



JAIN AHIMSA INITIATIVE

Paryushan

An eight day vegan meal plan, with every recipe in full,
illustrated

ALL RECIPES FROM THE JAIN VEGAN PARYUSHAN / DAS LAKSHAN COMMUNITY COOKBOOK

The rules this plan follows

Quoted whole from the cookbook page “Ingredients Avoided/ Allowed during Paryushan / Das Daslakshan Parva”.

During Paryushan/ Das Lakshan Parva, fresh Vegetables, fresh fruits and fresh herbs are avoided because they are one sensed being.

INGREDIENTS TO AVOID

- All Dairy products such as ghee, butter, milk, cheese, curd, buttermilk, cream, paneer, milk powder, cream cheese, sour cream. For any ready to eat product, please check the ingredient list for casein and whey powder.
- All vegetables, fruits, fresh herbs:
 - Including tomatoes, plantains, green chilies, lemon, etc.
 - Fresh herbs like basil, mint, oregano, kaddi patta, coriander, etc.
 - Fruits including avocados, bananas and any other seasonal or frozen fruits
 - Jains do not consume sprouts as once sprouted, the grain has life.
- Any foods with yeast, avoid breads
- Any fermentation overnight like soaking pulses/ grains/ millets for idli/ dosa/ dhokla/ handwa, etc. as it possesses a higher concentration of microorganisms (for example, bacteria yeast etc). Instead, soak it early in the morning at 5 am.

INGREDIENTS THAT CAN BE USED

- All grains, lentils and pulses
- Millets
- All flours, 15 days cycle
- Dry herbs like basil, mint, oregano, rosemary, curry leaves etc.
- Rava (cream of wheat) (15 days cycle), cracked wheat (fadaa), quinoa etc.
- Poha or flat white rice
- Desiccated coconut for curry or any sweets (mithais).

From the cookbook’s own disclaimer: Many Jains during Chaumassa and Paryushan / Das Lakshan do not consume nuts, seeds and certain other ingredients. We request you to use your discretion.

A NOTE ON CURD

While traditional Paryushan guidelines restrict curd (historically understood as animal-sourced), we have intentionally included vegan curd in select recipes as a non-violent alternative to animal dairy.

We acknowledge that curd is a subject of debate during Paryushan. For those who wish to avoid curd fermented during Paryushan, we suggest setting or purchasing your vegan curd manufactured prior to the start of the Paryushan. Alternatively, if you prefer to avoid all curd entirely, feel free to substitute dry souring agents like Amchur (dry mango powder) or Kokum to achieve a similar tangy flavor while honoring your personal vows.

The plan

PARYUSHAN, EIGHT DAYS

DAY	BREAKFAST	LUNCH	DINNER
1	Instant rice dosa and chutney	Moong dal chilla + sesame chutney	Yellow moong dal dhokli
2	Khaman dhokla	Broken wheat khichdi + oil-free vegan kadhi	Besan ka paratha + nutritious kala chana
3	Vegan khandvi	Kodo millet pulao + peanut curd	Moong bean curry + rice
4	Panchratna dhokla	Dal pakwan	Papad dal dhokli
5	Chatpati	Foxtail millet coconut rice + chickpea curd	Tofu chole + besan ka paratha
6	Millet white dhokla	Adai (3 lentil and rice pancake) + coconut chutney	Vatha kuzhambu + rice
7	Besan pancake with peanut chutney	Black-eyed peas and Burmese tofu curry + rice	Methi papad subji + rice pancakes
8	Rajgira thalipeeth	Puran poli + oil-free vegan kadhi	Rice dumplings kadhi

SAME-DAY SOAKING, PER THE 5 AM RULE

Days needing a soak started that morning, never the night before: day 2 (kala chana for that evening needs 8-10 hours, so start it at 5 am), day 4 (dal pakwan lentils), day 6 (adai, whose own step 1 reads "wash and soak the dals and rice by 5 am").

PLANT CURDS

Peanut curd (day 3) and chickpea curd (day 5) both need setting time, and peanut curd calls for a vegan curd starter. Set a starter going before the parva, or carry one over.

KADHI

The oil-free vegan kadhi on days 2 and 8 is built on chickpea curd, so make that in advance of both days.

Instant Rice Dosa and Chutney

P1.1

If you are looking for a simple, mouthwatering meal during Paryushan, this Instant Rice Dosa & Chutney is for you. It tastes wonderful and the recipe is so simple, anyone can make it!

SOUTH INDIAN · MEALS · BY MINA SHAH

PREP 10 min COOK 20 min TOTAL 30 min



INGREDIENTS

For Dosa Batter

2 cups rice flour

4 cups water

1 tsp salt

½ tsp roasted cumin seeds powder

For Chutney

2 dry Kashmiri red chili

¼ cup chopped desiccated coconut

Dry mango powder (Amchur) - per taste

½ tsp cumin seeds (jeera)

¼ tsp asafetida (Hing)

10-12 dry fenugreek (methi) seeds

½ tsp split dehusked black gram (urad dal)

1 tsp roasted split chickpea lentil (chana dal)

1 tsp dry coriander seeds (whole dhaniya/ dhana)

½ tsp oil

½ tsp salt

¼ cup water

METHOD

For Chutney

1. Take Kashmiri red chili and soak in water for 10 minutes.
2. On a skillet, heat oil on low flame and add dry fenugreek seeds & urad dal. Roast them well while keep mixing it until dal turns golden brown.
3. Add coriander seeds and cumin seeds. Mix everything well and roast for about a minute and turn off the flame. Let the mixture cool down completely.
4. Remove Kashmiri chilies from water. In a grinder, add these chilies, roasted split chickpeas, desiccated coconut, asafetida, salt, dried mango powder and the cooled down mixture. Add ¼ cup of water and blend into a smooth paste.
5. Chutney is ready to eat!

For Dosa

6. In a bowl, add rice flour, salt, roasted cumin seeds powder, and 2 cups of water.
7. Mix them well. Make sure there are no lumps. Let dosa batter sit for 15 minutes.
8. After 15 minutes, add 2 cups of water to the dosa batter. Mix well. The consistency should be a smooth spreadable paste.
9. Heat a non-stick pan on medium-high flame. Add a few drops of oil in the pan and spread the batter evenly.
10. After a minute, add a few drops of oil on the dosa and cook for 3 minutes.
11. Flip the dosa and cook the other side the same way. When brown spots are visible on the dosa, it's ready to serve.

NOTE You may try to add chickpea (Chole) or moong beans filling inside the dosa for extra protein.

My family loves Rice Dosas with Chutney. This is our anytime favorite meal, not just during the Paryushan.

Moong Dal Chilla

P1.2

Chilla/Pudla is a budget-friendly, easy to cook, protein-rich, and gluten-free recipe that requires just a few ingredients.

NORTH INDIAN · MEALS · BY JINAGNA SHAH

PREP 5 min COOK 15 min SET 4h TOTAL 4h 20m



INGREDIENTS

1 cup Green Split Moong Dal (split green gram lentil)

½ cup Yellow Split Moong Dal (split yellow gram lentil)

⅓ cup Rice

3-4 cups of water for soaking

½ cup water for grinding (as required)

½ tsp Hing (asafoetida)

1 tsp salt (as per your taste)

1 tsp jeera (cumin seeds)

METHOD

1. Rinse all Green Split Moong Dal, Yellow Split Moong Dal, and Rice 3 to 4 times in water.
2. Soak the dals and rice mix with 2 to 3 cups of water for about 3 to 4 hours.
3. The mix will swell or double up in size. Discard the water.
4. Add the soaked mix and jeera into the grinder jar. Grind by adding water only as needed in order to prepare a smooth consistency batter.
5. Add a pinch of hing and salt and mix well.
6. Heat the pan. Make sure the pan is hot before you make the chilla. Add a scoopful of batter towards the center of the pan.
7. Rotate the batter with the back of the spatula giving a round and even shape. Cook it on a medium flame, you may drizzle a few drops of oil around the edges of the chilla.
8. Once the chillas appear crisp and brown, roll them, and serve with your preferred condiments such as oil and chili powder or podi powder or even sambhar.

