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Weekender Recipes

Inspired by
My Visit to India



*Best regards,
Dr. M Cecilia Escarra*



INGREDIENTS

- 1 1/3 cup Water
- 2/3 cup Milk: whole, 2%, or non-dairy of your choice
- 1 inch freshly grated ginger (approx. 3 oz)
- 3 teaspoon tea leaves
- 2t sugar (adjust to taste)

Chai masala spices (can be replaced with 1/2 tsp prepared Chai Masala)

- 2 green cardamom (elaichi)
- 2 cloves (laung)
- 1/2 inch cinnamon (dalchini)
- 8 black peppercorns

INDIAN MASALA CHAI (SPICED MILK TEA)



DIRECTIONS

1. Heat water in a small pot on medium-high heat.
2. While water is heating, crush spices using a mortar and pestle or a coffee/spice grinder. Skip this step if you are using prepared spices.
3. Add the crushed spices to the water.
4. Grate the ginger directly into the pot of water. Reduce heat to medium and bring the water to a boil.
5. Add the tea leaves and let it boil for one minute. You can choose to add and dissolve sugar now or add it in the cup when serving.
6. Add and stir milk in.
7. Bring the tea to a boil. Do not leave unattended as the tea can overflow.
8. Once the tea comes to a boil, turn off the heat and cover for one minute.
9. Strain and discard the tea leaves.
10. Enjoy your chai tea in a cup

Notes

- If you prefer thicker tea, use more milk and less water. For stronger team, use less milk.
- Before adding spices and ginger, your water should be simmering.
- Ginger is a must have. Add ginger in water and let it simmer before adding milk, otherwise it can curdle the tea.



INGREDIENTS

- 1 tablespoon sesame or olive oil
- 1 cup white onion, finely chopped
- 2 cloves garlic, finely chopped
- 1 tablespoon fresh ginger, finely chopped
- 4 cups water, or vegetable broth
- 1 cup dried red lentils, rinsed and picked over
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground turmeric
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon cayenne pepper
- 1 teaspoon salt, or to taste
- 2 tablespoons tomato paste
- Dairy-free yogurt





RED LENTIL DAHL



DIRECTIONS

- In a medium-sized pot, heat oil over medium heat and add onion, garlic, and fresh ginger.
- Cook until the onion is translucent, stirring frequently, for about 6 minutes.
- While continually stirring, add water or vegetable broth, dried red lentils, cumin, coriander, turmeric, cardamom, cinnamon, cayenne pepper, and salt.
- Bring to a low boil, then turn down the heat to low, cover and let the soup simmer for about 20 minutes, or until lentils are very tender.
- Stir in tomato paste until well combined.
- Cook several minutes more, or until the soup is at the desired temperature and consistency, adding more water to the dahl if needed.
- Garnish with a dollop of dairy-free yogurt if desired. Serve hot and enjoy.

MAHARASHTRIAN KANDE POHE



INGREDIENTS

- 1.5 cup jada / thick poha flattened rice (find online or in the "international foods" aisle of the grocery store)
- 2 tablespoon oil
- 1/4 cup peanuts
- 1/4 teaspoon cumin seeds
- 3/4 teaspoon mustard seeds
- 5 curry leaves
- 1 green chilli split in two
- 1/3 teaspoon asafoetida (find in the spice aisle)
- 3/4 cup chopped onion
- 3/4 teaspoon salt
- 1/4 teaspoon turmeric powder
- 1 tablespoon lemon juice
- 2-3 tablespoon coriander leaves chopped

MAHARASHTRIAN KANDE POHE



DIRECTIONS

- Wash the poha thoroughly in running water until it softens. Then strain out all the water, and set it aside in a covered bowl to avoid it drying out.
- In a pan, heat up the oil and roast the peanuts for a couple of minutes until they are well roasted. Set aside.
- In the same heated oil, add the cumin seeds and mustard seeds. When the mustard seeds start popping, add curry leaves, green chilli, and asafoetida. Mix and cook for up to two minutes on medium heat.
- Add the chopped onions and 1/2 teaspoon salt. Mix well, and saute until the onions are golden brown.
- Add in the poha that was set aside earlier and the turmeric powder, and salt. Mix everything well.
- Add lemon juice and chopped coriander leaves.
- Mix, cover, and cook on low heat for 3-5 mins. Then add in the roasted peanuts & serve hot.

Notes

- Do not soak the poha, only rinse it. Otherwise, it can get soggy.
- Do not keep the poha set aside for more than 20 minutes. Otherwise it may dry out.
- Make the recipe unique by adding vegetables, shredded coconut, or other nuts!



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1.845.434.0376



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prasad@prasad.org