

# cooking for your body type



everyday meals to suit your temperament

by nasira vallee and rashid bhikha



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# Acknowledgements

The art of food preparation has always been an integral part of my life. As Indian women we grow up with wonderful aromas and a sense of pleasing our families through the meals that we feed them. When I discovered the philosophy of Tibb medicine and introduced it into my kitchen, I had to learn, understand and appreciate that there is so much more to the foods we eat and prepare than we have grown accustomed to. I have come to the realisation, due to illnesses both minor and long term, affecting my loved ones that diet is the major factor in the maintenance of health. We cannot always control the other factors that determine our well-being, but we can control what we eat. That alone is empowerment enough.

I wish to express my sincere gratitude to everyone who has been involved in putting this book together. My mother Mariam, whose tried and tested recipes grace the pages of this book, and who is always our greatest teacher, advisor and inspiration.

To my father Rashid, who wrote everything except the recipes. Truly our mentor, whose dedication to this amazing art of healing, never ceases to amaze. Hakim Abdul Haq for his insight and wisdom and for assisting me throughout with the task of determining the ‘temperaments’ of all the ingredients and the final meals. Robyn Wilkinson for editing and re-editing and for putting everything together with elegance and an abundance of patience. Farhana Meeran, for the endless hours of typing and unwavering support of all our tasks at the Institute. My sister Nasima, for aiding and assisting at every step, and for always being there. My sister Zaheera, without whom none of the pictures would have been possible. Thank you for all the help cooking, clearing and above all ‘styling’. My children, Naeem and Salma, for being angels each time I sat down to work on the book. My husband, Farhad, whose talent and determination shines through in every photograph. Thank you for always being so understanding and for your dedication to all your projects, particularly for this one that was such a challenge.

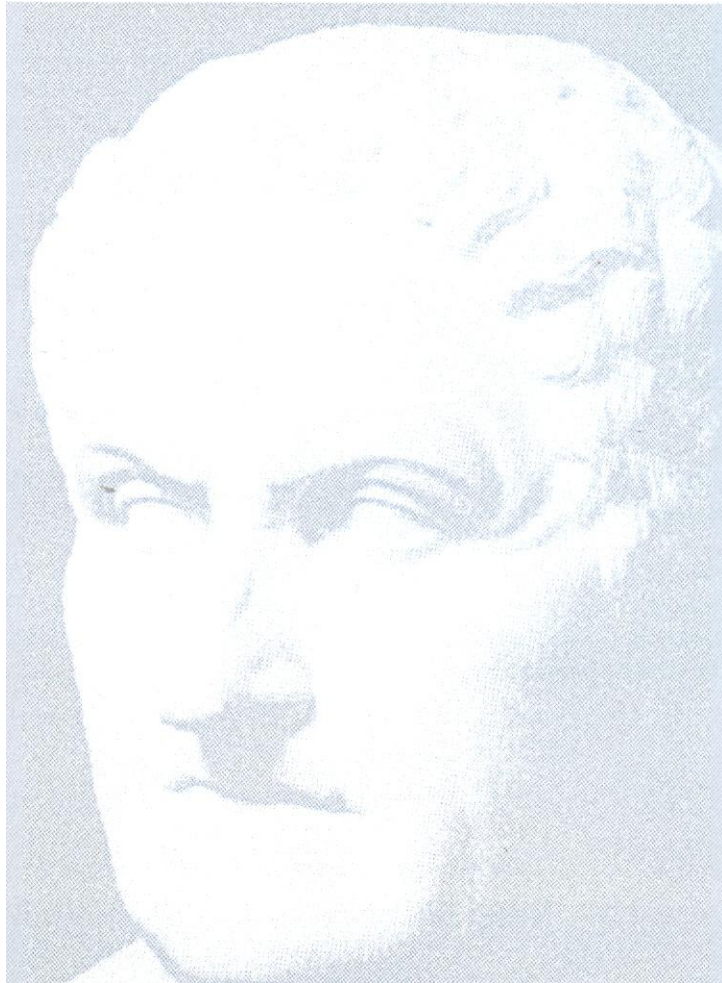
My gracious thanks to the Almighty from whom comes all good health and for having bestowed upon us everything from which we may gain sustenance, and for blessing our lives with prayer and faith.