NOTE Check the consistency of the batter. If it's too thick then add 1 to 2 tablespoons of water. I added 1 tablespoon of water to make it to a pouring consistency. Adding too much water will not let the batter spread evenly on the tawa (skillet). The consistency of the batter has to be of a medium pouring consistency, neither too thick nor too thin.

This is my family's all-time favorite recipe for any time or day of the week. It is comforting yet tasty.

Sesame Chutney

P1.2

This quick sesame chutney can be served with idli, dosa, chilla, put on roti rolls and it even tastes awesome with rice!

SOUTH INDIAN · CONDIMENTS & MASALAS · BY MAYAVI KHANDELWAL

PREP 5 min COOK 5 min TOTAL 10 min



INGREDIENTS

¾ cup sesame seeds

1 tsp Kashmiri chili powder

A pinch of hing (asafetida)

Salt to taste

METHOD

1. Dry roast the sesame seeds on a low flame till they swell up but don't change color. Cool completely.
2. In a grinder, add the sesame seeds, chili powder, salt, and hing. Grind but make sure you do it only till it's a coarse mixture. If you grind it too much it will become sticky.
3. Store in an airtight container.

Yellow Moong Dal Dhokli

P1.3

This one-pot meal is a great alternative to the Tuar dal dhokli (pigeon peas dal dhokli). When cooked with yellow split moong dal, it turns out equally nutritious, light, and tastes delicious. The recipe is divided into two parts: dhokli/pasta (made from scratch) and the gravy: seasoning the dal. Just a note, if you do not like added sweetness, then this one's for you! No added sugar!



GUJARATI · MEALS · BY RITHIKA RAMESH

PREP 30 min COOK 30 min TOTAL 1h

INGREDIENTS

For Dhokli (Pasta)

1 cup Whole wheat flour

1 tbsp Oil

½ tsp Red Chili Powder

¼ tsp Turmeric Powder (haldi)

⅛ tsp Carom Seeds (Ajwain) (optional)

¼ tsp Salt

1 cup Water - about ½

½ cup Dry flour for dusting (if needed)

For Dal

½ cup Yellow Moong Split Dal (moong dal)

2½ tbsp Oil

1 tsp Jeera (Cumin Seeds)

2 pinches Asafoetida (hing)

1-2 pieces Dry whole Red Chili (Kashmiri)

1 tbsp Red Chili Powder

1 tsp Turmeric Powder (haldi)

1 tbsp Coriander Powder (Dhanajeeru)

Salt as per taste

2 pieces Garcinia indica (Dry Kokum)

2½ cups 2- 2 ½ cups - Water

For Tempering (optional)

½ tbsp Oil

½ tsp Cumin Seeds (Jeeru)

¾ tbsp Red Chili Powder (to taste)

METHOD

1. Wash the yellow moong split dal, add a pinch of salt, and soak it for 30 minutes.
2. In the meantime, prepare the dhokli dough (pasta dough).
3. In a mixing bowl, add whole wheat flour, red chili powder, turmeric powder, salt, and ajwain. Mix well.
4. Add oil to the dry mixture and mix thoroughly. Add some water and start mixing the dough. Add water little by little to make a soft dough. (You may need less or more water depending on the wheat flour).
5. Let it rest for 10 minutes.
6. After 10 minutes, knead the dough and shape it as desired. You can make a variety of shapes - I prefer either small round discs or rolling it into medium 6-inch to 8-inch round parathas and then cutting thick 1.5-inch strips.
7. For Round Discs: Roll the dough and cut it into tiny ½-inch balls, then press them between the palms to flatten.
8. For Strips: After kneading, cut the dough into 4-5 equal parts and roll them into round shapes. Use dry flour for dusting if needed, then roll flat. Cut them into half and then into 3-4 rectangular strips.
9. Drain the soaked dal. (TIP: Do not throw away the soaked water; drain it into a separate bowl to use later).
10. Heat oil in a kadai or saucepan. After 30-50 seconds, add jeera (cumin seeds), hing, and dry red chili. Let it sizzle for a few seconds.
11. Add the moong dal and sauté for 30 seconds. Then add turmeric powder, red chili powder, and coriander powder. Sauté for a few seconds and add the drained water. Add salt to taste.
12. Add about 2-2.5 cups of water in total (including the drained water). (TIP: Drained water has nutrition and thickens the dhokli well). Cover with the lid halfway to cook the dal evenly.
13. Add kokum to the dal.
14. Keep the stove on medium heat. Let the water and dal come to a boil. Then add the dhokli. (TIP: Cooking time may vary depending on the thickness of the dhokli).
15. Stir well to prevent the dhokli from sticking together and cook for 15-20 minutes. Cover the lid halfway through to ensure even cooking.
16. After 15 minutes, taste the dhokli by taking a spoonful onto a small plate. Adjust salt and spiciness if needed.
17. Check the dal - press it between your index finger and thumb. It should be very tender and soft, indicating it is cooked.

18. Check the dhokli - it should easily cut into pieces with a spoon, being soft and tender. If not, give it a few more minutes to cook.

For Tempering (optional)

19. I sometimes add tempering on top of the cooked dhokli before serving. It gives a nice finishing touch.

20. Heat oil in a small pan, then add jeera and red chili powder. Add the tempering to the dhokli. Give it a gentle mix, being careful not to over-mix or stir, as the dhokli is tender and may break.

21. Serve hot. You may add vegan ghee to it and enjoy the meal. You may also serve this with khakra or masala paratha (made from the same dhokli dough and cooked on a tawa/griddle as a paratha).

Khaman Dhokla

P2.1

This dish is delicious, easy to make, and light on the tummy.

GUJARATI · SNACKS · BY HEENA MODI

PREP 10 min COOK 25 min TOTAL 35 min



INGREDIENTS

For the Batter

125 g gram flour (Besan)

½ tsp chili powder

1 tsp coriander seeds (dhana)

½ tsp citric acid

1 tsp salt or as per taste

¼ tsp turmeric powder (haldi)

300 ml water

1 heaped spoon of Eno (instant soda)

For the Tadka/Tempering

A few sprays of oil

Few dried curry leaves

Pinch of asafetida (hing)

1½ tsp mustard seeds (rai)

1 tsp desiccated coconut

METHOD

For the Khaman Dhokla

1. Excluding the water and Eno, mix all the batter ingredients together.
2. Add the water a little at a time to avoid lumps of flour forming - I found mixing it with my hands was better as I could find any lumps and squeeze them out.
3. Spray a 3-inch deep steaming tray with sunflower oil and set it aside.
4. Add 1 heaped teaspoon of 'Eno' to the batter and stir vigorously - it will begin to react and froth.
5. Pour the batter into the steaming tray ensuring there's at least 1/2 inch gap from the top.
6. Place the steaming tray within a larger vessel (either a large wok or pan or an Instant Pot). Ensure that 1/4 of the vessel is filled with boiling water.
7. Place a lid on top and steam for 25 minutes.
8. After steaming, allow it to cool for 15 minutes before cutting it into 4 cm cubes.

For the Tadka/Tempering

9. In another pan, heat a few sprays of sunflower oil.
10. After it's heated up, add the mustard seeds, dried sweet curry leaves, and asafoetida and put the lid on the pan.
11. When the seeds finish popping, pour this 'dressing' over the diced pieces of dhokla.
12. Garnish the pieces with desiccated coconut and enjoy with a cup of Vegan 'Indian' tea!

