

Satipanya Recipes

There is a place for everything
and
everything has its place.
Serve order and order will serve you!
St. Augustine.

Stop fungus.
Turn on fans
NOW!

Stop fungus.
Turn on fans
NOW!

All recipes are for 5 people.
Adjust as appropriate.

Wash hand and put on apron

Everyday Breakfast

First things first: Wash hands and put on apron!

It is necessary to ask who wants porridge and/or toast.

N.B. we don't use serviettes or kitchen paper as serviettes.

Porridge: RICE COOKER

Measures for 5 people: (see what porridge we have)

(1 cup = 240ml)

2 cups **rolled oats**

800 ml water (average)

A small half teaspoon of salt (optional)

When cooked bring rice cooker into the dining room, plug in and set to **WARM**.

Method

Evening before, pour boiling water into container with porridge

At 6 am, switch on cooker to SLOW COOKING.

At 7 am, stir and if too thick add boiling water. It should be soupy.

Set cooker on PORRIDGE and then place on serving cupboard and put on WARM.

Toast:

Only one piece of toast per person.

Put the toaster on for the right amount of toast – 2 or 4 or 6 slices.

Turn dial to 1 min 45 seconds. Second use at 1min 30 sec.

The toaster gets hotter!

Diagram:

Refer to diagram for other breakfast ingredients and layout.

NB Leaving Day Breakfast

No porridge!!!

Baked beans and two toast!

You need to ask who wants baked beans. Some don't!

One tin for three people.

Adding a third of a teaspoon of both bouillon and tomato puré per tin (optional).

Beans: put in glass bowl and microwave for 10 min.

Serve with mustard and Tobasco Sauce

1. *Pepper Risotto served with cabbage and a hummus dip*

First things first: Wash hands and put on apron!

Set out the Meal Reflections, the salt and pepper pots and all the food that can be set out first, **before** you start cooking.

Ingredients – for five people

Risotto

Arborio rice – 1 ½ cup/ 360 ml
onion – 1 large, chopped chunky
yellow pepper – ½ pepper, cut into 1cm thick strips
orange pepper – ½ pepper, cut into 1cm thick strips
mushrooms - 150g cut medium
garlic - 5 cloves, crushed with garlic crusher
celery - 3 sticks, cut into 1cm strips
bouillon 3 teaspoon
dried parsley 1tablespoon
fennel seeds 1teaspoon
Engevita

Cabbage

green cabbage – ½ green cabbage, shredded into 1cm strips & steamed

Method:

Risotto

Make bouillon

At **11.20** stir 800ml of boiled water into three teaspoons of bouillon.

Fry the onions until soft in olive oil.

Add garlic and fennel seeds and stir.

Add celery and mushrooms, stirring gently, for approx. 5 mins.

Add the rice, peppers and parsley and continue cooking for another 5 mins.

Take off the heat, cover with a lid and set aside.

Return the pan to the heat and add the bouillon, approximately one third of a cup at a time, stirring gently to incorporate the liquid into the rice. This will take approx. 15 mins.

When cooked, stir in two tablespoons of Engivita nutritional yeast, place on hot plate with lid.

Put out extra Engivita for people to add to taste.

Cabbage

11.45 Steam the shredded cabbage for 15 minutes

Stir the cabbage after 3 mins to ensure even cooking.

Check to see it has softened yet has some crunchiness.

Continue cooking only if necessary.

Salad & hummus dip

carrot sticks, 2 each
cucumber sticks, 2 each
celery sticks, 2 each

all salad items about 10cm/4ins in length & served in separate bowls

alongside these bowls, offer 1 pot of 200g hummus served on a side plate with teaspoon

Dessert

Banana Custard – One pint of custard (for 5) – follow instructions on tin.

Take special care to form a gooey paste by adding small amounts of milk to the sugar and custard powder.

Then stir in the necessary amount of milk you need.

NB Because this has rice, any leftovers need to be thrown down the toilet and not kept.

2. *TVP Pasta, with broccoli & salad.*

First things first: Wash hands and put on apron!

Set out the Meal Reflections, the salt and pepper pots and all the food that can be set out first, *before* you start cooking.