To the readers, enjoy this book and use it to inform you about the temperaments of foods that you know and love. Above all: live wisely, pray, work hard, relax, enjoy your family, take part in sport, never stop learning and do a little bit of everything that will contribute to the fulfillment of your existence. Eat well and live life to its fullest.

**Nasira Vallee**  
**Johannesburg**  
**May 2003**

# Dedication

This book is dedicated to Galen, the 'father' of temperament, and to all the caregivers, homemakers and preparers of food who strive to ensure the good health of those they love, most often through the food they cook.





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# INTRODUCTION

“Leave your drugs in the chemists pot if you can heal the patient with food.”

HIPPOCRATES

Welcome to a new system of eating: a system that embraces who you are and makes specific allowances for your individual body type, personality, habits and temperament. This is no ordinary cookbook but a cookbook that includes a philosophy of health.

With food fast gaining recognition as one of the most important factors contributing to health, many people are looking to the ancient and natural systems of healing, particularly those from the East, as a guideline for healthy eating. This book embraces the healing wisdom as taken from Tibb medicine, a philosophy dating back centuries. According to Tibb philosophy, the food we eat profoundly influences our state of well being “Let food be your medicine,” says Hippocrates.

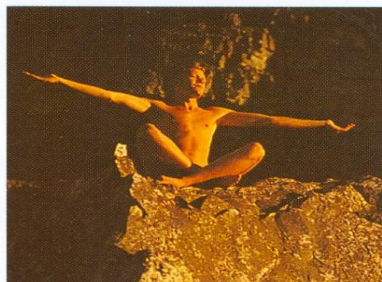
The chapters in this book are designed to give you an understanding of purposeful eating. The first deals with Tibb Medicine and the philosophy behind Tibb. The second enables you to identify your own personal temperament and the next speaks about digestion and elimination. After that, we explain the qualities and temperaments of food and how to match your meals with your temperament. Not only are we saying ‘you are what you eat’ but also, ‘according to what you are, is how you should eat’. Knowing your temperament and which food best suits your unique blueprint forms the basis of this book. This book is not aimed at people who want to lose weight, (although attaining optimum weight forms part of the benefits of well-being), but it is for the average householder who wants to balance the family’s meals by knowing each person’s temperament and providing meals to suit them.

Cooking procedures have been kept as close to the original Tibb philosophy as possible and ingredients such as fats and oils have not been eliminated as these are required to retain the correct quality of the meals. Remember that in a state of good health everything in *moderation* is not harmful and that it is better to have a little of something bad than too much of something good.

Also included are notes about our attitude to eating, household tips and keeping a harmonious kitchen. Four chapters of tried and tested recipes have been classified into different temperaments giving you a guideline of different meals best suited to your temperament. They have been adapted for delicious everyday eating using easily accessible South African ingredients. Finally a comprehensive glossary, conversion table and spice chart to complete your understanding of the art of eating. Use this book just for the delicious recipes or follow the philosophy and change your life.



# PHILOSOPHY OF TIBB



# PHILOSOPHY OF TIBB

**Background:**

Tibb medicine, also known as Unani-Tibb is a comprehensive healing system based on scientific data and taking every aspect of the individual into account. By knowing yourself, your personality, as well as the environmental and emotional factors that influence you – you are able to empower yourself by creating conditions that favour your disposition. Tibb has journeyed through many teachers, philosophers and countries with principles that can be traced to Greek, Egyptian, Arabic and Western Medicine. Unani is a Persian word for ‘Greek’, and Tibb an Arabic word meaning ‘Medicine’. Approaching health maintenance holistically, it recognizes the mental, emotional, spiritual and physical causes of illness or health, as well as the techniques of modern science and medicine. Rather than handing total responsibility for your health over to a doctor, Tibb believes that each individual should take responsibility and individuals can do this very effectively by choosing and regulating the type of food consumed.

**Man and his Environment:**

One of the greatest strengths that Tibb provides is the insight into the creation of man, his nature, constitution and his relationship to the environment. Teachings from many of the great philosophers like Hippocrates (the “father of Western medicine”) and Galen as well as the Arab physicians Rhazes, Ibn Nafees and Ibn Sina or Avicenna dominate its philosophy and practice. Modern day use of this system is seen in countries such as India, Pakistan, Bangladesh and Sri Lanka. An important part of Unani-Tibb is the emphasis it places on primary health care and empowering individuals to take responsibility for their own well-being.

