until crisp. Drain the *jallebis* and put them in sugar water for about 3 minutes. Remove and put on serving plate.

#### JEEBE GAJA

<i><math>\frac{1}{2}</math> cup flour</i>	<i><math>\frac{1}{2}</math> cup sugar</i>
<i><math>\frac{1}{8}</math> t. baking powder</i>	<i><math>\frac{1}{4}</math> cup water</i>
<i>ghee for deep frying</i>	<i>1 T. ghee</i>

Make a soft dough from flour, baking powder, water and ghee. Make 16 balls. Roll thin and oblong. Prick with fork. Deep fry in ghee. Soak in sugar water solution.

#### LADDU

<i>1 cup unsalted butter</i>	<i>1 <math>\frac{1}{3}</math> cups dry shredded coconut</i>
<i>2 cups sifted chick-pea flour</i>	<i><math>\frac{1}{2}</math> cup chopped walnuts or almonds (unsalted)</i>
<i>2 cups sifted confectioner's sugar</i>	

Melt butter in frying pan. Slowly add sifted chick-pea flour. Stir continually until chick-pea flour is roasted and turns a bit darker. Add coconut and stir a bit longer, then add sifted confectioner's sugar gradually and mix in thoroughly, crushing lumps with a spoon. Remove from heat and cool until it can be handled comfortably. Squeeze into round balls about 1" in diameter. A  $\frac{1}{4}$  t. cinnamon or nutmeg can be added for variation.

### LUGLU

<i>1½ cups chick-pea flour</i>	<i>2 cups sugar</i>
<i>ghee for frying</i>	<i>1 cup water</i>
<i>water</i>	<i>¼ cup chopped nuts</i> <i>(walnuts, almonds or</i> <i>pistachios)</i>
<i>1 t. cinnamon</i>	<i>½ cup golden raisins</i>
<i>¼ t. nutmeg</i>	<i>¼ cup chopped dates</i> <i>or figs</i>
<i>¼ t. ginger</i>	
<i>dash cloves</i>	

Make thin batter of chick-pea flour and water. Drop, shaking from a colander over hot ghee so small pearls of batter are fried until golden color. These form little crispy balls. Make a thick syrup of sugar and water and cook down until it begins to crystallize on sides of pan. Slightly cool. Add drained pearls, nuts & fruits and cover evenly in sugar syrup. Mix well. Cool until you can form into balls. Make walnut-sized balls. When cool they will stick together.

### MALPOURI

<i>1 cup powdered</i>	<i>ghee for frying</i>
<i>sugar</i>	<i>3 cups yoghurt</i> <i>(plain)</i>
<i>1 cup white flour</i>	<i>1 cup strawberries</i> <i>(opt.)</i>
<i>water</i>	

Make fairly thick batter from sugar and flour and enough water. Drop by tablespoonfuls into hot ghee. Remove when golden brown. Drain. Cover with yoghurt and strawberries. Serve immediately.

### MANGO CREAM

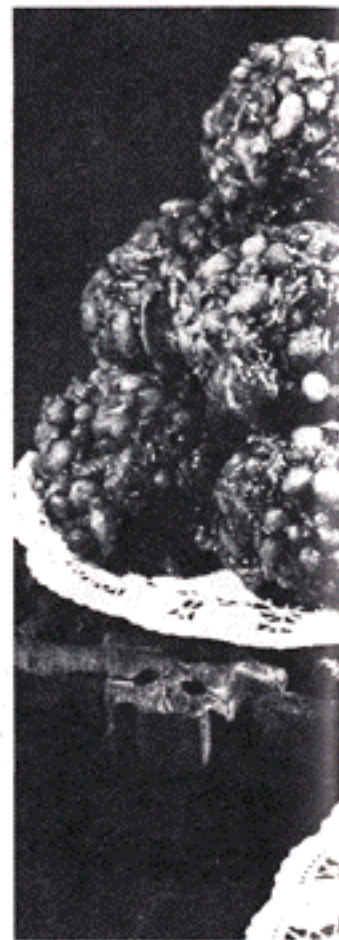
<i>4 - 5 ripe but firm</i>	<i>1½ cups whipped</i>
<i>mangoes</i>	<i>cream</i>
<i>¼ cup powdered</i>	
<i>sugar</i>	

Wash the mangoes and cut up into small pieces, but do not peel. Simmer in a small amount of water for 25 minutes or until tender. Press through a very fine sieve. Cool the pulp, fold into the whipped cream. Add the powdered sugar and gradually blend all together. Place into cups and chill.