Ingredients – for five people

Sauce

onion - 1 large chopped small
garlic - 5 cloves crushed with garlic crusher
olive oil
dried basil – 2 heaped teaspoons
dried oregano – 2 heaped teaspoons
tomatoes - 2 tins chopped
tomato puree – 200g
sugar – 1 level teaspoon
ground black pepper – ½ teaspoon
lemon, ¼ of a fresh lemon
TVP one cup dried (tvp expands substantially when rehydrated)
Frozen Peas approx 150g

Pasta

Penne pasta - 250g is plenty for 5 people

11.20 Put water on to boil (it may take 10 – 15 min.), and add pasta when boiling
Boil according to instructions on the packet. with one level teaspoon salt
Drain & shake when pasta is cooked to taste
Stir in a little olive oil and serve

Broccoli

11.45 broken into flowerets & steamed separately,
retaining slight crunchiness. Try testing them after 5 mins.

Method

TVP

Rehydrate the TVP at a ratio of 1½ units of liquid to 1 unit of TVP. The TVP will absorb the flavour of whatever you rehydrate it with. For this reason, boiled water alone is not ideal, but rather use 1½ cups of boiled water mixed with 1 tablespoon soy sauce, ½ teaspoon salt, 1 tablespoon lemon juice.

As **pudding** needs about an hour to prepare, start it at 10.00am. You can always reheat it in the microwave just before the meal. Also the pan needs to be off the hob by the time you need to start the pasta.

Sauce

11.00 Fry the onion in olive oil, on low heat and covered.
Once their juices are releasing, add the garlic.
(This will reduce the risk of the garlic browning and thus losing their flavour).
Continue cooking until onions are getting soft.
Add ground black pepper, and stir frequently for another 2 or 3 mins
Add 2 tins of chopped tomatoes & tube of tomato puree
Stir in basil & oregano
Simmer for a few minutes

Add the soaked & seasoned tvp to the sauce, and simmer for 20 mins,
stirring from time to time

Add ¼ squeezed lemon & any more seasoning if required

Add peas to the mix & simmer for a further 10 min

Serve the tvp/sauce/peas main dish in between the pasta
and the broccoli side vegetable.

Salad

Tear (don't cut with knife) lettuce (a large leaf each) and serve in a small bowl

Quarter tomatoes, 2 quarters each, and serve in a separate small bowl

Same with cucumber and celery if there is any left.

Put out olive oil & balsamic vinegar alongside

Dessert: Mrs.Crimble cake and Fruit Bowl

Buckwheat

11.15 Put buckwheat into the Rice Cooker

Add 2 cups water.

Put Rice Cooker on **Grain Setting**

When cooked bring rice cooker into the dining room, plug in and set to **WARM**.

Carrots

11.45 Steam, retaining some crunchiness (10 minutes to al dente)

serve separately

*Any leftover butter bean/white sauce mixture should be kept in the fridge and added to the soup.
It gives a lovely creamy note to the soup.*

Cake : Crimble's Dutch Apple Cake (one slice each)

Fruit bowl

a selection of fruit (wash beforehand)

4. Cottage Stew, w/potatoes, courgettes & beetroot salad

First things first: Wash hands and put on apron!

Set out the Meal Reflections, the salt and pepper pots and all the food that can be set out first, *before* you start cooking.

Ingredients – for five people

Main dish

puy lentils – 1 cup
red split lentils – $\frac{3}{4}$ cup
onion – 1 large, chopped into medium chunks
garlic – 4 cloves, finely chopped
parsnips – 2 medium, chopped into 1cm rings & halved, i.e. thickness of your thumb
carrots – 2 medium, chopped into $\frac{1}{2}$ cm rings & halved, i.e. thickness of your thumb
bay leaves – 2 leaves
dried parsley - 2 heaped teaspoons
stock: yeast extract - 1 heaped teaspoon and 3 teaspoons Bouillon
mixed with 400 ml. hot water

ground pepper -1 level teaspoon
sunflower oil

Courgettes as side dish.

Method

Puy lentils: Prepare after Work Period to get out of the way.