Broken Wheat Khichdi

P2.2

Made with very few ingredients and gets ready in under 30 minutes

GUJARATI · MEALS · BY AMI KAMDAR

PREP 15 min COOK 7 min TOTAL 22 min



INGREDIENTS

½ cup broken wheat (dalia/faada)

½ cup roughly chopped groundnuts

1 tsp sesame seeds

2 tsp oil

1 tsp jeera (cumin seeds)

1 tsp salt or to taste

1 tsp chili flakes

METHOD

1. Rinse and wash the broken wheat. Add twice the quantity of water, salt and pressure cook on medium-high flame for up to 2 whistles. Manually release the pressure, drain off any excess water (if there is any) and keep aside.
2. Heat oil in a pan and add jeera. Sauté it for a minute or until it turns aromatic.
3. Add crushed groundnuts and sesame to it and sauté it for 2 - 3 mins.
4. Add cooked broken wheat and chili flakes and mix it properly.
5. Garnish with some crushed peanuts and serve hot.

NOTE This khichdi is a good alternative to Sabudana (tapioca) khichdi. It's quite filling, nutritious, and one of my favorite dishes.

Oil-Free Vegan Kadhi for Paryushan

P2.2

Kadhi can be made in so many different ways and different states follow different ways to make this... There is Gujarati kadhi, Rajasthani kadhi, Punjabi kadhi and maybe more that I don't know of. Today, I'm sharing kadhi that is JAIN, VEGAN, and PARYUSHAN friendly. And guess what? It's super DELICIOUS! Tastes almost like the usual dairy curd. It is similar to Gujarati Kadhi but I have made some changes to enhance the flavor as we cannot use fresh curry leaves (kadi patta) in Paryushan - a very important ingredient in kadhi. Also, plant-based curds have their own flavor and I add extra spices to mask that.

GUJARATI · MEALS · BY PRIYANKA JAIN

PREP 5 min · COOK 25 min · TOTAL 30 min



INGREDIENTS

For the Base

4 cups chickpea yogurt

1 tsp ginger powder (soonth)

Salt to taste

Water for dilution based on consistency you like

For Tempering (Whole Spices)

1½ tsp mustard seeds (rai)

1½ tsp cumin seeds (jeera)

1 tsp fenugreek seeds (methi)

1 tsp coriander seeds (dhaniya)

3 dry red chili, seeds removed (lal mirch, sabut)

For Tempering (Tadka) Powdered Spices

2 tsp Kashmiri red chili (lal mirch) powder

½ tsp asafoetida (hing)

2 turmeric (haldi powder)

¼ cup water

METHOD

1. Take the base ingredients and mix well with a churner or a whisk
2. Transfer to a pan and start cooking
3. For Tempering:
4. Roast all the whole spices, add the dry red chili in the end as they take the least time to cook
5. Turn off the stove and add powdered spices
6. Once the aroma of spices is released, add water
7. Add this tempering to the chickpea curd base and let it cook until it comes to a boil
8. Then cook for another 5 minutes on medium heat
9. Kadhi is ready. You can serve this with rice/roti/khichdi

NOTE Based on my experience of trying different types of plant-based curds to make vegan kadhi, chickpea curd is a clear winner in terms of taste as well as texture that's similar to dairy kadhi.

Besan ka Paratha (Gram Flour Parathas)

P2.3

Spiced and flavorful parathas made with wheat & Gram/chickpea flour.

NORTH INDIAN · MEALS · BY NIDHI KOTHARI BHIWANDI

PREP 10 min COOK 30 min TOTAL 40 min



INGREDIENTS

Wheat flour dough (4 cups wheat flour, water & salt to taste)

Salt to taste

Oil to cook parathas

For Besan masala

4 tbsp gram/chickpea flour (besan)

1 tbsp red chili powder

1 tsp cumin seeds (jeera)

1 tsp carom seeds (ajwain)

½ tsp asafoetida (hing)

1 tsp salt

¼ tsp turmeric (haldi)

8 tbsp oil

Mix the above ingredients and keep aside.

METHOD

1. Heat 8 tbsp of oil and add it to besan masala mixture (besan, mirchi, haldi, ajwain, jeera, hing, salt). Mix well and keep aside.
2. Mix wheat flour, salt and add water as needed and knead a dough. The dough should be smooth and not sticky. Roll into a shape of roti using a rolling pin and dry flour so that it does not stick.
3. Spread ¼ of prepared besan masala evenly on rolled dough.
4. From one edge of the rolled dough, start making about ½” pleats till the opposite edge is reached. Stretch the pleated dough gently and then twist the whole pleated dough like a swiss roll and secure the end. The result is a spiral flat ball.
5. Dust the ball with some flour. Place the ball on the rolling area and flatten it slightly with fingers.
6. With the help of a rolling pin, roll it to a chapati or parathas of about 7 inches. Roll it with light hands.
7. Heat the tawa and cook the paratha on low flame. Apply oil on both sides and cook until crispy

NOTE Cook on low flame so that besan is cooked well, if you like you can add 1/2 tsp of dry fenugreek leaves (kasuri methi) in the dough.

This recipe is very dear to me as my dad's aunt always makes it for me when I visit her (in Jodhpur) and people always take this while traveling on a train.

Nutritious Kala Chana

P2.3

This is in continuation to my recipe of a spice mix/masala which is very versatile and my all-time favorite. I add it to curries, lentils, or veg kebabs.

NORTH INDIAN · MEALS · BY PRIYANKA JAIN

PREP 10 min COOK 35 min SET 8h TOTAL 8h 45m



INGREDIENTS

1 cup black chickpea/kala chana soaked for 8-10 hours

2 " cinnamon stick

2 black cardamom

2 dry bay leaves

2 tsp dry ginger powder (soonth)

½ cup plant-based curd (chickpea curd or peanut curd work well)

1 tsp spice mix (Check recipe no)

METHOD

1. In a pressure cooker, add the chana with bay leaves, cinnamon stick, dry ginger powder, and black cardamom, and water enough to cover the chana and about an inch extra.
2. Cook the chana till tender.
3. Once done, remove the whole spices.
4. Take 1/4 quantity of cooked chana blend to a smooth paste in the blender and add this back to the rest.
5. Heat the curd separately for a couple of minutes. Add to the chana along with the spice mix.
6. Bring it to a boil and simmer for 5-10 minutes till you reach desired consistency.
7. Kala chana curry is ready. Enjoy with roti/paratha/rice or millet.

NOTE Usually, I make gravy for Kala chana with ginger and tomatoes, but I had to improvise for Paryushan. I wanted a thick gravy, so I experimented a little, and it came out delicious—a recipe that I am certainly going to follow throughout the year and not just during Paryushan.

Jains heat the yogurt before adding it to any pulses or lentils. I prefer not to use a pressure cooker as it destroys a lot of the nutrients in the food, but kala chana does take a very long time to cook so a pressure cooker can be used.

Priyanka N Jain, Nutrition & Lifestyle Coach

Vegan Khandvi

P3.1

Veganized version of a popular savory Gujarati snack in an easy-to-make style!

GUJARATI · SNACKS · BY AMITA SHAH

PREP 10 min COOK 20 min TOTAL 30 min



INGREDIENTS

For Khandvi Batter

1 cup besan (gram flour)

2 cups water

½ tsp turmeric powder (haldi)

1 pinch asafoetida (hing)

1 ½ tsp salt (or per taste)

Optional: ¼ tsp citric acid/dried mango powder (Amchur)

For Tempering

1 ½ tbsp vegetable or any cooking oil

½ tbsp mustard seed (rai)

½ tbsp sesame seeds (til)

½ tsp red chili powder

For Garnish

Unsweetened or sweetened shredded coconut (dry)

Dry coriander leaves (optional)

METHOD

Making Khandvi Batter

1. Add salt, citric acid (optional), and turmeric powder to water and mix well.
2. Add besan/gram flour to the water slowly while constantly mixing to avoid lumps. Mix the batter with a whisk until it is smooth without any lumps. Consistency of the batter should be thin.
3. Pour the batter into a non-stick saucepan. Place on low-medium heat and constantly stir until the batter becomes thick (usually takes 12-15 minutes). To test if the batter is cooked, you can do a “plate test” by spreading a few teaspoons of the batter on a plate. If you are able to roll the batter after letting it cool for a bit, then the batter is ready.
4. Cut large sheets of aluminum foil (no need to grease) and quickly spread the hot batter onto them.
5. Make layers as thin and even as possible. Let it cool for 5-10 minutes.
6. Using a knife, cut into 1.5-inch wide strips.
7. Carefully roll each strip into a tight roll. Place all rolls into a serving bowl.