### MYSORE PAK

<i>1 cup chick-pea</i>	<i>5 oz. water</i>
<i>flour</i>	<i>chopped raw pistachio</i>
<i>2 cups butter</i>	<i>nuts</i>
<i>1½ cups sugar</i>	

Sift chick-pea flour. Make sugar water with sugar and water, and boil about five minutes until sticky. Melt ½ cup of butter and add chick-pea flour, fry on medium flame and stir constantly. After 10 minutes, add the sugar water and keep stirring. Put remainder of butter into a small pot and bring to a simmer. Pour dribbles of butter into the chick-pea flour and continue stirring. Fry 10 minutes more and then pour onto a flat greased pan to harden. It hardens quickly, so cut into nice diamond shapes as soon as it is a little cool.



Luglu



#### NAKALDANA

*2 cups sugar*                      *1½ cups raw peanuts*  
*1 cup water*                      *ghee for frying*

Boil sugar and water until sticky. Test with fingers, taking a small bit off stirring spoon. It will feel a little hard. Then roll together in a small, slightly hard ball. Remove sugar solution from heat. Fry some peanuts in ghee slowly for about 15 minutes until done. Then put them in a large flat pan. Add sugar solution spoon by spoon and stir into peanuts. Peanuts turn whitish and are like candy-coated peanuts.

#### COCONUT NAKALDANA

*2 cups coconut or 1*                      *1½ T. ghee*  
*grated fresh coconut*              *½ cup water*  
*1 cup sugar*

In a frying pan heat the ghee. Add coconut and fry over a medium flame stirring constantly until coconut turns a light golden brown. Remove from heat. In a small heavy pot, mix together sugar and water. Keep boiling until a thick syrup is formed. Test by putting a drop of syrup in cold water—it should form a semi-hard ball. Pour the syrup over the coconut and stir very rapidly. The sugar will crystallize and you will have a dusty, sandy, sweet coconut.

#### PEANUTS AND RAISINS

Grind peanuts which have been cooked in ghee as usual. Also grind raisins (an equal amount). Add sugar syrup (2 sugar/1 water) and cook all together until thick and can be rolled. Roll into nice balls. Raw cashews or almonds may be substituted.

#### SIMPLY WONDERFULS (a great favorite) (Makes 3 dozen)

*2 cups powdered milk*              *½ cup chopped unsalted*  
*1 cup unsalted butter*              *nuts, or coconut or*  
*1¼ cups confectioner's*              *raisins*  
*sugar*

Melt butter in a saucepan. Remove from heat and cool slightly. Add confectioner's sugar and stir until it becomes a creamy consistency. Add powdered milk gradually and mix continually. Try squeezing a small amount into a 1" ball. If it is too wet, add a little more powdered milk. If it is too dry, add a little more melted butter. Roll into balls 1" in diameter.

#### SWEET POTATO BALLS

4 med. sweet potatoes      2 cups sugar  
a little flour                1 cup water  
½ t. nutmeg                    ghee for frying

Wash and peel potatoes. Boil in water until tender. Mash, add spices and flour. Knead. Make a syrup of sugar and water and let boil for 5 minutes. Pinch off olive-sized balls and fry in medium hot ghee until brown and firm. Remove and drain. Soak in hot syrup. \*Variation: Roll dough into cylinders and proceed as above.

#### SWEET POTATO CRISP

12 sweet potatoes            1½ t. ground black  
¼ cup butter                    pepper  
¼ cup flour                      ½ cup heavy cream  
½ cup brown sugar            ¼ cup finely ground  
    nuts

Cook potatoes. Peel and slice ½" thick. Spread on buttered large, shallow baking dish. Sprinkle with butter, flour and all other ingredients. Broil until bubbly and caramelized.

