

\$1.95



THE HARE KRSNA COOK BOOK

THE
HARE
KRSNA
COOK BOOK

Readers interested in the subject matter
of this book are invited by
the International Society for Krishna Consciousness
to correspond with its Secretary.

International Society for Krishna Consciousness
3959 Landmark Street
Culver City, California 90230

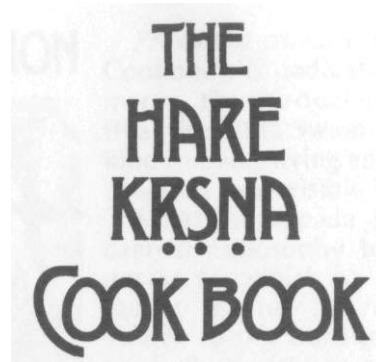
© 1973 the Bhaktivedanta Book Trust.
All rights reserved

Fourth Printing, 1973

International Standard Book Number: 0-912776-42-4
Library of Congress Catalog Card Number: 73-83769

Printed in the United States of America

ALL GLORY TO SRI GURU AND GAURANGA



RECIPES FOR THE SATISFACTION
OF THE SUPREME PERSONALITY OF GODHEAD

compiled by
KRSNA DEVI DASI and SAMA

DEVI DASI

with an introduction by
His Holiness KIRTANANANDA SVAMI



THE BHAKTIVEDANTA BOOK TRUST

New York • Los Angeles • London • Bombay

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

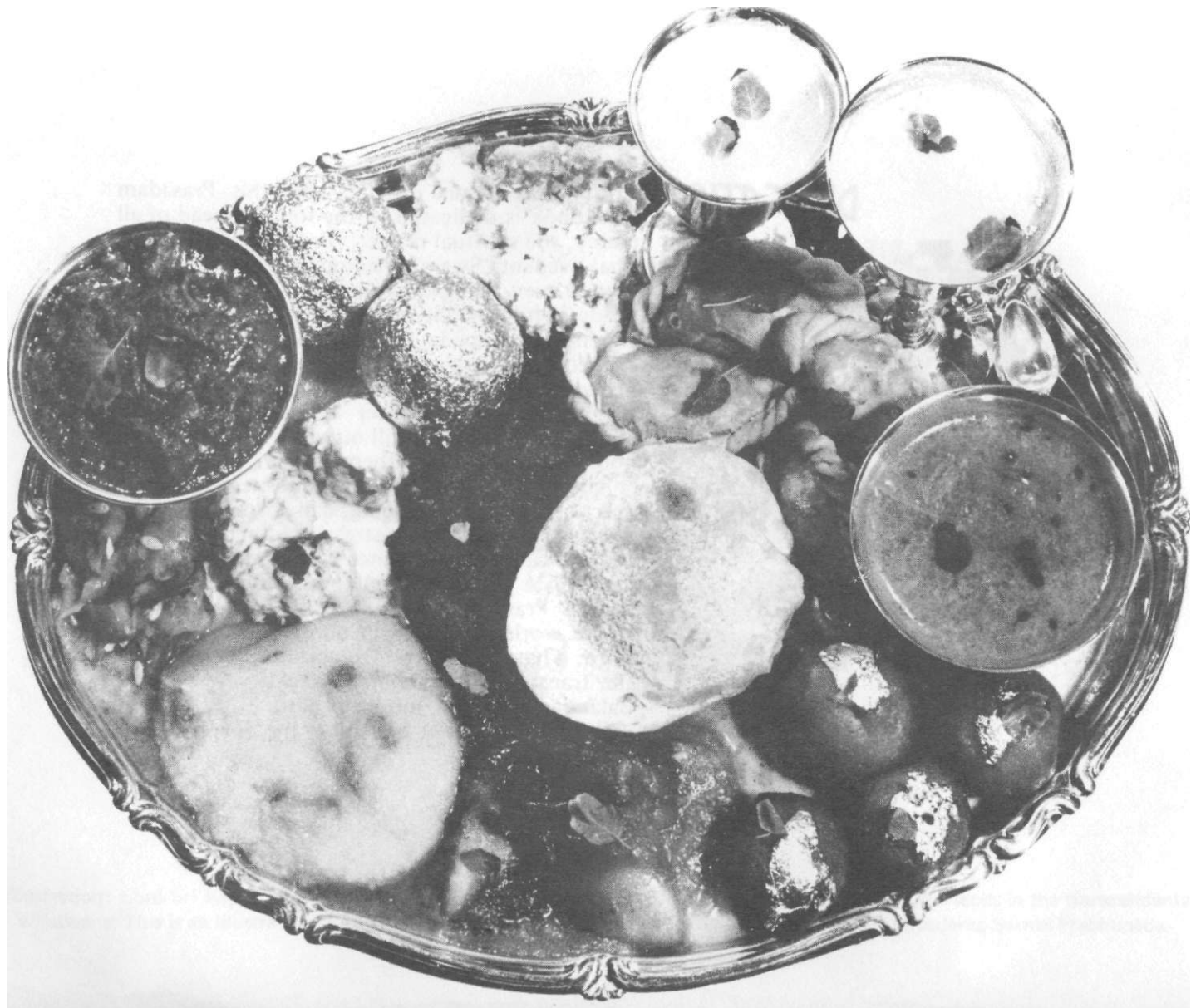
DEDICATION



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

Srila Prabhupada 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 Krsna 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 Krsna, and now, with the publication of this *Prasadam Cookbook*, we hope that the whole world will feast in honor of the Supreme Lord. That will make this world like Vrndavana, the transcendental abode of Krsna, where Krsna, Balarama and the monkeys visit every kitchen with thieving intent and bless the devotees with pure love of God.



CONTENTS

<i>FOREWORD</i>	8
<i>INTRODUCTION</i>	10
I. BASIC COOKING INGREDIENTS	14
II. RICE	20
III. DAHL	24
IV. BREADS	28
V. VEGETABLES	32
VI. SAVORIES	42
VII. CHUTNEYS, RAITAS AND CURRIES	48
VIII. SWEETS AND MILK SWEETS	54
IX. BEVERAGES	66
<i>INDEX</i>	75

FOREWORD

Almost six years ago, I published the first article on Krsna cookery, entitled "Krsna *Prasadam*: 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-gita*, 9.26) Within this simple promise to His friend Arjuna, Krsna 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, Krsna?

Srila Prabhupada has given us the formula of how to attract Krsna. Krsna, being God, is not in need of anything. He is *atmdrdma*, 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-ananda*-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 Krsna, 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 Krsna can at once be revived by the simple Krsna 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 Krsna, 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 Krsna, Hare Krsna, Krsna Krsna, Hare Hare/ Hare Rama, Hare Rama, Rama Rama, Hare Hare is sufficient to render the highest benefit. The main point is to begin. Offer something nice to Krsna with love and devotion and see for yourself what happens. That is the miracle of *prasadam*!