**Four Elements:**

Tibb philosophy is based on the theory that everything in the universe comprises of four elements symbolically represented by fire, air, water and earth. These elements have corresponding qualities of heat, moistness, coldness and dryness. Every entity in the universe be it mineral, plant, animal or man, contains these elements and qualities in specific ratios. Depending on the ratios of these elements every object, compound or living entity has a state of equilibrium that reflects the qualities of heat, moistness, coldness and dryness. This equilibrium of qualities is called ‘temperament’.

**Temperament:**

The overall temperament of the human being is hot and moist, which stands to reason, when we know that the body has an ideal temperature of 37°C, and contains between 60-70% water.

However, slight variations within this hot and moist condition, cause some of us to feel colder or hotter than others. What becomes interesting is that the temperament of an individual can be identified by observing the particular characteristics of physical appearance as well as the mental, emotional and spiritual attributes - body, mind and soul. Believe it or not, the differences in skin and hair texture, body type, emotional reactions and etc, offer important information about our personal temperaments.





As long as we are able to maintain an ideal temperament, health will prevail. Our body fluids, also known as humours, produced from the food and drink we consume, are responsible for maintaining the qualitative state of an individual's ideal temperament. It is all as simple as knowing that illness results from the imbalance of humours and treatment involves correcting imbalances.

### **Lifestyle Factors:**

We are all aware that life-style plays an important role in the state of our well-being. Tibb has a checklist consisting of six factors to consider when examining the relationship between you and your environment. Making sure that each of the following factors are given appropriate attention will help you to monitor the quality of your life.

**Environmental Air and Breathing:** considering the quality of air and whether breathing is shallow or deep. **Sleep and Wakefulness:** getting the right amount of undisturbed quality sleep, feeling alert during waking hours **Food and Drink:** are you eating food that sustains you, are you dehydrated?

**Movement and Rest:** looking at exercise that is suited to your body, the pace of your life, do you rest sufficiently? **Elimination:** are you eliminating regularly? **Emotions:** do you express emotion appropriately?

Each of these six factors affect us qualitatively and either raise or lower heat, moisture, dryness and coldness. For example, weather is either hot or cold or moist or dry. Similarly; sleep increases moisture in the body, exercise produces heat.

### **TEMPERAMENT IN FOOD**

The abovementioned qualities also exist in foods and drink: certain foods have the effect of cooling or heating the body while others may decrease or increase moisture in the body. Currently food groups are classified as follows:

- the conventional classification into proteins, fats, carbohydrates and minerals;
- foods that provide different amounts and rates of nutrition or energy;
- foods that boost the immune system;
- foods that are protein, neutral or starch in nature.

Tibb includes a further classification that takes into account the effect of food on the temperament. Foods that:

- Increase or decrease heat in the body
- Increase or decrease coldness in the body
- Increase or decrease dryness in the body
- Increase or decrease moisture in the body

In Tibb, each food type is classified as heating or cooling with levels of moisture or dryness. This classification refers to the inherent temperament associated with the foods and the effect they have on the temperament of the individual. For example milk is cold and moist whereas chicken is hot and dry. The concept of heating and cooling foods is linked to the effect of the foods on the body. Foods that are heating in nature will increase the rate of metabolism. Conversely, foods that are cooling in nature will reduce the body's metabolic rate.

On the following page you will find food charts that contain heating and cooling foods with corresponding qualities of moistness and dryness.