#### WATERMELON SHERBERT

6 cups pitted watermelon    2½ cups sugar  
pulp                                2 cups whipping cream  
juice of ½ lemon

Mash watermelon well and add lemon juice and sugar. Pour into a large bowl and place in freezer. Let it thaw about ½ hour before offering. Pour cream over sherbert and let it be nicely absorbed. Very cooling and refreshing for Kṛṣṇa on hot days.

#### ALMOND HALAVAH

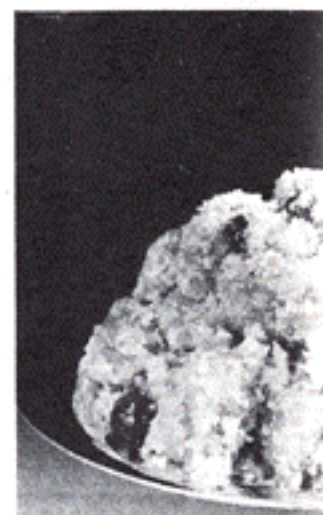
8 oz. almonds,                    1 cup water  
blanched                         ½ cup butter  
1½ cups sugar                    2 T. flour

Pound or blend almonds to a powder. Melt butter and mix in almonds and flour. Cook well. Make a thick sugar-water syrup, adding it to the almond mixture. Stir and cook until it thickens and leaves the sides of the pan. Pour into buttered dish and cut into squares when cold.

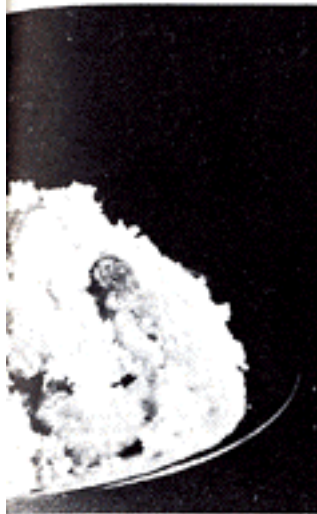
#### CARROT HALAVAH

2 bunches of carrots            crushed seeds of 5  
1 cup sweet butter                cardamom pods  
3-4 cups sugar

Wash and grate carrots. Put ½ cup butter in frying pan and add carrots. Cook slowly until soft (takes about 40 minutes). When soft, add remaining butter and sugar. Cook for 10-15 minutes until thick, jam-like consistency is obtained. Sprinkle with cardamom.



Farina Halavah



#### FARINA HALAVAH

1 cup farina  
 1/2 cup butter  
 1 1/2 cups water  
 1 cup sugar  
 handful golden raisins

Mix water and sugar and bring to a boil. Melt butter in a pan. Toss in grain and raisins, stirring constantly at a low heat for 20-25 minutes until golden in color. Then add grain by single spoonfuls to water and sugar, which should be simmering. When all grain is added, keep on fire for 2 or 3 minutes, stirring continuously. Remove and serve hot.

#### BANANA HALAVAH (Kela Halavah)

6 bananas (ripe)  
 4 T. butter  
 1 1/2 cups water  
 1 t. rose water  
 1/4 t. cardamom seeds  
 (peeled)  
 2 T. blanched almonds  
 saffron

Melt butter in a heavy skillet. Peel and cut bananas into 1" pieces. Fry in butter 5-7 minutes on medium heat. Stir often and mash after they have fried for 5 minutes. Add 1/2 cup water. Simmer with care on low heat for 3 minutes, stirring constantly. Stir the sugar into the remaining 1 cup water and add to the bananas. Boil gently 15 minutes. Stir often to prevent scorching, and also to thicken mixture. Add rose water, remove, and pour into a shallow dish. Bruise the cardamom seeds and sprinkle on halavah. Sliver the almonds, and sprinkle enough saffron to color the halavah golden. Offer hot or cold.

#### CARAMEL

1 can sweetened condensed milk

In a deep pot, bring enough water to boil as will completely cover the can of condensed milk. When the water is at a rolling boil, place the unopened can in the water. Boil constantly for 2 to 2 1/2 hours. Remove the can from the water and refrigerate. When the can is cold it can be opened and the caramel offered to the Deities. Any chopped unsalted nuts or coconut can be added.