09.00 (cooking time approx. 20-25 minutes)

Measure into pan, cover with plenty of cold water (they expand as they cook)
Bring to the boil. After approx. 20 minutes, sample a few.
They should be soft but still retain their shape.
When cooked, drain the lentils and discard the liquid. Set aside.

Red split lentils

09.10 (cooking time approx. 15 minutes) Measure into a pan.

Rinse well with cold water until water runs clear. This removes any bitter taste.
Cover with plenty of cold water (they expand) and bring to the boil. Add water as necessary.
After 14/15 minutes they will turn mushy.
Remove from the heat and set aside. No need to drain.

Rice Pudding

10.15 To serve 5, measure out, *mixing dry ingredients together*, and add with milk to the rice cooker

100g of 'pudding rice' (do not rinse!)
50g Demerara sugar
5 cardamoms
3 cloves
600ml of sweetened almond/soya milk

11.00 Set rice cooker to **DESERT** setting, *make sure lid is firmly closed*, and press start.

Important! Stir every 10 to 15 min. to prevent the mix sticking to the bottom of the bowl. (The lid can be lifted without disrupting the cooking time or setting, *but make sure you close the lid firmly each time*). Add Rice milk if need be.

Stew

11.15 Prepare stock.

Fry the onions in oil in covered pan, adding garlic once onion softening,
stir from time to time

Add carrots and parsnips with the ground black pepper, dried parsley and bay leaves .

Fry for a few minutes on medium heat, stirring frequently.

Add the cooked lentils and the bouillon/yeast extract liquid.

Simmer for 40 min, stirring frequently to stop lentils sticking to the bottom of the pan,
until thick like porridge.

Add water if necessary as you cook so it doesn't turn into a soup!

The carrots and parsnips retain some crunchiness. Simmer longer if necessary.

The finished dish should have a fairly thick consistency.

Potatoes Prepared during Work Period

Estimate quantity per person – (about 100g each)

Scrub & scrape where necessary & cut to about a quarter apple size.

Leave in salted (1/2 teaspoon) cold water (stops browning) before steaming

11.40 Fill pan with boiling water.

Add potatoes to water – boil 15 min or until easily pierced.

Courgettes

Slice into 2cm thickness. 4 slices per person

11.50 Steam for about 10 mins, retaining some firmness, and using steamer on top of the potatoes, so both are cooking till courgettes are soft.

Salad during Work Period

Cut up a packet of beetroot into approx. 1cm cubes (or a bit bigger is fine)

Put in large bowl for mixing

Cut an orange into approx. 1cm cubes

Mix the two together with 1teaspoon balsamic vinegar

Drizzle approx. 1 teaspoon of honey over the mix

Serve in a white ceramic bowl with a dessert spoon

Pudding : Rice pudding and Fruit Bowl (No Cake!)

a selection of fruit (wash beforehand!)

5. *Coconut Dhal, brown rice & cucumber salad.*

First things first: Wash hands and put on apron!

Set out the Meal Reflections, the salt and pepper pots and all the food that can be set out first, *before* you start cooking.

Ingredients – for five people

250g red split lentils.

NB *wash thoroughly under running water until the water doesn't cloud.*

This is important to remove any bitterness from the lentils.

400 ml (1 can) of coconut milk

2 onions, one sliced into rings, one finely chopped

3 medium chopped tomatoes

4 tablespoon oil.

Seasoning:

curry powder – 2 tablespoons

5 pieces of crystallised ginger, chopped in quarters

Honey to taste. It should taste sweetish.

Sprouts

300g cook as instructed on pkt. From frozen

Brown rice

Brown basmati rice – 1½ cups

Pudding Cake Cherry Almond and fruit!

Method

Work Period:

Lentils:

10.50 Rinse well with cold water until water runs clear. This removes any bitter taste.

Drain lentils, add fresh water to cover, bring to boil, simmer for 5 min, (no longer!)
take off heat and cover.

1045 Fry onions in oil on low heat until soft. Stir frequently.

Add 2 tablespoons curry powder. Stir for a few minutes

Add tomatoes and chopped crystallised ginger.

Fry for a few minutes, raising heat and covered.

Add coconut milk and the lentils, keeping lentil water aside.