For Tempering and Garnish

8. Heat oil on medium-high heat and add mustard seeds. Let it crackle.
9. Add sesame seed and turn off heat right away.
10. Add red chili powder.
11. Pour the hot tempering mix/oil immediately onto the rolls evenly.
12. Finish by garnishing with coconut and dry coriander (optional).

NOTE I tried veganizing khandvi after my daughter became vegan. Such a happy moment when she tried it for the first time and loved it!

Little Millet / Kodo Millet Pulao

P3.2

INDIAN · MEALS · BY SHARMILA OSWAL



INGREDIENTS

Little millet or kodo millet rice

Chana dal

Spices

METHOD

Preparation Method:

1. Instead of taking any rice, take little millet or kodo millet rice.
2. You can add chana dal and spices which you like.
3. Tasty pulao ready to serve after regular process of pulao.

Peanut Curd

P3.2

Extremely easy and a sure shot to make well set curd.

DAIRY ALTERNATIVE · DAIRY ALTERNATIVES · BY JOSEPH PINTO

PREP 10 min COOK 10 min SET 14h TOTAL 14h 20m



INGREDIENTS

1 cup raw peanut

½ cup brown rice flour

800 ml water

1 tbsp vegan curd starter

METHOD

1. Soak the raw peanuts with their peel for 4-6 hours.
2. Discard the water, rinse the peanuts, and grind them into a very smooth paste using some water.
3. Add 500 ml water to this peanut paste. Blend it to a smooth liquid consistency.
4. In a separate vessel, mix the rice flour with a small quantity of water to make it into a paste. Make sure there are no lumps.
5. Add the remaining water to the rice paste to make it into rice milk.
6. Boil the peanut milk. When it boils, simmer the gas and add the rice milk slowly, stirring continuously so that the milk thickens.
7. Cool this mixture to room temperature and add the curd starter. Mix well and keep aside for 8-10 hours until it sets.

NOTE This recipe works best with a curd starter (use a vegan one)

Moong Bean Curry

P3.3

Traditional Moong Bean Curry is a super easy and nutritionally balanced recipe. You can have it either as breakfast, lunch, or even dinner. Combine the classic recipe with khakara or plain rice of your choice for a complete meal.

GUJARATI · MEALS · BY KRINA SHAH

PREP 5 min COOK 30 min SET 20 min TOTAL 55 min



INGREDIENTS

1 cup Whole Green Moong Bean (Mung Bean)

Water 2-3 cups for soaking and steaming.

For Tempering

1½ tbsp Avocado or Grapeseed Oil

3-4 Cloves

½ Cinnamon Stick

8-10 Whole Black Peppercorns

1 tsp Jeera (Cumin Seeds)

¼ tsp Hing (Asafoetida)

1 tbsp Kashmiri Red Chili Powder

1 tsp Haldi Powder (Turmeric)

1 tbsp Dhaniya Powder (Coriander)

Salt as per taste

2 pieces Black Dry Kokum (Dry Jungle Plum)

METHOD

1. Take whole moong bean in a pressure cooker, wash and rinse with clean water two-three times.
2. Then soak the moong in clean water. (Ratio to soak moong is 1:3, i.e., 1 cup moong to 3 cups water) Let it soak for about 15-20 minutes.
3. Cover the pressure cooker lid, and place it on the stovetop. Let it cook for 2-3 whistles. Approximately 15-20 minutes.
4. Turn off the stove and allow the pressure cooker to cool down.
5. Let's get the saucepan or cast iron kadai ready for tempering.
6. Heat the oil in the pan to low to medium (not smokey hot) - add cloves, cinnamon sticks, and whole black peppers.
7. After a few seconds, add jeera, hing, and haldi powder and cook for 30 seconds.
8. Once it starts sizzling, then add boiled moong beans.
9. Add red chili powder, dhaniya powder, and salt. Mix it up, check the water consistency, and add another cup of water if there is no or less water.
10. Add the kokum and let it simmer for 5-7 minutes. Moong Bean curry has a medium-thick consistency. If desired, you can keep thin consistency by adding water.

NOTE Tips and Alternative: If you do not have a pressure cooker, you can soak moong beans for 30-45 minutes and let them boil in a saucepan for 20-25 minutes. Another option is using an Instant Pot, which will decrease the cooking time. For Kashmiri red chili powder, this chili powder is high on color and less on spiciness, so you can adjust with any type of chili powder and to your taste. I prefer mild to medium spicy.

Healthy & Delicious PanchRatna Dhokla

P4.1

These Dhoklas are very healthy and tasty. The ingredients are easily accessible and don't require much prepping.

GUJARATI · SNACKS · BY ALKA SHAH

PREP 7 min COOK 20 min TOTAL 27 min



INGREDIENTS

- 1 cup Rice (any type of rice)
- ¼ cup split black gram lentils (Urad Dal)
- ¼ cup split yellow lentil (Yellow Moong Dal)
- ¼ cup split chickpea lentil (Chana Dal)
- ¼ cup yellow split pigeon peas (Toor Dal) or Semolina (Sooji)
- 2 tbsp oil
- 1 tbsp dried fenugreek leaves (Kasoori Methi)
- 2 ½ tsp fruit salt/Eno
- ½ tsp amchur powder or citric acid
- ½ tsp red chili powder
- For Serving: Oil, salt, chili powder or Methi Masala

METHOD

1. Blend all the rice and lentils into a blender until a coarse texture is achieved. This dry flour mix can be stored in an airtight container for up to 15 days.
2. Take a mixing bowl and add mixed flour. Add water little by little to create a smooth batter. The consistency should be not too thick and not too thin.
3. Add salt and amchur/citric acid. Mix well and let it rest for 10 minutes.
4. Meanwhile, prepare your steamer. Heat water in the steamer and grease dhokla plates with some oil.
5. Take some of the batter in a different container and add Kasoori Methi. You may skip this step and make plain dhoklas too. Add Eno/fruit salt + 1 tbsp of oil. Combine everything nicely. Follow this step just before you are ready to steam the dhoklas.
6. Sprinkle red chili powder on the top. Cover and Steam the Dhoklas for 10 minutes.
7. Let Dhoklas cool down before you cut into the desired shape. Brush some oil on the top. Doing so will prevent Dhoklas from turning dry if not serving immediately.
8. Serve with some oil, mixed with some salt and red chili powder or with some Methi Masala.

NOTE I experimented with these dhokla one day and it turned out so good, now we prefer it over typical white dhoklas. Everyone in my family loves it!

Dal Pakwan

P4.2

This is a traditional Sindhi recipe modified to make it vegan and paryushan-friendly

SINDHI · MEALS · BY NAMRATA ASUDANI

PREP 10 min COOK 40 min TOTAL 50 min



INGREDIENTS

Dal

1 cup Chana Dal (split Chickpeas lentil)

4 cups Water

½ tsp haldi (turmeric)

Salt as per taste

½ tsp jaggery

¼ tsp red chilli powder

Tempering

1 tsp oil

½ tsp jeera (cumin seeds)

Pinch of hing (asafoetida)

Few dried curry leaves

Topping

½-1 tsp red chili powder (as per taste)

½ tsp amchur powder (dry mango powder)

Pinch of chaat masala

Pakwan (crispy puri)

1 cup maida (all-purpose flour)

1 cup wheat flour

¼ tsp ajwain (carom seeds)

¼ tsp shah jeera (black cumin seeds or Caraway seeds)

¼ tsp crushed pepper (optional)

Salt as per taste

1 tbsp oil (hot)

Water for kneading

Oil for deep frying

METHOD

For the Dal

1. Rinse and soak chana dal for 2-3 hours. Drain and keep aside.
2. Cook the dal with salt and turmeric powder in a pot or pressure cooker for 2 whistles. The grains should be cooked yet separate and not mushy.
3. In a separate pan, add the oil. When it is heated add jeera and allow it to splutter. Add hing and a few dried curry leaves.
4. Add the dal, jaggery, and red chilli powder.
5. Add water if needed but dal should be of thick consistency.
6. While serving, top with red chilli powder, amchur powder, and a pinch of chaat masala.