THE YOGA DIET

Lord Krsna says in *Bhagavad-gita* 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 *brahmacari*, 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 Krsna. 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 Prabhupada.

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

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

Bedtime *prasadam*: 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.

Kirtanananda Svami

INTRODUCTION

Prasadam: Food for the Body, Food for the Soul, and Food for God

by Kirtanananda Svami

Prasadam 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 Krsna, 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 *prasadam*.

In the *Bhagavad-gita* Krsna says: "If one offers Me with love and devotion a leaf, a flower, fruit or water, I will accept it. O son of Kunti, 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 *prasadam* 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, Krsna'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 Prabhupada 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 *maha-mantra*: Hare Krsna, Hare Krsna, Krsna Krsna, Hare Hare/ Hare Rama, Hare Rama, Rama Rama, 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, Krsna 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 *yajna* [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 *Gita* 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. (*Srimad-Bhagavatam*, 1.7.37) Therefore, we cannot offer Lord Krsna 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 Krsna's wishes, how can he claim to be the Lord's friend? If we want to cook nicely for Krsna, 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 Krsna 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 *samsara* 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 Krsna consciousness movement offer food to the Lord with these prayers:

7) *nama om visnu-padaya krsna-presthaya bhutale srimate bhaktivedanta-svamin iti namine*

namas te sarasvate devam gaura-vanl-pracarine nirvisesa-sunyavadi-pascatya-desa-tarine

"I offer my respectful obeisances unto His Divine Grace A.C. Bhaktivedanta Swami Prabhupada, who is very dear to Lord Krsna, having taken shelter at His lotus feet.

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

2) *namo maha-vadanyaya krsna-prema-pradaya te krsnaya krsna-caitanya-namne gaura-tvise namah*

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

3) *namo brahmanya-devaya go brahmana hitaya ca jagadd-hitaya krsnaya govindaya namo namah*

"I offer my respectful obeisances to the Supreme Absolute Truth, Krsna, who is the well-wisher of the cows and the *brahmanas* 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 *prasadam* to all who are present. Srila Bhaktivinoda Thakura, a great spiritual master in the disciplic succession, has written a nice prayer which you may recite before eating:

sarira avidya-jal, joraendriya tahe kal, five fele visaya-sagore, tar madhye jihvati, lobhamoy sadurmati, thake jeta kothina samsare, krsna bora doyamoy, koribare jihva joy, saprasad anna dilo bhai, sei annamrta pao, radha-krsna-guna gao, preme dako caitanya-nitai

"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 Krsna, are very kind to us and have given us such nice *prasadam* just to control the tongue. So now we take that *prasadam* to our full satisfaction and glorify You, Lord—Radha and Krsna—and in love call for the help of Lord Caitanya and Nityananda."

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 Krsna.

Listed below are some of the ingredients most commonly used in preparing *Krsnaprasadam*.

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 Krsna. 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 savorys 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 *parampara* (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 Krsna'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 Krsna 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.

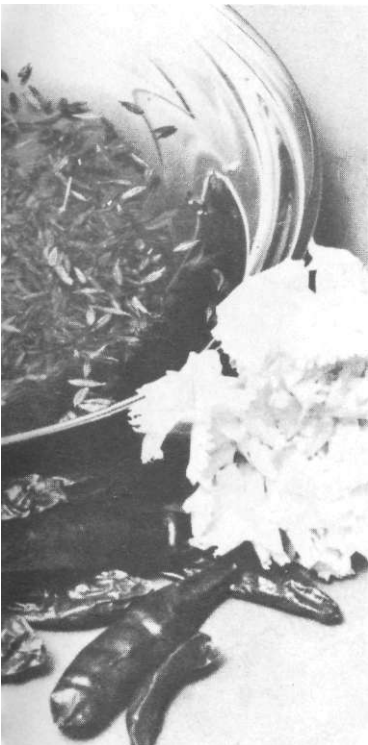
COCONUT MILK

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 ½ 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

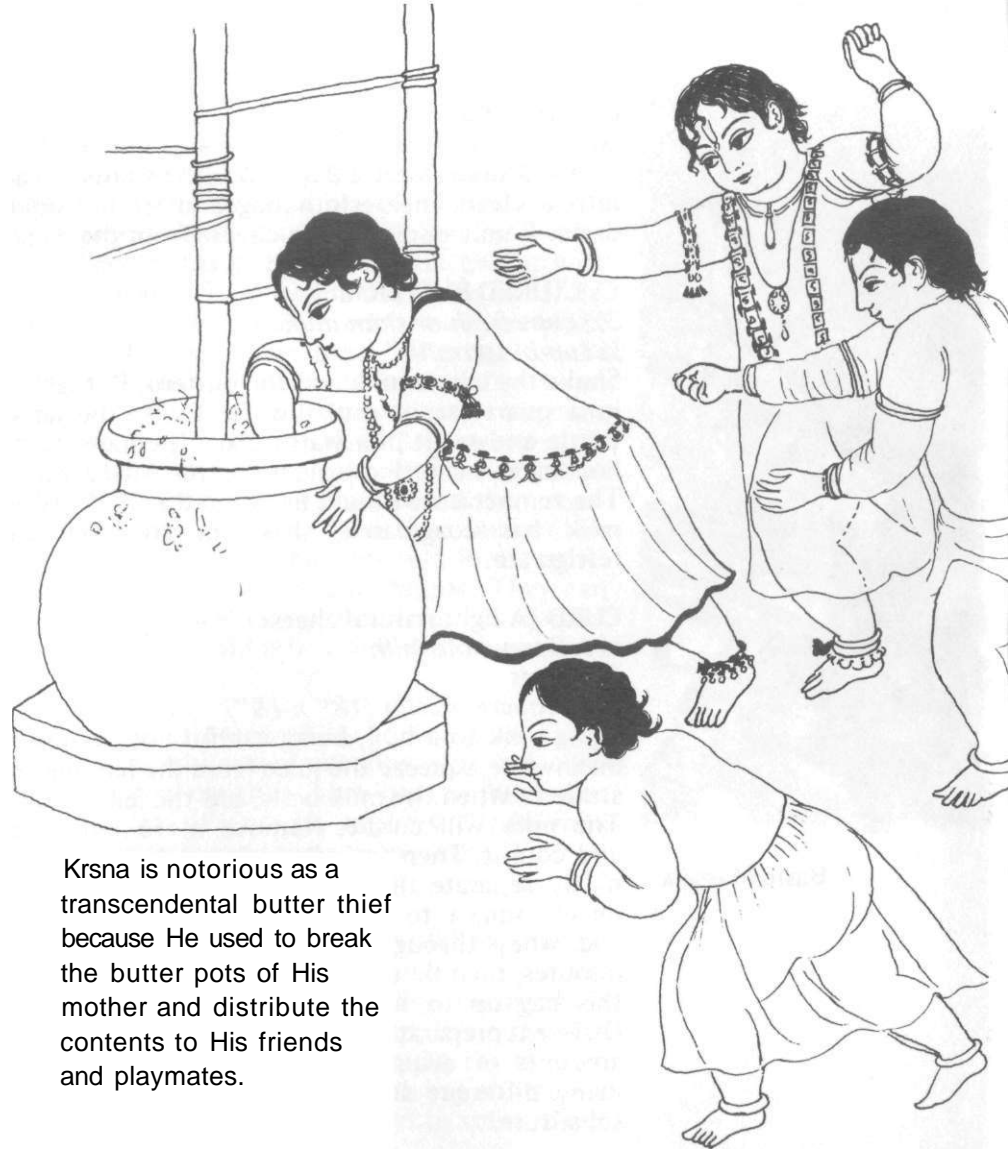
about the size of a walnut

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.