Simmer covered until lentils are soft (30-40 minutes). Low heat, stirring from time to time.

Add lentil water if necessary. Stir from time to time.

Taste. Add salt if necessary (no more than 1 teaspoon)

Serve.

NB Throw any leftover rice down the toilet. Do not keep or freeze.

Brown Rice

10.15 Rinse rice in cold water and put into rice cooker – if **Basmati** use *brown* rice setting.
Add ½ teaspoon of salt
Then add 1.3 cups water for every cup of Basmati brown
Close lid firmly & make sure cooker is on ‘***brown rice***’ setting. This takes 90 minutes!
Don’t worry about timing. It is automatic.
If a different brown rice, see Bhante.

10.30 Press start

11.45 Stir and add water if necessary
When cooked all through (al dente), switch off at the wall.
This prevents rice sticking to bottom of pan.
Put rice cooker on granite top and plug in. Set for Keep Warm

11.45 Cook sprouts as instructed on packet.

Salad (Work Period)

thinly slice a third of a cucumber and cut slices into quarters
mix with a third of a carton of soya yoghurt
serve in plastic green bowl with dessert spoon
cut up 10cm sticks of celery, serve 2 each in separate bowl

Condiments

mango, bringal
put jars out with lids off & teaspoon on each lid

Cake : Cherry and Almond Cake (one slice each)

Fruit bowl

a selection of fruit (wash beforehand)

6. *Ploughman's Lunch with soup: Be creative!*

First things first: Wash hands and put on apron!

Set out the Meal Reflections, the salt and pepper pots and all the food that can be set out first, *before* you start cooking.

Standard soup recipe – for five people.

Any food left over from previous dishes should be mixed and incorporated.

So you will need to judge how much soup to make. Keep in mind 1 ½ litre for five.

Soup will be blended. Use the electric blender – ask Bhante.

Ingredients : This is a suggested list dependent on what vegetables are to be used up.

onion – 1 large, cut up small
parsnip – 2 chopped into 2cm rings & quartered
carrots – 3 chopped into 2cm rings & quartered
potatoes – 3 medium, chopped into 2cm chunks
Bouillon – 4 heaped teaspoons
Or whatever is left of the vegetables

Method

Add 1.5 litres of boiling water with about 6 teaspoons of dissolved bouillon

add 3 chopped carrots & boil

5 mins later add 2 chopped parsnips, continue boiling

6 mins further on add 3 chopped potatoes, continue boiling

Add any other ingredients left over.

Blend the contents of the pan with the blender.

Consistency should be brothy not stewy! May need more water.

Add a chopped courgette & blend again, add any final seasoning to taste

Soup making tips

For seasoning, tend not to use anything too spicy (pepper or curry powder)
as 3 of the other meals are spicy

If making soup just from left-overs, quantity before starting cooking should be one large ladle-full per person, before adding a little water. Best to be cautious at the outset with the water – it can always be added later on.

NB Don't put pasta or rice into soup! Quinoa and millet.

Ploughman's Lunch

1 loaf of bread – baked in bread machine*, cooked that morning if possible, cut into slices (at least 2 per person)

margarine – put out tub with butter knife

Nairn oat biscuits, rice cakes, cream crackers and other biscuits – (but not those for wheat allergy retreatants which should be supplied separately)

hummous - 1 pot of 200g hummous on a side dish with a small serving spoon

A bowl of tomatoes (1 per person).

Suma vegetable pate : one tube. (If two tubes, please use the same kind.)

Pudding: Date and Walnut cake

Cut into equal pieces

Serve with margarine and butter knife

Fruit bowl

A selection of fruit (wash beforehand) (If bananas are big, cut one into two pieces.)

The Bread Machine* (if in doubt – ask Bhante/facilitator)

Put big wooden board on top of stove

Take bread-making tools out of machine

Correct paddle is already in situ

Do not switch on at wall until ready to cook

Take out internal container – it needs to be twisted. Same again when you return it.

Fill as follows and in order:

280ml water

400g spelt flour (spread *lightly* on top of water)

1 teaspoon salt

1 teaspoon brown sugar

1/2 teaspoon yeast powder on top. DON'T MIX IT IN.