For the Pakwan

7. Sieve the flour.
8. Add ajwain, jeera, crushed pepper, salt, oil, and sufficient water to knead into a dough.
9. Set it aside for 15 minutes.
10. Divide the dough into 10-12 small portions.
11. Roll out each portion like a chapati (flat bread) and prick with a fork. This is important so that the pakwan does not puff up like a puri.
12. Deep fry on low or medium heat till it is crisp and golden in color.
13. Serve hot with dal.

NOTE Dal can be topped with tamarind chutney while serving.

This dal can also be had with rice or roti. Dal pakwan is typically had for breakfast but can also be had for lunch or dinner.

Papad Dal Dhokli

P4.3

A perfect lunch or dinner item. Most people love it, but they think it's hard to make. However, this is the easiest way to make it.

GUJARATI · MEALS · BY PRAVIN TURAKHIA

PREP 10 min COOK 15 min SET 2h TOTAL 2h 25m



INGREDIENTS

- 1 cup Toor (Arhar) dal
- 1/8 cup chana dal (Daliya/split chickpeas)
- 10 Black pepper papad
- 1 teaspoon tamarind paste or Amchur Powder
- 2 tablespoons raisins/craisins
- 2 tablespoons peanuts
- 1 teaspoon Kasuri methi
- 2 tablespoons Gud (jaggery)
- Dried cilantro leaves for garnish (optional)
- Masala (Spices) - adjust to your taste
- 1 teaspoon red chili powder
- 2 teaspoons dhania-jeera powder
- Salt to taste
- For Tadka (Tempering)
- 2 teaspoons oil
- 1 teaspoon mustard seeds
- 1/2 teaspoon whole jeera (cumin seeds)
- 1/2 teaspoon methi (fenugreek seeds)
- 1 cinnamon stick + 3 cloves (optional)
- 1/2 teaspoon hing (asafoetida)
- Dried curry leaves (optional)

METHOD

1. Soak toor and chana dal for 1-2 hours.
2. Cook with 5 cups of water (on the stove pressure cooker or instant pot).
3. Blend the cooked dals and bring them to a boil on a stove.
4. Cut papads into 1 1/2 inches pieces and add to dal.
5. Add gud, peanuts, tamarind paste, salt.
6. Prepare tadka: in a small vessel heat up oil, add the whole rai, whole jeera, methi seeds, dried curry leaves cloves, and cinnamon stick, and stir. When it starts spluttering, switch off the gas and add the hing, kasuri methi, raisins/craisins.
7. Add this to the dal/papad mixture, and stir and boil for 1-2 minutes.
8. Garnish with dried cilantro and serve.

NOTE Papad can be replaced with bowtie pasta (cooked) or traditional thepla dhokli.

Chatpati

P5.1

Delicious and very easy to make snack.

GUJARATI · SNACKS · BY BINITA MODY

PREP 5 min COOK 5 min TOTAL 10 min



INGREDIENTS

4 cups of Puffed Rice

2 tbsp Mustard Oil or any other oil

3 tsp 2- 3 tsp Crushed Mustard seeds (as per taste)

4 tbsp Crushed Peanuts

½ tsp Asafoetida (Hing)

1 tsp Tumeric powder (haldi)

2 tsp Red Chilly Powder

Salt as per taste

2 tsp sugar, as per taste (Optional)

For Garnishing - Sev (long thin strands of gram flour, deep fried and spiced)

METHOD

1. Wash puffed rice with water and put it aside in a strainer for 10 minutes.
2. Coarsely crush the peanuts and mustard seeds.
3. Take a pan, heat at a low flame.
4. Add the mustard oil and sauté the crushed peanuts.
5. Add crushed mustard seeds and mix well.
6. Add the spices (asafoetida, turmeric, and red chili powder).
7. Immediately add the puffed rice and mix it well with the spices.
8. Add salt & sugar (optional) and mix everything well for 2-3 minutes.
9. Serve it hot in a bowl and garnish it with sev.

NOTE Puffed rice (Mamra), Mustard Oil, Peanuts

This tastes the best with mustard oil. If you have a peanut allergy, you can substitute it with roasted Chana Dal.

You can also add Aamchur powder for a little sour taste.

Foxtail Millet Coconut Rice

P5.2

SOUTH INDIAN · MEALS · BY SHARMILA OSWAL



INGREDIENTS

1 cup Foxtail millet

1 cup Coconut grated

2 tsp Ghee (plant-based)

Salt - as desired.

METHOD

Preparation Method:

1. Foxtail millet is soaked for 2 hours and cooked fully.
2. Add ghee and cumin, dried red chilli, and sauté them in a pan.
3. Add cooked foxtail and grated coconut and cook for two minutes.
4. Add salt as per taste and serve hot.

Chikpea Curd

P5.2

Out of various vegan curds, this is the easiest to make and perfect for making kadhi (curry)

DAIRY ALTERNATIVE · DAIRY ALTERNATIVES · BY PRIYANKA JAIN

PREP 16h 10m COOK 40 min SET 16h TOTAL 32h 50m



INGREDIENTS

1 cup dry chickpeas (use dry chickpeas, not canned; they should be raw, not cooked)

4 cups of water for soaking

3 cups of water for making milk

Curd Starter

2 tbsp of soaking water from chickpea

METHOD

1. Soak the chickpeas in 4 cups of water for 8 hours. This can be done early in the morning.
2. Curd Starter: After 8 hours, the water should have bubbles. Save 2 tbsp of this water to be used as the curd starter.
3. Strain the remaining water (this can be used to water your plants).
4. Now blend the chickpeas in the blender with 1 cup of fresh water to form a smooth paste. Don't blend it too much, or it will be difficult to extract the milk. It should be a little coarse.
5. Now add the remaining 2 cups of water and blend for a few more seconds.
6. Place a cotton cloth or a nut milk bag on a container. Add half the quantity of the chickpea paste to the cloth/bag and squeeze to extract the milk.
7. Repeat this with the other half of the chickpea paste.
8. Stir the milk and pour it into a pan and place it on the stove. Stir it again to make sure it doesn't settle at the bottom, before switching on the stove.
9. Turn the stove on and heat the milk on medium heat. Keep stirring the milk until it begins to boil and the consistency is thick like custard.
10. You may notice foam building upon the surface during this process. Remove it as and when required.
11. Once you have the right consistency, switch off the stove and let it cool down.
12. Keep stirring to make sure it cools down evenly. Otherwise, it will cool from the top and still be hot underneath.
13. Wait till the milk comes to a lukewarm temperature. You can check the temperature by adding a few drops of it on your finger. The ideal temperature to add the starter culture for fermentation is around 38°C to 44°C (100°F to 110°F).
14. Transfer the milk to a non-metallic container.
15. Add 2 tablespoons of the soaking water that you saved at the start of this recipe. This will act as a starter.
16. Stir the starter thoroughly. You can also use your clean finger to stir to give additional bacteria from your skin. Cover the container with a loose lid and let it sit.
17. The process can take anywhere between 6 to 12 hours depending on the weather. If the weather is very cold, you can cover the container with a blanket to keep it warm.

Tofu chhole

P5.3

A perfect lunch or dinner item. Most people love it but they think it's hard to make, but this is the easiest way to make it.