Krsna 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 Mahaprabhu.

CHAPTER II

RICE



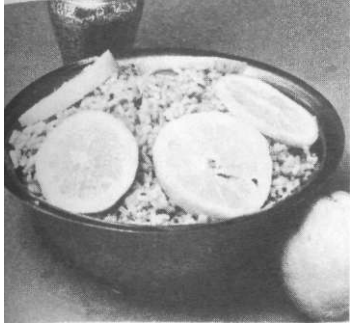
It is explained in the *Upanisads* that in order to live a life of peace and happiness and make progress in self-realization, one should live in a very simple and pure manner. One should know that because he is an eternal part and parcel of Krsna, Krsna will surely provide whatever he needs for his maintenance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

In order to be accepted by Krsna, food need not be very opulent, but it should be offered to the Lord with love and devotion. In the *Krsna Book* Srila Prabhupada 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. Srila Prabhupada 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 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 Krsna 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 a 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 Sri Krsna.



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> | |

Saute **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

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

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

2 cups rice
1 t. salt
slivered green peppers
2 zucchini's
4 cups water
ghee
2 t. turmeric
1 tomato
¼ cup sweet butter
1 t. gram massala

Steam **rice**, adding **salt**. Saute one **green pepper** in **ghee** and **massala**. Fry **zucchini's** 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

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

Wash **rice**. Heat 1 t. **massala** in **butter**. Add a sliced **green pepper** and saute 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

4 T. ghee
½ T. cumin seed
1½ t. crushed chilis
½ t. ground black pepper
1 cup white rice
½ T. turmeric
1 T. salt
½ lb. peas
1¼ cups water

Heat **ghee** and add **cumin seed**. When it browns add **crushed chilis** 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>¼ 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

basic massala

<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-gita 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 *yogi*," Lord Krsna 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.

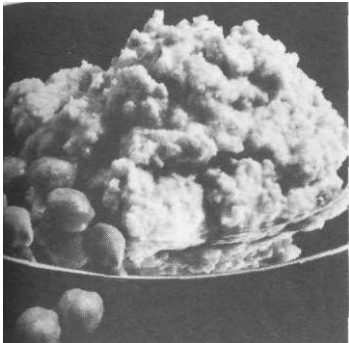
Modern so-called civilized men are addicted to eating meat, which they accompany with liquor to help aid their digestion. This meat and liquor agitates them, and they cannot control their senses. Thus they become trapped in nature's modes of passion and ignorance and behave more like animals than civilized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

Therefore, one should not eat anything and everything but should eat only food which is offered to the Lord. As explained in *Bhagavad-gita*, 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 Krsna 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 Krsna 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 Srimati Radharani, Krsna'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

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

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)

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

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

1 cup chick-peas	2 t. salt
1½ cups raw peanuts	

juice from 1 lemon	½ t. turmeric
ghee for deep frying	¼ t. cayenne

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

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

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

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

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
1 crushed red pepper
¼ cup ghee

½ t. gram massala
1 t. cumin seeds
¼ t. ginger

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
(or any other dahl)
1 t. red pepper
3 cups ghee
½ t. salt
¼ t. black pepper

1 t. cumin
1 t. cinnamon
1 t. ginger
½ t. nutmeg
¼ t. ground cloves

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 cup urad or mung dahl
or split peas

1 T. salt
1 t. turmeric
2 crushed red peppers

½ cauliflower or cabbage
2 cups string beans
1 small potato
¼ cup butter
5 cups water

1" piece of fresh ginger
1 t. anise seed
½ t. asafoetida
2 t. ground cumin

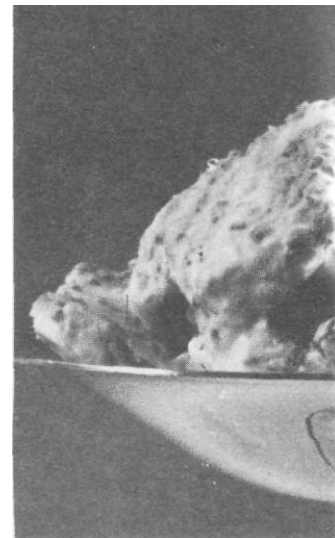
Wash **rice** and **dahl** very thoroughly. Place in large-sized pot with tight cover and add **water**. Bring to a boil. Add **salt** and **spices**. Cut **cauliflower** in large flowerettes, or cut **cabbage** in large pieces. Cut **potato** in 1½" chunks; remove strings from **string beans** and snap into 2" pieces. Add **vegetables** immediately or after **kith** 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 **kith** 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 Krsna.

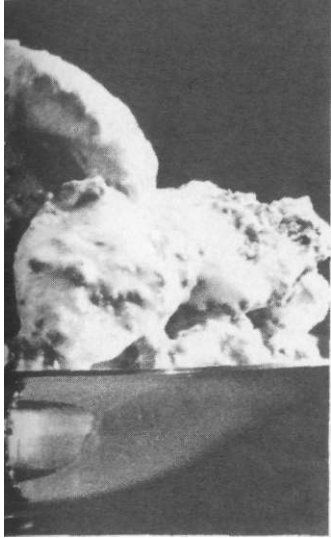
MUNG BEAN DAHL

1 cup mung beans
6 cups water
½ t. finely chopped
fresh ginger
1 large fresh sliced
tomato

3 T. ghee
1 t. salt
1 t. turmeric
½ t. cumin seed
1 t. red pepper

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

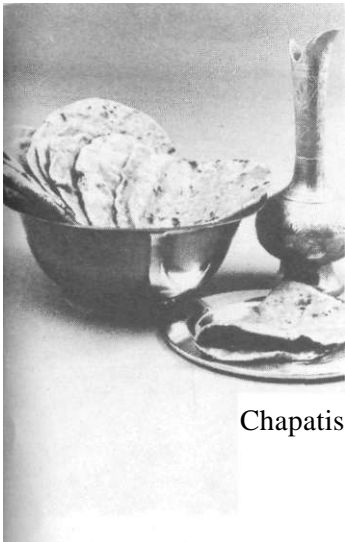
BREADS



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 Krsna in love and devotion. This is Krsna 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 *puri*'s.