<b>HEATING FOODS</b>		<b>WITH DRYNESS</b>	<b>WITH MOISTNESS</b>
<b>MEAT, FISH &amp; CHICKEN</b>	Chicken, lobsters, prawns , all small bird meat, Oily fish		Buck, goat, goose, lamb, liver, mutton, turkey,
<b>VEGETABLES</b>	Bitter gourd, celery, fenugreek, green pepper, garlic, leek, mustard, onion, parsley, red pepper		Artichokes, asparagus, chives, ginger, olives, spinach, squash, spring onions, sweet potato, turnips
<b>FRUITS &amp; NUTS</b>	Avocado, Grapes Cashews, hazel nuts, pecan nut, walnuts		Bananas, dates, guavas, mangoes, peaches, papaya, almonds, brazil nuts, pistachios, apricot kernels
<b>GRAINS &amp; SEEDS</b>	Chickpeas, fenugreek seeds, gram flour, mustard seeds, papad		Bread. bulgar wheal, flour. pasta, rye bread, sunflower seeds, wheat
<b>DAIRY &amp; NON DAIRY PRODUCTS OILS</b>	Eggs Mustard oil		Condensed milk. cheese. cream cheese, mothers milk (for babies), clarified butter, lecithin, castor oil, olive oil. sunflower oil
<b>SPICES, HERBS &amp; SEASONING</b>	Aniseed, cinnamon, cloves, celery seed (ajmo), garlic, lavender, mustard seeds, nutmeg, oregano, paprika, parsley. peri-peri, red chilli, rocket, rosemary, saffron, tarragon,		Bay leaves, black pepper, cayenne pepper, dill seeds, dried ginger, fennel, green masala, marjoram, mint, sage, salt, soya sauce, thyme, turmeric, watercress, white pepper,
<b>BEVERAGES</b>	Alcohol, Grape juice, Herbal teas		Green tea, hot water, juices (see fruit), Herbal teas
<b>CONDIMENTS &amp; SPREADS</b>	Chili sauce, mustard sauce, peri-peri sauce		Mayonnaise,
<b>FLAVOURANTS</b>	Pungent and bitter flavourants		Honey, molasses, sugar , salt
<b>CONFECTIONARY &amp; DESSERTS</b>			Biscuits, cakes, chocolate, liquorice, vermicelli
<b>CEREALS</b>			All bran flakes, bran, honey smaks, muesli, nutri-k. nutritic, oats, puffed wheat, taystee wheat, weetbix

<b>COOLING FOODS</b>		<b>WITH DRYNESS</b>	<b>WITH MOISTNESS</b>
<b>MEAT, FISH &amp; CHICKEN</b>	Beef, biltong (beef), crabs, fish, knuckles, mussels, ostrich. oysters, pork, snails, tripe, veal		Duck, rabbit
<b>VEGETABLES</b>	Brinjal (egg plant), brussel sprouts, cabbage, cauliflower, green beans, mushrooms, peas, potatoes, sauerkraut, sweet potatoes, tomatoes,		Bean curd. beetroot, baby marrow. butternut. broccoli, carrots, cucumber, gem squash, Indian ghourd, lady fingers, lettuce, okra, patty pans, pumpkin, radish, sprouts, soya beans, tofu, turnips, zucchini,
<b>FRUITS &amp; NUTS</b>	(All sour fruits), apples, cherries, coconut, granadilla, grape fruit, lemon, lime, naartjies, oranges, plums, prunes, pomegranate, rasberries, strawberries, sultanas, peanuts		Apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, paw-paw, pears, pineapple, prickly pears, quince, spanspek, watermelon Macadamia nuts
<b>GRAINS &amp; SEEDS</b>	Barley, bean (all types), corn, cornflour, couscous, lentils, linseed, maize, mielie meal, mielies, millet, peas, popcorn, poppy seeds, samp sesame seeds,		Cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina. watermelon seeds, linseed
<b>DAIRY &amp; NON DAIRY PRODUCTS OILS</b>	Egg white, milk (sour), yoghurt, Coconut oil, corn oil, sesame oil		Coconut milk, cows milk, goats milk, buttermilk, butter. rice milk, soya milk Butter, margarine
<b>SPICES, HERBS &amp; SEASONING</b>	Basil, prunes, poppy seeds, tamarind,		Cardamom, coriander, cumin, vanilla
<b>BEVERAGES</b>	Sour fruit juices, tea (black), coffee, ice, sour milk		Glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos
<b>CONDIMENTS &amp; SPREADS</b>	Balsamic vinegar, peanut butter, pickles, tomato sauce, Worcestershire sauce, vinegar		
<b>SWEETENERS</b>			Fructose, glucose, rose syrup
<b>CONFECTIONARY &amp; DESSERTS</b>			Custard, ice cream, rose syrup, sago
<b>CEREALS</b>	Cornflakes, mielie meal, millet		Pronutro, rice crispies



# THE QUALITIES OF FOOD

As can be seen from the above tables, all foods - meat, vegetables, grains, etc. – have qualities associated with them. If we add the concept of qualities to the food groups that we are familiar with, we can then see the relationship between proteins, fats, carbohydrates, minerals and qualities.