NORTH INDIAN · MEALS · BY PRAVIN TURAKHIA

COOK 20 min SET 4h TOTAL 4h 20m



INGREDIENTS

1 cup dried garbanzo beans (or ½ - 2 cups cooked)

14 oz 14-16 oz firm Tofu

2 tablespoons oil

24 pieces Cashew or Almond paste of 22

2 teaspoons chhole masala

1 teaspoon red chili powder

1 teaspoon chili flakes (reduce if you prefer less spicy)

1½ teaspoons amchur powder

2 tablespoons asafetida

2 teaspoons Kasoori methi

¾ tablespoon turmeric powder

Salt to taste

Dried cilantro leaves for garnish

Masala (Spices) - adjust to your taste

METHOD

1. Wash the dried garbanzo beans thoroughly and soak them for at least 4-5 hours before cooking.
2. Drain the beans, add two cups of water and pressure cook it for up to 3 whistles.
3. Make ¾-inch cubes of tofu.
4. Heat the oil in a pan, then add all the above masalas and fry on a low flame for 1 to 2 minutes stirring continuously.
5. Add tofu cubes and sauté for 2-3 minutes adding 2 tablespoons of water.
6. Add cooked beans along with the cooked water to make the gravy.
7. Stir well and cook on a medium flame for 8-10 minutes.
8. Turn off the heat and transfer it to a serving bowl.
9. Garnish with dried cilantro and serve.

NOTE For variation, garbanzo beans can be replaced with whole moong beans.
Tree Nuts

Millet White Dhokla

P6.1

GUJARATI · MEALS · BY SHARMILA OSWAL



INGREDIENTS

1 cup regular millet rice

¼ cup urad dal

½ cup curd (plant based) warmed

1 dried red chilli chopped

3 tbsp 2 to 3 tbsp water (room temperature)
for grinding

½ tsp oil to be added later to the batter + for
greasing

1 tsp Eno, salt to taste

black pepper

red chilli powder to taste

roasted sesame seeds, as required (seeds to
be washed and dried before Fagan Chaumasa)

METHOD

1. Rinse the millet rice and urad dal thoroughly.
2. Soak them together or separately in enough water for 3-4 hours.
3. Drain them well and then grind them together with the chilli.
4. Keep adding 2 to 3 tbsp water at intervals.
5. The batter should be thick like the idli batter and the texture of the ground rice should be grainy.
6. Pour the batter in a deep bowl or pan and add the yogurt and salt.
7. Stir well and ferment for 7-8 hrs during the day or you can keep it under the sunlight.
8. Before preparing the dhoklas, grease the dhokla pan and set aside.
9. Also, preheat the steamer.
10. First, add oil in the batter and stir well. Then add the fruit salt to the batter.
11. Mix well in one direction and pour the batter into the greased pan.
12. Sprinkle with black pepper powder, red chili powder, and roasted sesame seeds.
13. Place the pan in the steamer.
14. Cover and steam for 20-25 minutes on medium flame or till a toothpick comes out clean. When done, remove and set aside to cool slightly.
15. Then, slice and put some peanut chutney in between two slices. Grill them lightly on a tawa and serve.

Adai - 3 Lentil and Rice Savory Pancake from South India

P6.2

An easy dosa-like breakfast option with added protein.

SOUTH INDIAN · MEALS · BY NITYA RAMAKRISHNAN

PREP 10 min · COOK 5 min · TOTAL 15 min



INGREDIENTS

¼ cup Mung Dal (yellow moong split lentil)

¼ cup Urad Dal (split and dehusked black gram lentil)

¼ cup Tur Dal (split pigeon peas)

¼ cup Rice (any variety)

Salt - to taste

½-1 tsp Dried Red chilly powder, to taste

¼ tsp Asafoetida (hing), to taste

METHOD

1. Wash and soak the dals and rice by 5 am.
2. Rinse and drain the water after 5-6 hours.
3. Grind to a coarse consistency adding a little water with the chili, salt, and hing. Ensure consistency is thicker and coarser than that of dosa batter.
4. Heat the tawa or pan (cast iron pan works best). Grease with oil so the batter does not stick.
5. When the pan is hot, lower to medium flame. Take a ladle full of the adai batter or about ¼ cup of the batter. Pour the batter and gently spread the batter starting from the center and moving outwards like dosa but it should be thicker than dosa.
6. Cook till the base is nicely golden and crisp. The base and edges will leave the pan when it gets cooked.
7. Spread ¼ to ½ teaspoon oil on the edges and center. With the spoon spread the oil on the adai.
8. If you prefer, you can flip the adai and cook the top side for a minute.
9. When the adai has nicely browned from the bottom and the surface looks well cooked, without any specks of undercooked batter, then fold with a spatula and lift it from the pan.
10. Serve with Jain vegan butter and powdered jaggery. Adai can also be served with coconut chutney or sesame chutney.

NOTE The batter can be spread thicker and cooked slowly to get a heavier adai that is crisp.

For a thin crisp dosa, grind the batter finer.

For many Tam Brahms as we are called, the evening meal is never a rice or roti-based meal. It's always what we call a "tiffin". This qualifies as one. Mom would make it while we all waited our turn impatiently. We ate faster than the tavas could roll out.

Coconut Chutney

P6.2

A perfect condiment to have with Idlis, Dhoklas, Utthapam, and Dosas.

SOUTH INDIAN · CONDIMENTS & MASALAS · BY MAYAVI KHANDELWAL

PREP 10 min TOTAL 10 min



INGREDIENTS

For base

1 cup desiccated coconut

1/3 cup roasted chana dal (Daliya/ split chickpeas)

1 golf ball size tamarind soaked in 1/4 cup water or 1 tablespoon tamarind paste

1-2 Kashmiri Chillies soaked (optional)

1/2 teaspoon whole Jeera (cumin seeds)

Salt to taste

For tempering

2 teaspoons White Urad Dal (Split Black gram lentils)

1/2 teaspoon whole Rai (Mustard seeds)

1/2 teaspoon whole Jeera (Cumin seeds)

1 Kashmiri Chili broken into 3 pieces

1/8 teaspoon Hing powder (asafoetida)

METHOD

1. Grind the chutney ingredients to a smooth paste by adding enough water. Add more water to get the desired consistency.
2. Dry roast the urad dal and the chili pieces on a low flame in an iron pan, stirring all the time until it's golden.
3. Add the whole rai and whole jeera and stir. When it starts spluttering, switch off the gas and add the hing.
4. Add this to the chutney and mix well and serve.

Vatha Kuzambu

P6.3

Vatha Kuzhambu (pronounced koo-ulm-bu) is a tangy, salty, and spicy gravy that pairs well with any rice dish.

SOUTH INDIAN · MEALS · BY RITHIKA RAMESH

PREP 5 min · COOK 15 min · TOTAL 20 min



INGREDIENTS

¼ cup dried tamarind (imli)

1 tsp sambar powder

1 tsp coriander powder (dhana jeeru powder)

½ tsp sesame powder (til powder)

¼ tsp rice flour

½ tsp mustard seeds (rai)

¼ tsp fenugreek seeds (methi)

1 tsp chana dal (Bengal Gram or split chickpea)

3 tsp peanuts

2-3 dried red chilies, whole

1 tsp sesame oil

1 cup water

Salt to taste

Pinch of asafoetida (hing)

METHOD

1. Soak the dried tamarind in lukewarm water for a few minutes and squeeze out the pulp.
2. In a deep pan, heat the oil and add the mustard seeds, fenugreek seeds, chana dal, peanuts, asafetida, and red chilies in order.
3. When the peanuts begin to brown, add the tamarind paste with 1/2 cup of water.
4. Bring it to a boil. When the raw smell of the tamarind disappears, add more water, the remaining powders, and stir well.
5. Let it boil for about 10 minutes more until the consistency gets slightly thick.
6. Enjoy it with plain rice.