CHIPS

2 cups white flour ½ t. baking powder
2 T. caraway or sesame seeds scant ¾ 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 (¼ pie 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 Krsna.

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"



CHAPTER V

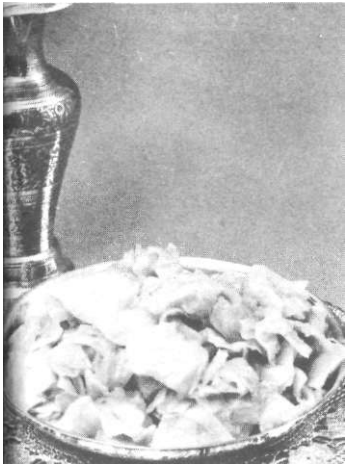
VEGETABLES



In *Bhagavad-gita* 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) Srila 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 ¾ 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 **peas** 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 **peas**, 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

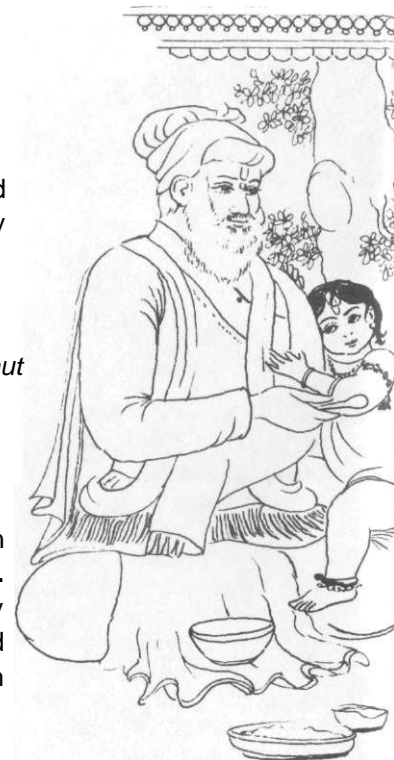
1 eggplant *¼ cup shredded coconut*
2 small green chilis, *¼ cup golden raisins*
saute'ed *½ t. ground coriander*
small piece fresh ginger *½ t. salt*
2 T. butter

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.



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 saute 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.

Although Krsna is the Supreme Personality of Godhead, He appeared in this world as a cowherd boy to enjoy transcendental pastimes as the son of Nanda Maharaja and His wife Yasoda in the land of Vrndavana.

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
 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

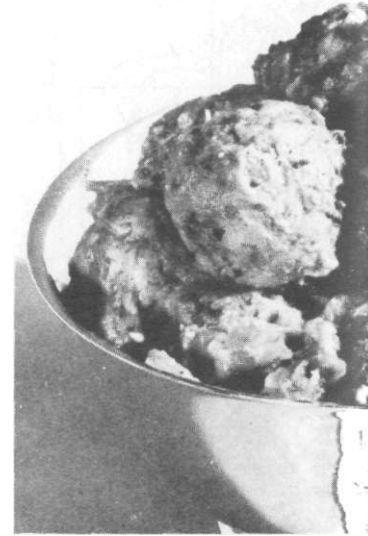
2 med. heads cauliflower about ½ cup chick-pea
2 potatoes flour
1½ t. turmeric pinch asafoetida
1½ t. salt ghee for deep frying

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 CASHEWS

- | | |
|-------------------|--------------------------|
| 2 lb. peas | ½ t. cayenne |
| ½ cup raw cashews | 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 **cashews** 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.



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
 1½ cups diced string beans, peas and cabbage 1 broken chili
 2 t. salt 2 cups water
 ¼ cup butter

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 saute 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
- 7 T. ghee
- 2 t. turmeric
- 1 t. crushed chilis
- 1½ T. salt
- 2 T. butter or ghee solids
- 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**. Saute 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 Krsna's cowherd friends came to beg food from some *brahmanas* who were performing Vedic rituals, *the brahmanas* refused them, but the wives of the *brahmanas*, out of spontaneous affection, immediately went out into the forest to offer a nice feast to Krsna and His brother Balarama.

WET CAULIFLOWER AND POTATOES (serves 6-8)

- 3 lb. potatoes, cut in 1 inch cubes
- 2 small-med. cauliflowers, cut in small flowerettes
- 1 T. salt
- ¼ cup yoghurt
- 1 T. turmeric
- 3 T. ghee
- 1 t. cumin seed
- 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
- 2 green peppers
- massala
- ¼ cup ghee
- ½ t. turmeric
- 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 *prasadam* cooking. The great spiritual masters in Krsna consciousness recommend that one should not be attached to material sense enjoyment, but one should accept everything enjoyable which is in relationship to Krsna. For example, eating is necessary, and we want some palatable dishes to satisfy our sense of taste. Therefore, for the satisfaction of Krsna rather than for the satisfaction of the tongue, some palatable dishes may be prepared and offered to Krsna. This is renunciation. Let the palatable dishes be prepared! However, unless they are offered to Krsna one should not eat them. This vow of rejecting anything which is not offered to Krsna is actually

renunciation, but it is not dry and artificial renunciation, for by such Krsna 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 Krsna 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 *prasadam* remnants. The devotee takes *prasadam* in Krsna 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 Krsna.



Chudy Noodles

CHUDY NOODLES

1 cup chick-pea flour *1 t. cayenne pepper*
1 t. turmeric *ghee for deep frying*
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.

MUNG BEAN KACHORIS

2 cups white flour *2 cups chudy noodles*
1 cup chick-pea flour *tamarind sauce*
1 t. salt *gram massala*
1 t. cayenne pepper *1 cup yoghurt*
peanut oil for deep frying *¼ cup mung beans*
4 medium potatoes

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	¾ t. salt
1 t. ground cumin seed	½ t. crushed chilis
1 t. turmeric	¾ t. baking powder
1½ t. ground coriander	little less than 1 cup
½ 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:

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

Filling II:

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

Dough:

1¼ cups white flour	ghee for frying
¾ cup whole wheat flour	water
ghee solids or butter	

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 *assamosa*. Test by noting the golden brown color and a hollow sound when tapped.

PUFFED RICE (for 4-6)

8 cups puffed rice	salt
1 cucumber peeled, cut in very thin slices	black pepper ¾ cup butter

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.

RADHABALLABHA KACHORIS

ghee for deep frying
1 cup of cleaned, split
urad dahl
2 cups white flour
salt

cayenne pepper
asafoetida
2 T. freshly ground
aniseed
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 Srimati Radharani's favorites and is always prepared for Her appearance day. There is nothing in the material world to compare with the flavor of Radhaballabha *Kachoris*.

SAMOSA—30 flaky, delicious samosas

Filling:

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

Dough:

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

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 3/2-4" 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 *pun's*, 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 *Radhaballabha 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, Radhaballabha 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 Krsna are an eternal source of

transcendental pleasure for His devotees.