- **Protein** – Overall quality of *Dryness*, but with degrees of heat or coldness, and the least amount of moistness
- **Fats** – Overall quality of *Heat*, but with degrees of moistness, and the least amount of dryness and coldness
- **Carbohydrates** – Overall quality of *Moistness*, but with degrees of heat and coldness, and the least amount of dryness
- **Water** – Overall quality of *Cold* and *Moistness*.
- **Minerals** – Overall quality of *Cold* and *Dryness*.

This leads us to the fact that not only are we affected by the quantity of food we consume but by the specific qualities of the food as well.

When selecting food, two questions need to be asked:

1. What is your temperament in relation to the temperament of the food?
2. What food is appropriate for your age, season, and climate

A balanced diet that includes heating and cooling foods is absolutely essential for the maintenance of good health. The philosopher Galen points out that, "*The throat destroys more than the sword doth*"

When we consume nutrients in excess of the body's needs or its ability to digest, an imbalance of humours will result. What's more, undigested food can lead to plethora, a feeling of fullness or satiety, in which food accumulates without being eliminated. In order to metabolize food and stimulate enzyme activity effectively, correct body heat is necessary. Research by Dr Edward Howell (1985), (a leading authority on enzyme activity in food digestion) confirms the view held by Tibb on the metabolic efficiency of food and digestion. His research shows that when spices such as ginger, cumin and cinnamon - the heating spices - are consumed, the body dramatically increases the production of digestive enzymes. This action facilitates digestion and improves elimination.

According to Tibb, 'heating' foods and spices:

- Increase the production of digestive enzymes
- Increase cellular metabolic functioning
- Result in the complete assimilation of micronutrients with a minimum of metabolic waste
- Achieve and maintain a complete metabolic digestion

The typical western diet of beef and fish, (overall dryness) yoghurts, pastas and salads, (overall cold) invariably increases the cold and dry qualities within the body. Cold and dry qualities are opposite to the hot and moist temperament typical of the human body. Not unexpectedly, 'lifestyle diseases' such as diabetes, obesity, arteriosclerosis, osteo-arthritis and osteoporosis conditions develop by long-term adherence to the typical Western diet. According to Tibb, most of the serious diseases arise from an excess of cold and dry foods aggravated by a lack of body heat.

# IDENTIFYING YOUR TEMPERAMENT

This chapter will help you establish which temperament you have. Once you have done that, you can follow the food charts and match the temperament of your food to compliment your individual temperament. Eating in accordance with your temperament offers a host of benefits some of which include increased digestion, new levels of energy and a heightened feeling of well-being. Recognising the individual as unique, Hippocrates said, *“It is more important to know what sort of person has a disease, than to know what sort of disease a person has.”* So many of us walk around with aches and pains and exhaustion, developing diseases and chronic conditions early on in life. Most of us accept this as a normal part of life. Overcoming this may be as simple as changing eating patterns and employing the right attitude.

There are four distinct body types or temperaments as identified by Tibb medicine:

- \* Sanguinous
- \* Phlegmatic – **also termed** serous
- \* Melancholic – **also termed** atrabilious
- \* Bilious – **also termed** choleric

To give you a basic understanding we have included the following poem that identifies the key personality traits of the four temperamental types:

God could have made us all **sanguinous**.  
 We would have lots of fun but accomplish little.  
 He could have made us all **Melancholics**.  
 We would have been organized and chartered but not very cheerful.  
 He could have made us all **Bilious**.  
 We would have been set to lead, but impatient that no one would follow!  
 He could have made us all **Phlegmatics**.  
 We would have had a perfect world but not much enthusiasm for life.  
 We need each temperament for the total function of  
 The body. Each part should do its work to unify  
 The action and produce harmonious results.

[Florence Littauer]

It is obvious that each of us is a combination of all four personality or temperamental types, resulting in a dominance of one with the sub-dominance of another, less of the third and the least amount of the fourth temperamental type.