Gram/Besan Pancake with Peanut Chutney

P7.1

Extremely easy and Protein packed dish

GUJARATI · SNACKS · BY JESAL SANGHAVI

PREP 10 min COOK 10 min TOTAL 20 min



INGREDIENTS

For Pancakes

1 cup gram/besan

1 tablespoon red chili (mirchi) powder

1 tablespoon coriander (dhana jeera) powder

1 teaspoon turmeric (haldi) powder

Salt to taste

Oil for cooking

For Peanut Chutney

4 tbsp oil

Red chili powder

Rock salt to taste

Roasted peanut powder

METHOD

1. Mix all the masalas/spices and gram/besan flour well.
2. Add water to make it a dosa-like batter.
3. Take a non-stick tawa and put it on medium flame.
4. Take a medium serving spoon full of batter and spread it on tawa in a round shape. Try to make it thin to medium thickness (while spreading the batter one should be careful that tawa should not be extremely hot otherwise the batter will not spread properly).
5. Spread oil on the periphery of the pancake as well as on the top of it.
6. Let it cook till it becomes pink to light brown on one side and then make it upside down.
7. Cook the same way on the other side also and your besan pancake is ready.

To Prepare Peanut Oil Chutney

8. Mix well oil, chilly powder, salt, and roasted peanut powder all together and your chutney is ready.
9. One can add or minus the oil according to the chutney consistency they want.

NOTE I love this recipe because it is quick to make and my kids love it too.

Black Eyed Peas & Burmese Tofu Curry

P7.2

Black Eyed Peas are the most common types of beans and staple in many countries. This recipe can be made without using Tofu, however adding makes the entire dish delicious, hearty, and flavorful.

NORTH INDIAN · MEALS · BY MEGHA SHAH

COOK 20 min SET 5h TOTAL 5h 20m



INGREDIENTS

1 cups of dried (or 2 cups of cooked) Black eyed peas

5 cups Water

1 ½ tbsp Oil

1 cup cubed homemade Chickpea Tofu (or Store-bought Tofu if you prefer)

¾ cup granulated Almond powder

1 tsp Each-Ground Spices: Asafoetida, Turmeric, Red Chili, Paprika, Garam

Masala, Cumin seeds

2 tsp Ground Coriander

2 tsp Jaggery powder or cane sugar

1 tsp Salt or to taste

METHOD

1. Wash the dried beans thoroughly and soak them for at least 4 hours in 3 cups of water before cooking.
2. Drain the water and cook them with 2 cups of water in a pressure cooker. Cooked beans should be plump, but should be able to mash easily when you press them with a fork. (typically, upto 3 whistles on medium heat gets the job done).
3. Heat oil in a pan over medium heat. Add mustard seeds, cumin seeds and wait until they crackle. Be careful not to burn the cumin seeds.
4. Add asafoetida, turmeric and granulated almond powder. Add 2 cups of water or saved liquid from cooked beans.
5. Mix well. Add the remaining spices & seasonings and cooked black-eyed peas.
6. If using store-bought tofu, add it at this point. Cover and cook for about 2 minutes.
7. Keep stirring in between.
8. Add more water to bring the curry to desired consistency. Adjust your seasonings & spices to taste.
9. Turn off the heat. Add homemade chickpea tofu just before serving.
10. Serve warm with rice, roti or parathas.

NOTE You can substitute almond powder with store bought almond flour and Burmese Tofu with store bought firm tofu.

The combination of black eyed peas & this tofu goes really well. I prefer almonds vs. cashews when using in curries because almonds contain less saturated fat compared to cashews. Makes it a healthier choice :)

Methi Papad Subji/Curry

P7.3

Methi Papad Subji is easy to make and very flavorful. Try making it during holy days of Paryushan.

RAJASTHANI · MEALS · BY MINA SHAH

PREP 5 min COOK 20 min TOTAL 25 min



INGREDIENTS

3 tbsp Methi Dana (Fenugreek Seeds)

1 tbsp oil

½ tsp Mustard Seeds (rai)

½ tsp Amchur Powder (dry mango powder)

1 tsp Red Chili Powder

½ tsp salt

¼ tsp Turmeric Powder (haldi)

1 tsp Coriander Powder (dhana jeeru powder)

½ tsp Cumin Powder (jeera powder)

1 tsp Jaggery (gud)

4-5 Papad cut into small pieces (about 2-3 inches long)

METHOD

1. Pressure cook Methi Seeds:
2. Rinse and wash Methi (fenugreek) seeds 2 to 3 times using water. Soak them in 3/4 cup of water.
3. Add 1/2 cup of water in a pressure cooker and place methi seeds in a container inside the pressure cooker. Cover and pressure cook on medium flame until 4-5 whistles.
4. Turn off the stove and let the pressure cooker cool down. Remove cooked methi seeds from the cooker.
5. Wash cooked methi seeds with water 2 times. This is to remove excessive bitterness from the curry. Drain all excess water and keep aside.
6. Making the Curry:
7. Heat 1 tbsp of oil and mustard seeds in a broad pan on medium-high flame.
8. Once mustard seeds crackle, add methi seeds, amchur powder, and 2 cups of water. Mix well.
9. Add red chili powder, salt, turmeric powder, coriander powder, cumin powder, and 2 tbsp jaggery.
10. Mix everything well and let it cook for 4 to 5 minutes, uncovered.
11. Add papad pieces, mix well and let it simmer for 4 to 5 minutes.
12. Turn off the heat, taste and adjust the spice level if needed. Methi Papad Subji is now ready to eat!

NOTE Methi Papad Subji is my go-to recipe during Paryushan, but my family enjoys eating this curry any time during the year. This can be had with roti, paratha, or rice.

Rice Pancakes / Rice Saykla

P7.3

Rice pancakes are one of the favorite and versatile foods during Paryushan. It's quick and super easy to make. You can eat this as an evening snack with tea or have it as dinner.

GUJARATI · MEALS · BY KRINA SHAH, NJ - US @KRINASCORNER

PREP 10 min COOK 10 min TOTAL 20 min



INGREDIENTS

1 cup of cooked White Rice

½ tsp Red Chili Powder

¼ tsp Turmeric Powder (haldi)

½ tsp Cumin (Jeera) Powder

⅛ tsp Carom seeds (Ajwain) (optional)

¼ tsp Salt

½ tsp Dry Mango Powder (Amchur Powder)

1 tbsp Whole Wheat flour

½ tbsp Bengal Gram flour (Besan or Chickpea Flour)

1 tbsp Dry Coriander Leaves (Optional)

Oil - as needed for drizzling and greasing the griddle.

METHOD

1. Take cooked rice in the mixing bowl. (If you don't have cooked rice, then take about ¾ cup rice and cook as you normally do. Then let it cool down to room temperature).
2. Smash a bit with the spoon and then add the ingredients listed above. Give it a mix use your hand and knead it in a soft dough-like consistency. If it's too dry, then add a couple tbsp of water or if it's wet then add ¼ tbsp of Gram flour.
3. Taste the flavor and salt. Adjust the spiciness as per your taste.
4. Heat the tawa/griddle or if you have a mini Uttapam / Pancake griddle you can use it too.
5. Take ½ cup of water in the bowl to wet your fingers.
6. Lower the flame to low: Grease the pan with a few drops of oil, then take a small portion of the dough, place it on the tawa, wet your fingers, then press the dough with wet fingers in a round shape or any shape is fine. Keep it a bit thicker than paratha.
7. Add about ¼ tsp of oil to the pancake and let it cook on one side (until light brown). Then flip it and let it cook. You can make the rest of it. Because I make mini sizes. I can fit 3-4 on my Tawa.
8. Serve hot with Methia Masala / Sesame chutney.

NOTE Substitute: You can add ½ tsp of vegan yogurt instead of Amchoor Powder. If you do so, you may need about ¼ tsp of extra whole wheat flour and besan flour to the recipe.

Personal note: This is a quick and fun recipe for kids. It's also a light dinner and I prefer to have it with Vegan Kesar Milk or Vegan tea. It's a nice alternative for the thepla as well. I hope you like and share this recipe with your loved ones.