#### CARROTS IN MILK (Gajja Kheer)

1/2-3/4 lb. carrots  
 5 cups rich milk  
 3/4 cup sugar  
 pinch of saffron threads  
 1/8 lb. ground almonds  
 1/2 t. ground cardamom seeds

Wash and grate the carrots finely. Bring the milk to a boil and add the grated carrots. Cook until the carrots are soft and the mixture has thickened (35-40 min.). Stir occasionally with wooden spoon. Add sugar, almonds, cardamom and saffron. When sugar is completely dissolved and mixed in, remove from fire. It may be offered warm or cold.

### CHANDRA MURTI

*1 qt. milk*                      *3 cups sugar*  
*1 cup water*

Make PANIR\* (curd). Make sweet nectar very thick. Roll balls smaller than marbles and cook in nectar until crunchy.

### FIRNI

*2 oz. rice flour*              *1 t. rosewater or ground*  
*2¼ cups rich milk*              *cardamon seeds from*  
*½ cup sugar*                      *2 cardamoms*  
*10 chopped blanched*      *10 shelled, chopped*  
*almonds*                          *pistachio nuts, unsalted*

Mix the rice flour in a little cold milk and water to avoid lumping during cooking. Bring the milk to a boil, then remove it from the heat and mix in the flour mixture. Cook over low heat until thick, then add the sugar and cook until a little thicker. Add the rose water or cardamom and pour it into a bowl. Sprinkle the nuts over top. Refrigerate and offer cold.

### HASPIA

*2 cups fresh milk*              *2 t. cornstarch*  
*4 cups grated coconut*      *2 T. sugar*

Heat milk until scalding. Pour over coconut and let steep for ½ hour. Pour through cloth and squeeze all possible liquid from coconut into a bowl of liquid. Mix cornstarch with liquid. Add sugar. Heat again to just under boiling point. Stir constantly until smooth. Pour into a shallow pan. Let set until firm. Slice in 2" squares. Serve cold.

### KHEER (Serves 4-6)

*¼ cup long grain*              *1 cup milk*  
*white rice*                      *almost ½ cup sugar*  
*½ cup water*                      *10 whole cardamom*  
*2 cups half milk*              *Pods*  
*and half cream*

Soak rice in water for 4-5 hours. When ready to prepare, bring milk and cream to a boil. Be very careful not to burn. (For this preparation a wooden spoon is necessary.) While milk is boiling, add rice and water and cardamom pods. Bring to a boil again and then lower heat. Stir constantly after about 15 minutes of cooking. It will thicken and rice will dissolve into milk. The color will be pale peach. At this point, add sugar and mix until it melts into pudding. Put the *kheer* in refrigerator and chill. Remove cardamom before it becomes cold.





Rasagulla

#### KHOYA BOATS

2 cups rich milk  
3 rounded handfuls  
sugar

shelled unsalted pistachio nuts

Cook milk over high flame with wooden spoon. Stir vigorously so that it doesn't stick. Remove from heat when milk dries up and becomes one slightly hardened lump. Continue stirring until sizzling stops. It takes about 25 minutes to prepare one pint of milk in this way. (One pint of milk produces about 3 oz. of *khoya*). Then add the sugar and mix well. Take small lumps of *khoya* and press in your palm, closing your hand. With the thumb of the other hand, make a depression in the center. Press a pistachio nut into depression. The finished shape and size is like a small boat.

#### KULFI

2 qts. rich milk or 2 qts. regular milk with half pt. of cream  
 $\frac{1}{4}$  cup sugar

1 t. rosewater  
1 cup frozen raspberries, blackberries or strawberries, thawed

Cook milk until it is the consistency of thick cream, stirring almost constantly with wooden spoon, (about 25 min.). When milk is like thick cream or thin yoghurt, add sugar, rose water and berries. Mix well and place in freezer. Remove from freezer ten minutes before offering.