Return container to machine, twisting as already indicated. If you try to lift the container it stays put.

Press size and choose large – don't worry if the machine over-rides this setting to very large

Press menu and choose 13.

Press start. It takes 4½ hrs.

To retrieve the loaf, remove it still in the container by twisting the container and lifting. Then twist the tap affixed to the outside at the bottom, and this should dislodge the loaf and you should be able to lift it out of the container easily. If it doesn't come, then use the green spatula to gently ease it out. Put it on rack to cool.

Once cooled, fish out the paddle, gently. Don't use a sharp implement. This will scratch the surface.

If you want it to be ready for later on (e.g. the next morning, just set the timer.)

7. *Chilli Beans w/quinoa & salad*

First things first: Wash hands and put on apron!

Set out the Meal Reflections, the salt and pepper pots and all the food that can be set out first, **before** you start cooking.

Ingredients – for five people

Sauce

onion – 1 large, medium chopped
garlic – 5 cloves, crushed with garlic crusher
black pepper – ½ level tablespoon
mushrooms – 250g, chunks (brush clean, do not wash)
tomatoes – 2 tins, chopped
dried basil – 2 heaped teaspoons
cumin – 2 level teaspoons
olive oil

Kidney beans

2 Tins 400g

Quinoa

1½ cups of uncooked quinoa.

Method

Work Period :

Salad

Tear! into small bite-size pieces one leaf of lettuce per person
cucumber sticks, 2 each
tomato, 2 quarters each
celery sticks, 2 each

serve each salad item in a separate bowl or mix it
Put out onto servery under net – do not put in fridge!
put out olive oil & balsamic vinegar

Cooking:

Start 11.20 Quinoa in RICE COOKER – Grain Setting

Add ½ level teaspoon salt

500ml water

Check say 10 minutes earlier to see if water has been absorbed and the quinoa is cooked.

If you continue cooking, close lid firmly again.

When cooked bring rice cooker into the dining room, plug in and set to **WARM**.

Sauce

Open tins of chopped or plum tomatoes

- 11.00** In a pan, cook the onions in olive oil on a low heat. Once juices of onions are being released, add garlic. This will prevent garlic going brown and losing their flavour. Continue cooking. When onions soft, add ½ level tablespoon of ground black pepper, stirring frequently. Add mushrooms, turning the heat up to medium & cover, stirring occasionally. When juices start to fill bottom of pan, add 2 level teaspoons of cumin & 1 level teaspoon of salt. Cook for 3 mins, stirring frequently. Add 2 tins of tomatoes and 2 heaped teaspoons of basil. Simmer, stirring occasionally. Add the cooked kidney beans to sauce. Simmer for 15 minutes. Add more seasoning – salt and pepper (if necessary) lemon (very effective to give a bit of bite)

Put out tabasco sauce next to hot plate for people to add to the mixture if they wish

Pudding: Fruit Crumble & Yogurt (*serves 5*)

Fruit

Peel and slice 4 Bramley apples and add to a saucepan with a squeeze of lemon. Add 2 tablespoons of demerara sugar and no more than 2 tablespoons hot water. Add handful of any dried fruit that you fancy – dates are great, as are sultanas. Heat with lid on, stirring occasionally until apple is softening. It won't take long, so check frequently, to avoid pulping. Add a dusting of cinnamon.

Crumble

½ cup muesli
½ cup spelt flour
½ cup oatmeal
½ cup jumbo oats
½ level teaspoon of cinnamon
¼ teaspoon mixed spice
½ tablespoon demerara sugar
2 tablespoons of margarine

Mix the above well in a pyrex bowl until the flour is in lumpy crumbs. (Add more margarine as necessary).

Put the cooked fruit in the brown square dish (or the rectangle one if you are cooking for 10) and lightly spread the crumble mix over. Make sure the apple is entirely covered, and remove any sultanas from the crumble mixture – they will burn in the oven as they are on top.

11.30 Preheat oven to gas mark 5 (*Mark 7 = 250 c*)

11.45 Put in the oven on middle shelf, preheated to gas mark 5 for about 30 minutes to be ready by 12.15

Serve with Yoghurt

SADHU! SADHU! SADHU!