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

CHUTNEYS

APPLE CHUTNEY

- | | |
|------------------------|---------------|
| 5 lbs. apples | ¼ t. cloves |
| ½ cup water | 1 t. turmeric |
| ¼ cup butter | 1 t. ginger |
| 2 T. crushed
chilis | 1 t. cinnamon |
| 1 t. nutmeg | 6 cups sugar |

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 Krsna.

AVOCADO CHUTNEY

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

BANANA CHUTNEY

- | | |
|-------------------|------------------------|
| 12 bananas | ¾ cup sugar |
| 1" piece tamarind | ¼ t. ground cumin |
| ¼ t. nutmeg | ¼ t. ground red pepper |
| ¼ t. cinnamon | ¼ t. ginger |
| | ¼ t. black pepper |

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

- | | |
|------------------|--------------|
| 4 bananas | 1 t. nutmeg |
| ¼ cup sugar | ½ cup butter |
| juice of 2 limes | |

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

FIG AND DATE CHUTNEY

- | | |
|-------------------------|---------------|
| 1½ lbs. figs | 1 T. turmeric |
| ¾ lb. dates | 1½ cups sugar |
| 2 T. cumin seeds | 6 T. ghee |
| 5 crushed chili peppers | water |

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

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

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.



Apple

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.

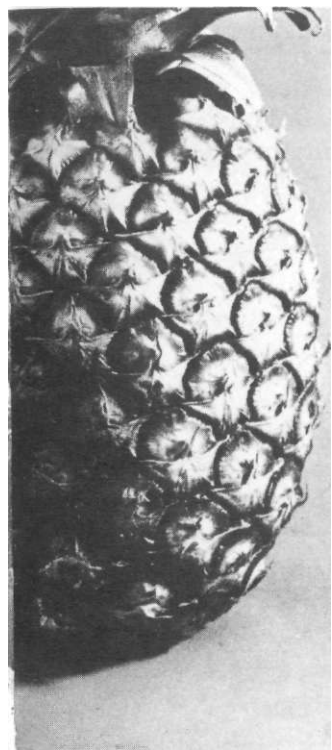
PLUM CHUTNEY

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

¾ 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 *½ 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 *½ t. salt*
2 cups yoghurt *pinch of cayenne*
½ t. cumin powder

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

CURRIES

CUDDY (serves 6-8)

1 cup yoghurt
4 cups water
¾ T. salt
1 t. turmeric
½ cup chick-pea flour
3 T. ghee
2 t. cumin seed
1 t. chili peppers

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 **chili 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

1 cup green peas
1 cup diced carrots
1 cup diced potatoes
2 cups fresh string beans
cut in 1" pieces
4 T. ghee
¼ t. asafoetida
2 t. whole cumin seed
1 t. salt
2 t. turmeric
2 whole chillis or ½ t.
crushed chili

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

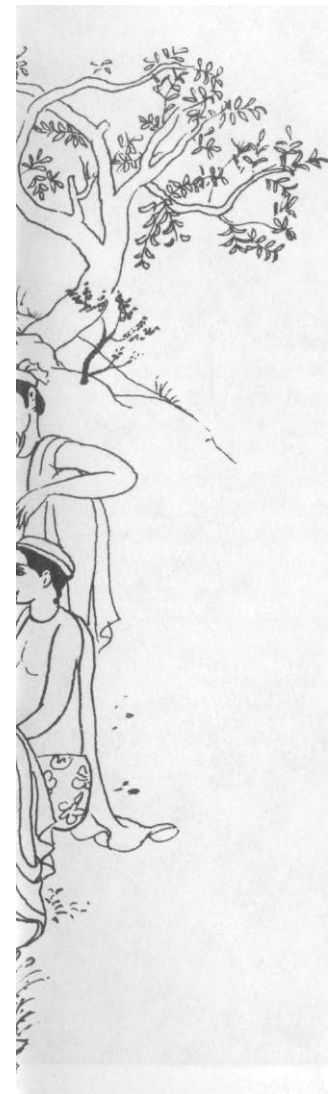
6 medium potatoes
3 T. ghee
1 t. whole cumin seed
1 t. turmeric
1 t. salt
2 cups water
1 t. ground coriander
1 t. cayenne pepper
½ cup yoghurt
1 small cucumber,
peeled and chopped
(optional)

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

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

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

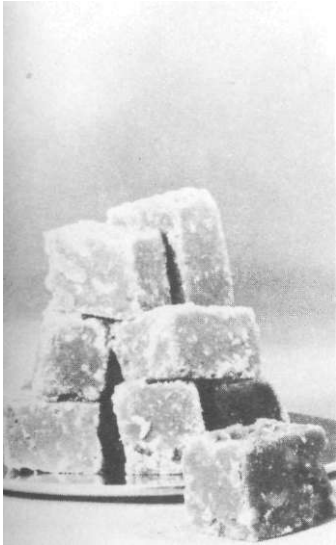
SWEETS & MILK SWEETS



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

Once, after a lecture, a disciple asked Srila Prabhupada what happens if a devotee gives someone a little morsel of *prasadam*, such as the "simply

wonderfuls" described later in this section. Srila Prabhupada 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 *prasadam* is simply wonderful, you are simply wonderful, and your Krsna is simply wonderful. The whole process is simply wonderful." The devotees responded, "Srila Prabhupada is simply wonderful!" it is said, *yasya prasada bhagavat-prasada*: "It is only by the mercy of the spiritual master that one can receive the mercy of Krsna."



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

$\frac{3}{4}$ cup butter $3\frac{1}{2}$ cups powdered milk
 $1\frac{1}{4}$ 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 coconut $\frac{1}{2}$ t. ground nutmeg
 $1\frac{1}{2}$ cups sugar ground seeds from
6 cups milk 6 cardamoms

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 $\frac{1}{2}$ 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
 $\frac{1}{2}$ 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
4 t. powdered milk
2 black cardamoms ground
coarsely (green if black not available)

4 t. granulated sugar
6 grated pistachios

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.

COCONUTSWEETBALLS

1 finely shredded coconut
3 cups sugar
pat of butter

pinch of ground camphor
salt
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 ½ 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

4 cups white flour	2 cups sugar
2 T. baking powder	1 t. rose water
pinch saffron	ghee for frying (deep)
¼ cup yoghurt	

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 **2¼ 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

½ cup flour	½ cup sugar
1/8 t. baking powder	¼ cup water
ghee for deep frying	1T. ghee

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

1 cup unsalted butter	1 1/3 cups dry shredded coconut
2 cups sifted chick-pea flour	½ cup chopped walnuts or almonds (unsalted)
2 cups sifted confectioner's sugar	

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. ¼ t. **cinnamon** or **nutmeg** can be added for variation.