Wheat

Rajgira Thalipeeth

P8.1

MAHARASHTRIAN · MEALS · BY SHARMILA OSWAL



INGREDIENTS

1½ cups rajgira flour / amaranth flour

1 tsp ¾ - 1 tsp sendha namak rock salt

1 tsp cumin seed

2 tbsp sesame seeds

1-2 dried red chilis finely sliced

½ cup peanuts chopped coarsely

¼ cup water

Oil for shallow frying

METHOD

Preparation method:

1. Take the flour into a big bowl. Add rock salt, cumin seeds, and sesame seeds and mix well into the flour.
2. Add the other ingredients and form a dough. Use little water at a time. The dough should not be too soft or too hard.
3. Heat a tawa or frying pan over medium heat. Have a bowl of water ready, and a wet small piece of cloth.
4. Place the wet cloth on a board or rolling board. Divide the dough into 7-8 golf ball size parts.
5. Take one part, place it on the wet cloth. Wet your fingers and pat it into a circle of about 4-5 inches in diameter.
6. Lift the wet cloth with the thalipeeth from the corners and turn it over onto the hot tawa or pan.
7. Let the thalipeeth roast for 1-2 minutes. Turn it over using a spatula. Let it roast for 1-2 minutes. Drizzle oil around it and cook till light brown specks appear on both sides.
8. Repeat the above steps with the remaining dough. In between you may need to wet the cloth again.
9. Serve hot thalipeeth with some peanut yogurt (plant-based) raita (dip).

NOTE Add spices according to your taste. Use aluminum foil or parchment paper instead of a cloth.

If you can pat the thalipeeth directly on the hot tawa then use that method.

Add water in small quantities when making the dough

Puran Poli

P8.2

A popular Maharashtrian sweet roti recipe made with flour and sweetened chana dal stuffing. It is generally made during special occasions or during festival time such as Holi, but can be made and preserved at any time. Traditionally, it is eaten or served warm with a generous amount of ghee (vegan).

MAHARASHTRIAN · MEALS · BY TANUSHRI SHENOY

PREP 2h COOK 1h TOTAL 3h



INGREDIENTS

For Puran (Filling)

1 cup chana dal (Split Chickpea lentil)

1 cup jaggery/sugar

2 tsp 1/ 2 tsp nutmeg powder

1 tsp cardamom powder

Few strands of saffron - optional

For covering

1 cup wheat flour

1 cup all-purpose flour/maida

Water to knead the dough

4 cup 1/ 4 cup oil (approximately)

Salt to taste

METHOD

For the Puran(filling):

1. Thoroughly wash the chana dal and soak it for at least 2 hours.
2. Pressure cook the dal for 4-5 whistles or until the dal is soft/mushy.
3. Strain the cooked dal. Keep the dal in the strainer for some minutes so that all the stock is drained.
4. The cooked dal has to be drained very well.
5. Let the dal cool down and grind it to a paste consistency.
6. In a wide pan, add the ground dal and jaggery (or sugar).
7. The mixture will turn wet once the jaggery melts.
8. Mix well and cook on medium flame for approximately 15-20 mins or until the mixture becomes dry (but soft). Keep stirring at regular intervals.
9. Add cardamom powder and nutmeg powder and mix well. (A few strands of saffron can be added.)
10. Keep aside to cool down.

For Dough

11. Take equal quantities of wheat and all-purpose flour in a bowl (you may use only flour too if you wish).
12. Add a pinch of salt and 3 tbsp of oil.
13. Mix until oil is well incorporated in the flour.
14. Set it aside for 20 minutes.
15. Knead it into a very soft dough (The dough needs to be softer than regular so that it can be rolled easily with lighter hands and no pressure).
16. Keep it aside for 15 minutes.
17. Add 1 tbsp of oil and knead it well for a couple of minutes.
18. Keep aside for another 15 minutes (The more you knead the dough, the softer the poli will be).
19. To make puran polis:
20. Take a small size ball of dough and a double size ball of puran.
21. Stuff the puran ball inside the rolled dough (like stuffed paratha).
22. Close the rolled dough tightly so that puran does not come out.
23. Flatten with your palms.
24. Dust it with flour and roll the poli with less pressure.
25. Place the poli on a hot tava and cook until golden brown on both sides.

26. Be gentle while flipping the poli as the stuffing might come out.

27. The polis are ready to be served hot.

NOTE This is an all-time family favorite, and kids love it. They demand it all year round.

Rice Dumplings Kadhi

P8.3

Instead of making simple kadhi, try this rice dumpling kadhi! It tastes really good and quite easy to make.

GUJARATI · MEALS · BY AMI KAMDAR

PREP 15 min COOK 15 min TOTAL 30 min



INGREDIENTS

½ cup rice

5 tbsp 5-6 tbsp gram flour/besan

2 cups vegan buttermilk

2 tsp oil

1 tsp mustard seeds (rai)

1 tsp cumin seeds (jeera)

1 tsp salt

½ tsp turmeric powder (haldi)

1 tsp chili powder

Pinch of asafetida (hing)

METHOD

1. Wash and rinse the rice. Pressure cook it by adding three times the quantity of water. Let it cook for 3-4 whistles.
2. Allow it to cool. Now add 3-4 tbsp of besan, salt, turmeric, and chili powder to the cooked rice.
3. Make small balls and keep them aside.
4. Add salt and 2 tbsp of besan to vegan buttermilk and mix properly so that there are no lumps.
5. Heat oil in the pan and add mustard seeds and cumin seeds when the oil is hot.
6. Allow them to splutter. Now add turmeric and chili powder to the pan.
7. Immediately add the buttermilk mixture to the pan. Allow it to boil while stirring it continuously.
8. Add the rice balls to the boiling buttermilk.
9. Let it cook for 5 minutes. Turn off the heat. Serve hot.

NOTE This kadhi goes well with cooked jeera rice or quinoa. My family enjoys it, especially during Paryushan days.

Ami Kamdar, Mumbai, Maharashtra, India

Buy flours and rava as close to the start as you can. The cookbook puts flours and rava on a 15 day cycle, so a batch bought for the second half of the parva is still inside it, but a bag opened weeks earlier is not.

Shopping, batch 1: Paryushan days 1-4

- **Grains and flours:** rice, brown rice flour, rice flour, whole wheat flour, maida (small quantity, for the pakwan), besan, broken wheat (fadaa), rava (semolina), kodo or little millet
- **Pulses:** moong dal, whole moong, urad dal, chana dal, tur dal, kala chana, chickpeas, papad
- **Nuts, seeds, coconut:** peanuts, sesame seeds, desiccated coconut, raisins
- **Fats and sweeteners:** cooking oil, jaggery, sugar, salt, eno or baking soda
- **Spices, all dry:** hing, mustard seeds, cumin, turmeric, red chilli powder and whole dried red chillies, coriander powder and whole coriander seeds, chaat masala, amchur, dried methi, ajwain, cinnamon, cloves, cardamom, fennel, black pepper, dry ginger powder (soonth), dry kokum, dried curry leaves, dried coriander leaves
- **Also:** a vegan curd starter, for the peanut curd on day 3

Most spices from batch 1 carry over. This list is what runs out or is new.

Shopping, batch 2: Paryushan days 5-8

- **Grains and flours:** rice, puffed rice, rice flour, whole wheat flour, maida (small quantity), besan, sev, rajgira (amaranth) flour, foxtail millet
- **Pulses:** moong dal, urad dal, chana dal, tur dal, chickpeas, black-eyed peas, papad
- **Nuts, seeds, coconut:** peanuts, sesame seeds, desiccated coconut, cashews, almonds and almond flour
- **Fats and sweeteners:** cooking oil, jaggery, salt, eno or baking soda, tofu
- **Spices, all dry:** top up hing, mustard, cumin, turmeric, chilli, coriander, amchur, methi, ajwain, cardamom, black pepper, soonth; new are nutmeg, saffron, sambar powder, tamarind and chhole masala
- **Also:** plant milk, and chickpea curd made ahead for the day 8 kadhi

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Send suggestions and corrections to jainahimsainitiative@gmail.com