#### RASAGULLA

curd from  $\frac{1}{2}$  gal. of milk  
3 cups water

$2\frac{1}{4}$  cups sugar

Let curd hang 4-5 hours. Remove from muslin and knead on smooth surface until curd is smooth and oily. Pinch off bits of curd and roll into balls about  $\frac{1}{4}$ " in diameter. Bring water and sugar to a boil and then simmer. Remove  $\frac{1}{3}$  of this sugar syrup and put it in another pot off the heat. Place several balls in the simmering syrup and cook about 20 minutes until they are slightly cracked and swollen. Remove carefully with slotted spoon and place in cooled syrup. Continue until all *rasagulla* are done. Serve cool. These are very subtle and delicate sweets.

#### BENGALI RASAGULLA

curd from 1 gallon of milk  
 $\frac{1}{8}$  cup farina  
1 small pkg. rock candy (white)

sweet nectar (1 part sugar—4 parts water)

Knead the curd with the farina. The farina will prevent the curd from falling apart. Roll balls of curd 1 inch in diameter. In the same way that cardamoms are inserted in *rasaballi*, insert a piece of rock candy about  $\frac{1}{4}$  inch long in the *rasagulla*. Reshape the ball firmly, to prevent falling apart. Prepare the sweet nectar, and bring to a boil. Add the *rasagullas* and cook on a fairly rapid simmer for about 20 minutes. If you cook them in batches, then remove some sweet nectar to soak the cooked

ones in. As you cook the *rasagullas*, the rock candy will melt from the heat and cause the sweet juice to rush into the ball to fill up the empty space, thus causing the *rasagulla* to rise up. After all the *rasagullas* are cooked, soak them in the sweet juice 5 hours before offering.

### RASABALLI

*curd*

*seeds from cardamom pods*

*sugar water in the following proportion: 3 sugar to 4 water (use a sufficient mixture of water both to boil and then to soak)*

Knead the curd until creamy, and then roll *rasaballis* into balls of one inch diameter. With the small finger, make a depression in the balls 1/3 of the thickness of the *rasaballi*. Put in one seed from a cardamom pod and ¼ t. sugar. Pinch together and re-roll the ball. When all are filled and rolled in this way, put them in simmering sugar water and simmer on medium heat for ½ hour. The balls should be stirred and the sugar water should be almost boiling. These may be done in batches like *rasagulla*, with some sugar-water taken out for soaking. After boiling, the *rasaballis* should be left to soak in the sugar water for 3 days, and stirred once or twice a day.

### SANDESH

*curd from ½ gallon of milk*  
*1 t. rose water (opt.)*

*1 ½ cups sugar (not more than 1 part sugar to 4 parts curd)*

Let curd hang 4-5 hours. Remove curd from muslin and knead on a smooth surface until curd is smooth and oily. Mix curd and sugar and rosewater together in a small pot and place on a very low heat. Be very careful not to burn it. Stir constantly until curd begins to pull away from the pan and is not so sticky. Remove and knead again. Roll into balls.

### SOMETHING ELSE

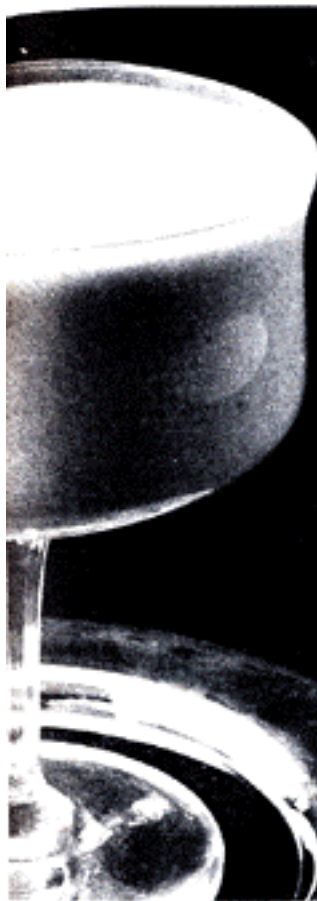
*1 cup rice*  
*4 cups milk*  
*2 T. butter*  
*1 cup sugar*

*grated lemon rind*  
*nuts*  
*¼ t. cinnamon*  
*dash nutmeg*

Soak rice in 2 cups milk for 2 hours. Add other 2 cups milk. Cook on low heat in thick pot until rice is tender. Set aside to cool. Preheat oven to 350. Butter a 2 quart casserole. Work butter with sugar. Add to rice with rind, spices, nuts, etc. Pour into casserole. Bake for 45 minutes. Serve warm or cold, plain or with chilled whipped cream.