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**Fill in the following chart as accurately as possible to find out how your temperament is made up.**

1. Working from left to right, read the description after each category and tick the one that best describes you. Don't be alarmed if more than one description fits, think carefully and you will probably find that one is slightly more accurate than the other. If you are unable to make a choice in a particular category, ignore the category.
2. Once you have worked through the chart, count how many ticks you have in each column working from top to bottom.
3. The column that you have recorded the most ticks is your dominant temperament. The column with the second most ticks will be your subdominant temperament. Knowing your dominant and subdominant temperament will enable you to determine the qualities associated with your temperament.





# TEMPERAMENTS

CATEGORY	SANGUINOUS HOT & MOIST	PHLEGMATIC COLD & MOIST	BILIOUS HOT & DRY	MELANCHOLIC COLD & DRY	
FRAME	Medium to large frame, more muscle	Medium to large frame, more fat	Medium frame, lean	Thin, bony frame (short / tall)	
GAIT	Macho stride	Slow pace	Firm stride	Quick / Anxious pace	
SPEECH PATTERNS	Clear, moderate to loud	Slow, soft	Sharp, talkative, loud	Fast, less vocal, soft	
COMPLEXION and SKIN TEXTURE	Reddish (light skin) or shiny (dark skin)  Moderate in softness and moistness, warm	Whitish / pale  Cool, moist, soft	Warm, dry	Dry, rough, cold	
PERSONALITY TRAITS	Persuasive, sociable, outgoing, talkative  <i>a get acknowledged person/Extrovert</i>	Calm, accommodating, patient, good listener  <i>a get along person/Introvert</i>	Resourceful, outspoken, dominant, may be short tempered  <i>a get it done person/Extrovert</i>	Thoughtful, logical, analytical, tend to be perfectionist  <i>a get it right person/Introvert</i>	
EMOTIONAL TRAITS	Playful, cheerful, excitable, disorganized, tends to exaggerate	shy, self-contained, indecisive	Aggressive, angry, irritable, impatient	Fearful, insecure, suspicious, anxious	
CLIMATIC PREFERENCES	Prefers cold, dry conditions  Winter and Autumn	Prefers hot, dry conditions  Summer and Spring	Prefers cold, moist conditions  Winter and rainy weather	Prefers hot, moist conditions  Summer and raining weather	
SLEEP PATTERNS	Moderate to Deep	Heavy, tendency to oversleep	Low but sound, tendency to insomnia	Interrupted, tendency towards insomnia	
	6 to 8 hours	at least 8 hours	5 to 6 hours	6 to 7 hours	
FOOD and DRINK	Healthy appetite with a moderate to excessive thirst	Slow, steady appetite, low thirst, can skip meals	Healthy appetite, excessive thirst, cannot skip meals	Irregular and variable appetite and thirst	FOOD and DRINK
	Prefers cold drinks	Prefers hot drinks	Prefers cold drinks	Prefers hot drinks	
HEALTH PROBLEMS	Hypertension, Diabetes	Phlegm related disorders	Heat related disorders	Indigestion and gas related disorders	

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**Total ticks:.....**

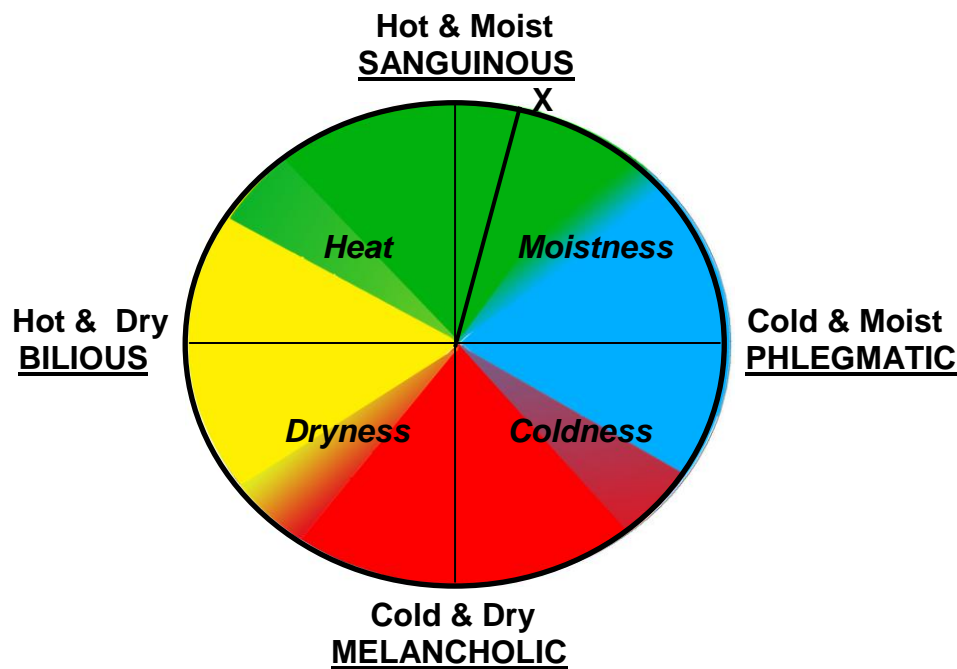
Now that you have chosen your dominant and subdominant temperament, examine the qualities associated with your unique self.