NAKALDANA

2 cups sugar

1 cup water

1½ cups raw peanuts

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

grated fresh coconut

1 cup sugar

1½ T. ghee

½ cup water

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

1 cup unsalted butter

1¾ cups confectioner's

sugar

½ cup chopped unsalted

nuts, or coconut or

raisins

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.

FARINA HALAVAH

<i>1 cup farina</i>	<i>1 cup sugar</i>
<i>½ cup butter</i>	<i>handful golden raisins</i>
<i>1½ cups water</i>	

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)

<i>6 bananas (ripe)</i>	<i>1¼ t. cardamom seeds</i>
<i>4T. butter</i>	<i>(peeled)</i>
<i>1½ cups water</i>	<i>2 T. blanched almonds</i>
<i>1 t. rose water</i>	<i>saffron</i>

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 ½ **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

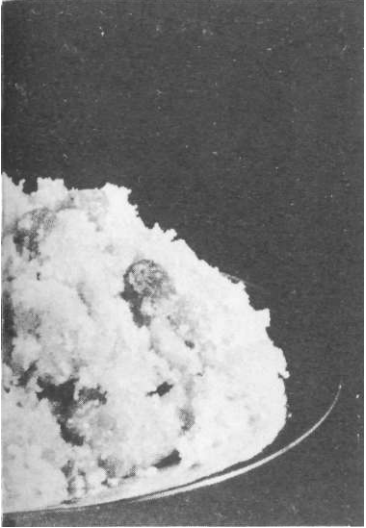
1 can sweetened condensed milk

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 2½ 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)

<i>½-¾ lb. carrots</i>	<i>1/8 lb. ground almonds</i>
<i>5 cups rich milk</i>	<i>½ t. ground cardamom</i>
<i>¾ cups sugar</i>	<i>seeds</i>
<i>pinch of saffron threads</i>	

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
2¼ cups rich milk
½ cup sugar
10 chopped blanched almonds
1 t. rosewater or ground cardamom seeds from 2 cardamoms
2 shelled, chopped 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

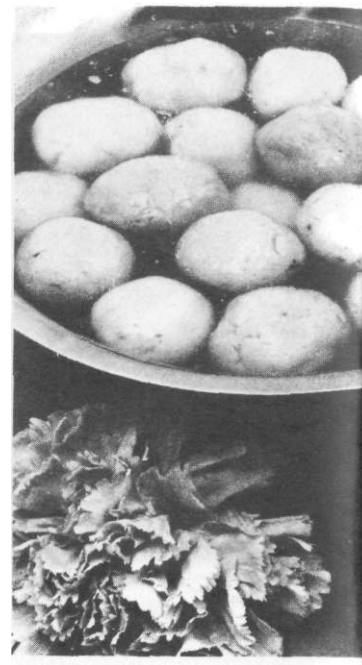
2 cups fresh milk
4 cups grated coconut
2 t. cornstarch
2 T. sugar

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 white rice
½ cup water
2 cups half milk and half cream
1 cup milk
almost ½ cup sugar
10 whole cardamom pods

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.



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)*

*1¼ 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.

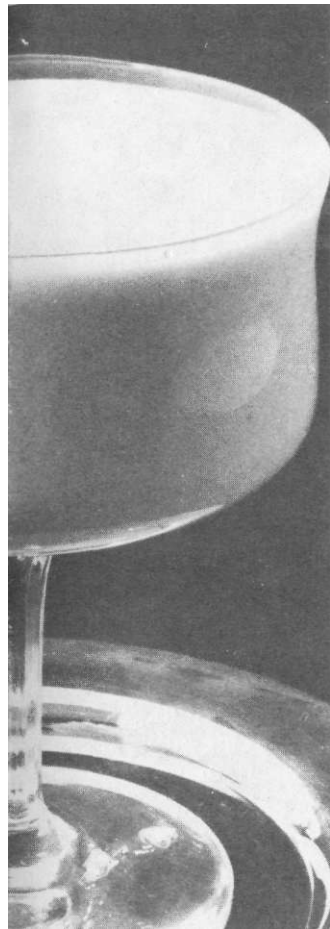
SOMETHING ELSE

*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 3¾ 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

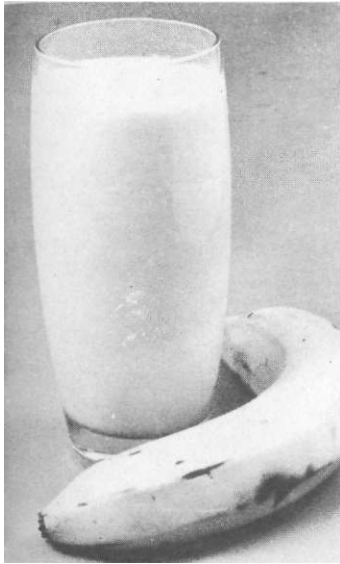
BEVERAGES



There are many nice beverages to offer to Krsna, 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-gita* Lord Krsna requests that water be offered to Him in love, and elsewhere in the *Gita* He declares, "I am the taste in water." Water is universally appreciated for its pure taste, and that taste is Lord Krsna Himself. Without water we cannot live, and so a Krsna conscious devotee glorifies Lord Krsna 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 Krsna'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 Krsna 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 human society. Lord Krsna 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 Krsna therefore acknowledge the kindness of the Lord by offering Him milk, and they feel great satisfaction in drinking milk *prasadam* 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 cups 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 summer-time for Their Lordships Sri Sri Radha-Krsna.

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 Prabhupada, we invite you to partake of a sumptuous feast of Krsna prasadam every Sunday at any of the Hare Krsna 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 Krsna, so that your eating may always be simply wonderful and your advancement on the path back home, back to Godhead, will be sure.

Hare Krsna.



INTERNATIONAL SOCIETY FOR KRSNA CONSCIOUSNESS CENTERS AROUND THE WORLD

AFRICA: Capetown, S. Africa-150 Long St., Weiner Bldg., Room.# 21; Nairobi, Kenya-P.O. Box 28946 (E. Africa).