Sweet Rice

### SWEETBALLS

*fresh ghee for deep frying*    2 cups water  
 ½ cup whole milk                2 cups sugar  
 4 cups powdered milk

Make sweet nectar by mixing sugar and water until it is clear. In a mixing bowl put whole milk and add powdered milk a little at a time. Beat with a fork until all milk is added and you have a stiff dough. Rub a little ghee onto a smooth surfaced table and on your hands. Knead the dough for a few minutes, quickly, and then pinch off bits and roll into balls ½" in diameter. Make the balls very quickly because the dough tends to dry up. (It will be easiest if you do this in 2 or 3 batches by dividing the milk measurements in half or thirds.) Heat the ghee in a large frying pan that keeps its heat well—cast iron is very good for this preparation. Deep fry the sweetballs very slowly on low heat until they are golden brown. Keep stirring gently. They will swell up during the cooking. When they are done, remove them with a slotted spoon and place them in the sweet nectar. Soak them for 1-2 days, stirring gently 3 or 4 times a day. This is the devotees' most favorite sweet.

### SWEET RICE I

4 cups fresh milk                ¼ cup sugar  
 ¼ cup rice                        pinch of black  
 pinch camphor                 pepper

Cook rice in milk, stirring constantly until the mixture is thick like pudding. This will take about

1 hour. Add sugar, and two grains of camphor and a pinch of black pepper.

### SWEET RICE II

2 cups rice                        2 bananas, ripe or ½  
 4 cups milk                        fresh chopped pine-  
 2 cups whipped cream        apple  
 sugar to taste (½ cup)

Cook the rice as usual. Let stand to cool for 3-4 hours. Then add whipped cream, finely chopped bananas or pineapple, and sugar. Stir well and serve cold.

### SWEET RICE III

¼ cup white or                    ½ gallon milk  
 Basmati rice                    15 whole cardamom pods  
 1½ cup sugar                    (opt.)

Cook all the rice with 1 cup of milk for about 20 minutes until soft. Then add the cardamom pods. Gradually, over a period of 2 hours, add the remaining amount of milk, stirring occasionally with a wooden spoon. The sweet rice should be thin, and the consistency like fresh cream: the color should be whitish. Before you remove the sweet rice from the fire, add the sugar and stir until the sugar is completely absorbed. If cardamom is used, remove them before the sweet rice cools. Place the sweet rice in the refrigerator and offer when very cold. If you have the time, you can cook the sweet rice all day, adding more and more milk. Do not cook the sweet rice in an aluminum pot.

CHAPTER IX

# BEVERAGES



There are many nice beverages to offer to Kṛṣṇa, including fruit and vegetable juices of all varieties, and in the summer, combinations of different fruit juices can be frozen. The most simple beverage, however, which is available everywhere in the world, is water. In *Bhagavad-gītā* Lord Kṛṣṇa requests that water be offered to Him in love, and elsewhere in the *Gītā* He declares, "I am the taste in water." Water is universally appreciated for its pure taste, and that taste is Lord Kṛṣṇa Himself. Without water we cannot live, and so a Kṛṣṇa conscious devotee glorifies Lord Kṛṣṇa for kindly supplying water to quench man's thirst.

Milk, praised both by modern nutritionists and the eternal *Vedas* as the "miracle food," is the single most important item in the Vedic diet, for it contains all the vitamins necessary to sustain the human body in good health. Even more importantly, the proteins, fats and vitamins found

in milk are perfectly balanced for the development of the finer tissues of the brain, and thus milk is the perfect food for one who is seeking advancement in spiritual life. By Kṛṣṇa's arrangement, the cow eats ordinary grass and transforms it into a delicious drink which is rich in all the food values necessary for good health and spiritual progress. When Lord Kṛṣṇa appeared on earth He displayed His childhood pastimes as a cowherd boy, and He is worshiped for His childhood activities as a naughty butter thief. Thus He emphasized in many ways the importance of cows and milk products for human society. Lord Kṛṣṇa is also celebrated as "Govinda" because He appeared as the reservoir of pleasure for the cows as well as all living beings. Devotees of Lord Kṛṣṇa therefore acknowledge the kindness of the Lord by offering Him milk, and they feel great satisfaction in drinking milk *prasādam* and thinking about the transcendental pastimes of the Lord.



