

## COOKERY DEMO No 1 – by RAVI

### Kedli

#### Description

Treatment of disease in ancient times relied heavily on herbs and common spices, such as ginger and turmeric. This was true in ancient Egypt and Europe, and remained so until the 17th century. An Egyptian scroll compiled in 1550 BC lists over 800 medications, many using spices. They were also used for perfumes, incense and, of course, food.

"Spice" is by definition something tropical. Spices won't grow in Europe or even northern Africa. And obtaining anything from India, Sri Lanka or Indonesia in ancient times was no easy task.

The cooks who accompanied the Hindu Kings of Indonesia between 800 – 1200 A.D. brought fermentation and steaming methods and their dish KEDLI to South India. Over the ages it came to be known as IDLY and is now considered to be the traditional South Indian breakfast served along with SAMBAR or CHUTNEY.

#### Ingredients:

- Idly Rice (Parboiled variety): 400 grams
- Urid Dhal: 100 grams
- Salt: ½ Tspn

#### Preparation:

1. Wash and Soak Rice and Dhal separately for four hours.
2. Grind Rice and Dhall separately in a blender, adding required quantity of water.
3. Mix Rice, Dhal and salt adding little water and stir well to form a thick batter.
4. Leave mix covered over night in a warm corner to allow process of natural fermentation.
5. Pour the batter to Idli moulds and steam for about 15 minutes.
6. Serve hot with SAMBAR.

## HOT & SOUR SOUP - SAMBAR

### Ingredients (4 serves):

- 25 gms Tamarind Pulp
- Red Chillie 2 pieces
- 1 Tspn Coriander seeds
- 1 Tspn Yellow Split Peas
- 1 Tspn Mustard seeds
- ½ Tspn Fenugreek seeds
- ¼ Tspn Turmeric powder
- 2 Tbspn of Shredded Coconut (fresh coconut preferred)
- ¾ Tspn Salt
- 1 Tbspn of Sesame oil
- 100 gms of Tuvar Dhal (Lentils)
- 300 ml of water
- A pinch of Asafoetida
- Few Curry leaves

### Preparation:

1. Wash the 100 grams of Tuvar Dhal and cook them in a pressure cooker and keep aside.
2. Soak the Tamarind in 200 ml of warm water and squeeze the juice out of the pulp, filter the juice in a thick bottomed utensil.
3. Place this on a stove and as it begins to boil add Turmeric powder and the vegetables and cook them for about 10 minutes or until the liquid reduces to half the original quantity.
4. In a dry frying pan roast the Red Chillies, Coriander seeds, Yellow split peas, ½ Tspn of Mustard seeds, Fenugreek seeds and the Shredded Coconut for about 5 minutes or till you can smell the roast taking care not to burn them. Remove and cool.
5. Grind the above using a blender adding 100 ml water to a fine paste.
6. Add this paste to the now half reduced Tamarind Juice and also add the cooked Tuvar Dhal. Add curry leaves. Add salt and the Asafoetida powder and continue to cook for five more minutes on high heat.
7. Heat the Sesame oil and fry the remaining ½ Tspn of Mustard seeds and pour into the simmering Sambar.
8. Serve this Sambar along with the Cooked Rice or Kedli. Serve a fried or roasted Papadum too.
9. Enjoy eating this mini meal which is enriched with the right proteins and carbohydrate needed by the human body.

## Cookery Demo No 2 – by Pixie Stardust

### Peanut Butter Chocolate Chip Cheesecake

#### Crust

- ½ cup maple syrup
- ¼ cup olive or nut oil
- ½ cup natural peanut butter
- 1 teaspoon vanilla
- 1 cup unbleached flour

#### Filling

- 2 containers soy cream cheese
- 1 packet silken firm tofu
- ½ cup granulated sweetener (eg caster sugar, fruit sugar)
- 1 teaspoon vanilla
- ½ cup natural peanut butter
- 1/6 cup unbleached white flour
- ½ cup vegan chocolate chips

Preheat oven to 190°C or 375°F. Grease a 22cm/ 9 inch springform pan.

#### Crust

In a food processor or bowl, mix all crust ingredients thoroughly. Press into the bottom of the springform pan, prick with a fork, and bake for 10 minutes. Remove from oven, reduce heat to 180°C or 350°F and set crust aside.

#### Filling

Mix cream cheese and tofu in food processor until smooth. Add peanut butter and process until mixed. Add sweetener and process until creamy. Add flour, vanilla and chocolate chips. Pour filling into pan. Place on top rack of oven. Place a shallow pan filled with water on lower rack of oven and bake for 50 minutes. Once cooked, turn off oven and leave cheesecake in there for another hour. Remove from oven and cool. Refrigerate at least 8 hours or overnight before serving.

Makes 8 large servings/ 16 small servings

Preparation time:

Crust: 10 minutes

Filling: 10 minutes

Baking time: 50 minutes

Cooling time: 1 hour in oven with heat off and door closed

Refrigerate at least 8 hours before serving.

## Raw Banana, Avocado & Berry Pie

### Crust

- 1 ½ cups almonds
- ½ cup dates
- ½ cup figs
- 1 tablespoon of water or juice

### Filling

- 4-6 bananas
- 1-2 avocados
- 1 packet of berries (whatever is available/ in season)

### Topping

- 1 cup raw cashews

Grease a large pie plate/ springform pan.

### Crust

Blend crust ingredients in a food processor until it holds together. Spread in pie plate.

### Filling

Layer sliced bananas on crust until half pie is filled. Cover with berries. Layer sliced avocado over the berries until pie is filled.

### Topping

Blend cashews in the food processor until fine. Sprinkle over top of pie.

Serves 8 large/ 16 servings

Preparation time: 15 minutes



## Cookery Demo No 4 - Yin

### Vegan Mini Steak

#### Ingredients (Serves 3)

- ½ pkt Vegan Mini Steak
- 1 Medium Sized Capsicum, Chopped
- 3 Medium Sized Tomato, Chopped
- Some Diced and cooked potatoes
- 2 tb sp water + 1 tea sp sugar

#### Preparation:

- Mix well with above ingredients
- boil for 1 min

### Tasty Soy Slice

#### Ingredients (Serves 3)

- 12pcs Soy Slice
- 3 tb sp of Mushroom Sauce
- 1 large Capsicum chopped
- 1 tea sp oil & sugar
- 5 tb sp water

#### Preparation:

- Stir fry capsicums till fragrant with **Mushroom sauce**
- add water, sugar & **Soy Slice**
- mix well





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## Rainbow Tofu

### Ingredients (Serves 3)

- 1 square of Tofu (sliced to 6)
- 3 tb sp of Vegetarian Mushroom Sauce
- ½ bowl of mix vegetable (carrot, corn kernel & peas)
- 1 tea sp oil & sugar
- ¼ bowl bowl water

### Preparation:

- Mix well with all ingredients and boil for 1 min

## Tom Yam Soup with Mushroom Chunk

### Ingredients (Serves 3)

- 12pcs Mushroom Chunk
- 6pcs Tofu Puff
- 3pcs tomato
- 1 tb sp Tom Yam sauce & 2 bowl water
- 1 tea sp sugar

### Preparation:

- Mix well with above ingredients and boil for 3 min



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