THE AMERICAS: Atlanta, Georgia-24 NE 13th St. 30309/ (404) 892-9042; Austin,Texas-1003 E. 14 St. 78702/ (512)476-1558; Baltimore,Maryland-516 Cathedral St.21201; Boston, Massachusetts-40 N. Beacon St. 02134/ (617)782-8892; Buenos Aires,Argentina-Ecuador # 473; Buffalo,New York-132 Bidwell Pkwy. 14222/(716)882-0281; Caracas, Venezuela-Calle Luis Roche No. 61, Colinas, De Los Chaguarans/769-0783; Chicago,Illinois-1014 Emerson St.Evanston 60201/ (312)475-9126; Cleveland,Ohio-15720 Euclid Ave., E. Cleveland 44112/ (216) 451-0418; Dallas,Texas-5430 Gurley St.75223/ (214)827-6330; Denver,Colorado-1400 Cherry St.80220/ (303) 333-5461; Detroit,Michigan-8311 E. Jefferson Ave. 48214/ (313) 824-6000; Gainesville,Florida-1104 N.W.3rd Avenue 32601; Honolulu, Hawaii-2016 McKinley St.96822/ (808)949-9022; Houston,Texas-707 Hawthorne St. 77006/ (713) 526-0475; Laguna Beach,California-641 Ramona Ave. 92651/(714) 494-9172; Los Angeles,California-3764 Watseka Ave.90034/ (213)871-0717; Mexico City,Mexico-Gobernador Tiburcio, Montiel No. 45, San Miguel,Mexico City 18/ (905) 515-4242; Miami,Florida-4001 Kumquat Ave.,Coconut Grove 33133/ (305)448-7893; Montreal,Canada-3720 Park Ave., Montreal 130, Quebec/ (514) 849-4319; New Orleans,Louisiana-2936 Esplanade Ave.70119/ (504)488-1313; New Vrindavan, W.Virginia-RD No. 3, Moundsville 26041/ (304) 845-2790; New York, New York-439 Henry St.,Brooklyn 11231/ (212) 596-9658; Ottawa,Canada-224 Besserer St.Ontario; Philadelphia,Pennsylvania-641 E.Chelton Ave. 19144/(215) 849-1767; Pittsburgh, Pennsylvania-4626 Forbes Ave.15208; Portland,Oregon-2507NE Stanton St.97212/ (503)284-6395; Regina,Canada-226 Retollock St.,Saskatchewan; Rio Piedras, Puerto Rico-55 Jorge Romany.Santa Rita, San Juan 00928; St. Louis,Missouri-4544 Laclede Ave. 63108/ (314) 361-1224;San Diego,California-3303 Second Ave.92103/ (714) 291-7778; San Francisco,California-455 Valencia St.94103/ (415)864-9233; Santa Domingo,Dominican Republic-c/o Enrique Estrada Gomez,Av.Independencia#28; **Seattle**, Washington-400 18th Ave.East 98102/ (206)329-9348; Toronto,Canada-187 Gerrard St. East,Toronto 225, Ontario/ (416) 922-5415; Vancouver, Canada-1774 West 16th Ave., Vancouver-9, B.C./ (604) 732-8422; Washington, D.C.-2015 "Q" St. NW 20009/ (202) 667-3516.

ASIA: Bombay, India-Hare Krishna Land, Gandhi Gram Road, Juhu Beach, Bombay 54; Calcutta,India-3 Albert Road,Calcutta 17/44-3757; Hyderabad,India-Hare Krishna Land, Nampally Station Road.Andra Pradesh; Kowloon.Hong Kong-45A Broadway, 15/Floor,Mei FooSun Chuen; Mayapur,India-ISKCON International Center.P.O.Sree Mayapur Dham, W. Bengal (District Nadia); New Delhi,India-66 Babar Road,Bengali Market; Tokyo,Japan-3-4-18,Shimo-Ochiai Shinjuku-ku/951-5809; Vrindavan, India-Radha-Damodar Temole, Seva Kunj, Mathura, U.P.;Vrindavan, India—Chattikara Road, Raman Reti, Mathura, U.P.

AUSTRALIA: Adelaide,Australia-254A Rundle Street,Adelaide, S.A.; Auckland,New Zealand-67 Gribblehirst Rd.,Mt.Albert/668-666; Brisbane, Australia-47 Mary St., Queensland 4000; Canberra, Australia-104 Limestone Ave.,Ainslie,A.C.T.; Melbourne, Australia-14 Burnett St.,St.Kilda,Victoria 3182; Perth,Australia-500 Fitzgerald St.,N. Perth, W.A. 6006; Suva, Fiji-c/o So. Seas Store, P.O. Box 268; Sydney, Australia-12 Wallaroy Crescent, Double Bay, Sydney, N.S.W.

EUROPE: Amsterdam.Holland-Bethanienstraat 39 (C)/020-253160; Berlin,W.Germany-1 Berlin 65,Holzstr.11/491-21-33; Edinburgh,Scotland-14 Forrest Road (U.K.)/031-225-4797; Geneva, Switzerland-9,chemin du Credo,1213 Petit Lancy/022-92-1318; Hamburg,W.Germany-2 Hamburg 54,Kapitelbuschweg 20/ 570-53-82; Heidelberg,W.Germany-69 Heidelberg 1, Karlsruherstr. 31/ 31354; London, England-7 Bury Place, Bloomsbury WC1/01-405-1463; London,England-Bhaktivedanta Manor, Letchmore Heath, Herts./ 779-7244(5); Munich, W. Germany-8042 Oberschleissheim, Dr.Hoffmeister Str.7 (Miinchen)/3150421; Paris,France-4 rue Le Sueur,75016 Paris/727.02.02;Stockholm.Sweden-Solhagavagen 22,16352 Spanga.

BOOKS

by His Divine Grace A.C. BHAKTIVEDANTA SWAMI PRABHUPADA

BHAGAVAD-GITA AS IT IS
SRIMAD-BHAGAVATAM, CANTOS 1-3 (6 Vols.)
TEACHINGS OF LORD CAITANYA
THE NECTAR OF DEVOTION
SRI ISOPANISAD
EASY JOURNEY TO OTHER PLANETS
KRSNA CONSCIOUSNESS: The Topmost Yoga System
KRSNA, THE SUPREME PERSONALITY OF GODHEAD (2 Vols.)
TRANSCENDENTAL TEACHINGS OF PRAHLAD MAHARAJ
TRANSCENDENTAL TEACHINGS OF CAITANYA MAHAPRABHU
KRSNA THE RESERVOIR OF PLEASURE
THE PERFECTION OF YOGA
BEYOND BIRTH AND DEATH
ON THE WAY TO KRSNA
ELEVATION TO KRSNA CONSCIOUSNESS
RAJA-VIDYA: The King of Knowledge
BACK TO GODHEAD MAGAZINE (Founder)

A complete catalogue of books and cassette tape recordings by His Divine Grace is available from

ISKCON BOOKS.3959 Landmark Street, Culver City, California 90230



" This knowledge is the king of education, the most secret of all secrets. It is the purest knowledge, and because it gives direct perception of the self by realization, it is the perfection of religion. It is everlasting, and it is joyfully performed'."