Banana Nectar

#### MILK

*1 qt. milk (for 4 people)  
1/4 - 1/3 cup sugar*

Bring milk to a boil three times (as it foams up, turn down, then turn flame up, then down, and then up). Add sugar. Simmer milk about 3 minutes, and stir sugar in well using a wooden spoon. A whole cardamom or a drop of rosewater may be placed in the milk and cardamom removed when milk is done. Honey may be substituted for sugar, using about 1/3 cup per quart. Milk can be offered with a ripe banana or some figs, or dates. Milk should be poured from one cup to another. This cools the milk and also makes it more flavorful.

#### BANANA NECTAR

*1 qt. milk  
1 large ripe banana  
1/3 cup sugar  
2 T. butter*

*1 whole cardamom  
pinch cinnamon  
pinch nutmeg  
pinch ground coriander*

Bring the milk and all the spices to a boil, and crush the banana with your hands. Add the crushed banana and the sugar. Let the milk boil three times and turn flame down to a simmer. Add the butter and allow it to melt. Cool by pouring the milk back and forth from one cup to another.

#### MASSALA MILK

*2 cups milk  
2 T. sugar  
6 ground almonds  
(blanched)  
1/4 t. ground nutmeg*

*10-12 ground pistachios  
(peeled)  
pinch crumbled saffron  
crushed seeds of two  
cardamom pods*

Bring milk to a boil three times and then lower heat and add all spices, nuts and sugar. Stir and cook for five minutes.

#### DAHI

*equal parts yoghurt  
and fruit juice*

*sugar*

Mix the yoghurt and the fruit juice and add sugar in this proportion—1/3 cup sugar to 2 cups dahi. This is a wonderful chilled drink during the summertime for Their Lordships Śrī Śrī Rādhā-Kṛṣṇa.

#### LASSI

*3 parts yoghurt to  
1 part water  
dry roasted cumin  
seed or sugar*

*black pepper  
salt*

Mix the yoghurt and water. For each 4 cups of yoghurt and water add 1/2 t. salt, 1/4 t. black pepper and 1 t. roasted cumin seed. Mix well. *Lassi* can also be prepared by mixing yoghurt and water and adding 1/3 cup sugar for each 2 cups lassi. This is another delicious summer beverage.



Kṛṣṇa prasādam is but one aspect of the most authorized, scientific and joyful movement of spiritual culture in the world—Kṛṣṇa consciousness. By chanting Hare Kṛṣṇa, dancing in ecstasy, eating Kṛṣṇa prasādam and reading books of transcendental knowl-

edge such as *Bhagavad-gītā As It Is*, one can easily revive his dormant loving relationship with Kṛṣṇa, the Supreme Personality of Godhead, and thus attain the perfection of life in eternity, knowledge and bliss. His Divine Grace A.C. Bhaktivedanta Swami Prabhupāda, the spiritual master of the Hare Kṛṣṇa movement, has given us many important books and established temples all over the world to help us understand this science. This Kṛṣṇa consciousness movement is the greatest benediction for all living beings. It is yours for the taking.

Hare Kṛṣṇa, Hare Kṛṣṇa, Kṛṣṇa Kṛṣṇa, Hare Hare  
Hare Rāma, Hare Rāma, Rāma Rāma, Hare Hare



## INVITATION

*On behalf of our spiritual master, His Divine Grace A.C. Bhaktivedanta Swami Prabhupāda, we invite you to partake of a sumptuous feast of Kṛṣṇa prasādam every Sunday at any of the Hare Kṛṣṇa temples listed on the opposite page.*

*The Sunday festival and love feast usually begins around four p.m. Please come and enjoy a whole feast of transcendental food and advance wonderfully in spiritual life. The devotees will be more than pleased to show you how to offer all your food to Kṛṣṇa, so that your eating may always be simply wonderful and your advancement on the path back home, back to Godhead, will be sure.*

Hare Kṛṣṇa.



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*Bhagavad-gītā 9.2*

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