BHAGAVAD GITA AS IT IS

Bhagava-gita 9.2



His Divine Grace A.C. Bhaktivedanta Swami Prabhupada

Available from

ISKCON BOOKS 3959 Landmark Street, Culver City, California 90230

Softcover \$4.95

Hardcover \$10.95

I N D E X

	B		
	Banana Nectar.	67	Chick-Peas and Yoghurt. 25
	Banana Sambal.	49	Chinese Pea Pods. 33
	Bananas, Celestial.	55	Chinese Pea Pods and Green Peas. 34
	Bara, Split Pea.	27	Chips. 30
	Bara, Urad Dahl.	27	Chudy Noodles. 43
	Bean Sprouts.	16,33	Chutney, Apple. 49
	Brahmin Spaghetti.	55	Chutney, Avocado. 49
	Bread, Coconut.	30	Chutney, Banana. 49
	Bread Sticks.	29	Chutney, Fig and Date. 49
	Burfi.	55	Chutney, Green Tomato. 49
	Burfi, Coconut.	55	Chutney, Pineapple. 50
	Buttermilk, Cultured.	17	Chutney, Plum. 50
			Chutney, Raisin. 51
	C		Chutney, Rhubarb. 51
	Cabbage.	33	Chutney, Tomato. 51
	Caramel.	61	CoconutMilk. 16
	Carrots in Milk.	61	Copra Cana. 21
	Cauliflower.	33	Cucumbers. 34
	Cauliflower and Potatoes, Dry.	34	Cuddy. 53
	Cauliflower and Potatoes, Wet.	41	Curd. 17
	Cauliflower, Wet.	41	Curry, Mixed Vegetable. 53
	Chandra Murti.	62	Curry, Potato. 53
	Chapatis.	29	Curry, Tomato and Potato. 53
	Cheese, Cottage.	16	
	Cheese, Cottage (Sour Milk).	18	D
	Cheese, Cream.	17	Dahi. 67
	Chepuris.	30	Dahl, Basic Split Pea. 25
	Chick-Peas.	25	Dahl, Fried. 26
	Chick-Peas and Peanuts.	25	Dahl, Hard. 26
			Dahl, Mung Bean. 26
			Dahl, Urad. 27
			E
			Dosa Pancakes. 25
			E
			Eggplant and Tomatoes. 35
			Eggplant and Zucchini. 36
			Eggplant Bharata. 34
			Eggplant Favorite. 34
			Eggplant Puki. 35
			Eggplant, Tomatoes and Chick-Peas. 35
			F
			Firni. 62
			G
			Ghee. 17
			Green Peppers. 36
			Green Vegetables Bhaji. 36
			H
			Halavah, Almond. 60
			Halavah, Banana. 61
			Halavah, Carrot. 60
			Halavah, Farina. 61
			Half Moons. 56
			Haspia. 62
			J
			Jallebi. 57
			Jeebe Gaja. 57

Index

K		
Kachoris, Mung Bean	43	
Kachoris, Potato	45	
Kachoris, Radhaballabha	46	
Kachoris, Urad Dahl	47	
Kheer	62	
Khoya	18	
Khoya Boats	63	
Kitri	26	
Kofta	36	
Kulfi	63	
L		
Laddu	57	
Lassi	67	
Lemon Pickle	50	
Luglu	58	
M		
Malpouri	58	
Mango Cream	58	
Massala, Basic	17	
Massala, Gram	17	
Milk	67	
Milk, Massala	67	
Mysore Pak	58	
N		
Nakaldana	59	
Nakaldana, Coconut	59	
O		
Okra and Coconut	37	
Pakora	44	
Paratha	30	
Paratha II	30	
Paratha, Stuffed	30	
Paratha, Stuffed (II)	31	
Peanuts and Raisins	59	
Peas and Peanuts	37	
Peas and Tomatoes with Casein	37	
Pera	56	
Poppers	44	
Potatoes and Cabbage, Mashed	38	
Potatoes and Peppers	37	
Potatoes and Yoghurt	38	
Potatoes, Cauliflower and Peas	38	
Potatoes, Cauliflower in Yoghurt	38	
Potatoes, Deep Fried	38	
Potatoes, Sweet	40	
Pulao	21	
Puris	31	
Pushpana with Casein	22	
R		
Raita, Cucumber (I)	51	
Raita, Cucumber (II)	52	
Raita, Potato (I)	52	
Raita, Potato (II)	52	
Rasaballi	64	
Rasagulla	63	
Rasagulla, Bengali	63	
Rice, Lemon	21	
Rice, Lime	21	
Rice, Potato	21	
Rice, Puffed	45	
Rice, Rainbow	22	
Rice, Red	22	
Rice, Spicy	23	
Rice, Sweet (I)	65	
Rice, Sweet (II)	65	
Rice, Sweet (III)	65	
Rice with Peas	22	
Rice with Peas and Peanuts	23	
Rice with Spinach	23	
Rice, Yellow	23	
Rose Petal Preserves	51	
S		
Simply Wonderfals	59	
Sopai Pillas	31	
Spices	15	
Spinach, Eggplant and Chick-Peas	39	
Spinach in Coconut Milk	39	
String Beans	39	
String Beans and Eggplant	39	
Sweet Potato Balls	60	
Sweet Potato Crisp	60	
Samosa	46	
Sandesh	64	
Something Else	64	
Sweetballs	65	

Index

Sweet Balls, Coconut	56
T	
Tamarind Water.	18
Tomatoes and Plantains.	40
U	
Upma	40
Upma II.	40
W	
Watermelon Sherbert	60
Whole Wheat Diamonds_____	31
Y	
Yoghurt	18
Z	
Zucchini and Peppers.	41

Rippers notes:

Cashews are better than peanuts. Peanuts and peanut oil are hard to digest - not good for silence and clarity of mind.

Camphor must be purchased from an Indian grocery store and must be labeled "natural". The synthetic stuff from the pharmacy may contain toxic substances.

If you don't care about clarity and depth of meditation, onions can be added to some of the recipes.



The recipes in this book are so good that they can carry one a step beyond ordinary sense pleasure...into the realm of supreme enjoyment.

Handed down for thousands of years by a chain of spiritual masters for whom cooking and eating in Kṛṣṇa consciousness were holy and joyful celebrations in spiritual life, these vegetarian recipes offer the perfection in purity, nutrition and taste. Scientifically developed by ancient sages to nourish the body, the mind and the spirit itself, these palatable dishes, pure by nature, will increase one's life, purify one's existence and give strength, health, happiness and satisfaction.

Included among the ambrosial delights:

SWEETBALLS—*cooling, pleasant confections that explode with goodness.*

POPPERS—*light, crisp bean wafers that can be prepared on a moment's notice.*

APPLE CHUTNEY—*a delicately seasoned fruit relish that is "too hot to bear and too sweet to resist."*

KHEER—*a cold, thick milk sweet, the taste of which is unknown in this world.*

THE WEEKLY "LOVE FEASTS" HELD THROUGHOUT THE WORLD BY THE DEVOTEES OF THE HARE KṚṢṆA MOVEMENT HAVE MADE THESE FOODS FAMOUS. EVERY SUNDAY THOUSANDS OF PEOPLE EAGERLY ATTEND THESE FEASTS, AND THEY RETURN HOME WITH SMILES OF BLISS AND SATISFACTION. NOW, THESE LONG-CHERISHED RECIPES OF "THE HARE KṚṢṆA PEOPLE" ARE AVAILABLE TO YOU IN THE PAGES OF THIS WONDERFUL BOOK.