# QUALITIES ASSOCIATED WITH TEMPERAMENT

## Qualities associated with temperament

What is the combined quality associated with the temperament of an individual, taking into account his/her dominant and sub dominant temperament?

If an individual has a dominant temperament of Sanguinous (*Hot & Moist*) and a less dominant Phlegmatic (*Cold & Moist*), then the resultant quality associated with that temperament will be somewhere between hot and moist and cold and moist. This depends on the extent of the dominant temperament (*indicated by X in the diagram below*):



As moistness is the common quality between Hot and Moist and Cold and Moist, this person's ideal qualitative states will have a dominant quality of moistness, followed in turn by heat, then coldness, and finally the least quality of dryness.

*Any change to this ideal qualitative combination will have a negative influence on the individual's health.* As moistness is the dominant quality associated with this individual, changes in the level of moistness (and more particularly, excess of moistness) will affect this individual the most and the fastest. On the other hand, changes in the quality of dryness (which is the least in concentration), will have the least negative effect on the individual.

In other words, in the example above, excessive intake of foods with hot and moist qualities and to a lesser extent cold and moist qualities, will have the greatest negative effect on this individual whereas foods from a cold and dry category as well as to a lesser extent hot and dry category will have the least negative impact.

# EATING ACCORDING TO TEMPERAMENT

Now that you have an understanding of temperament and the qualities associated with temperament, as well as the qualities of foods, let us look at the link between foods and the temperament of an individual. From the four temperamental types there are eight combinations of dominant and subdominant temperamental types. It is possible to match appropriate food with each different combination.

Any food with qualities similar to the qualities associated with your temperament will result in an excess of that particular quality and so will negatively influence your health. For example, a bilious person (hot and dry) will be most negatively affected by foods from the hot and dry category and the least negatively affected by foods in the cold and moist category. This negative influence will be enhanced in conditions where extra heat and dryness is prevalent from environmental factors for instance in summer when conditions are hot and dry.

This explains the underlying principles of why some foods agree with certain individuals and not others. On page 18-19 you will find four charts that list foods that will increase the qualities associated with the different temperaments, eg the chart that refers to Hot and Dry Foods lists foods that increase hot and dry qualities and will therefore aggravate an individual who has a dominant bilious temperament. The other charts relate to the other three dominant temperamental types.



*To summarise: individual health requires the maintenance of the ideal qualitative state associated with the individual. The qualities inherent in food and drink can alter this ideal qualitative state. Therefore eating according to your body type is essential for the maintenance of your state of well-being.*

**HOT AND DRY FOODS**  
**FOOD AND DRINKS THAT INCREASE HOT AND DRY QUALITIES**  
**AND AGGRAVATE THE BILIOUS TEMPERAMENT**

<b>MEATS</b>	chicken, lobsters, prawns, all small bird meat, oily fish
<b>VEGETABLES</b>	bitter gourd, celery, fenugreek, green pepper, garlic, leek, mustard, onion, parsley, red pepper
<b>FRUITS</b>	Avocados, grapes
<b>NUTS</b>	cashews, hazel nuts, pecan nuts, walnuts
<b>GRAINS &amp; SEEDS</b>	chickpeas, fenugreek seeds, gram flour, mustard seeds, papad
<b>DAIRY PRODUCTS</b>	Eggs
<b>OILS</b>	mustard oil
<b>SPICES, HERBS &amp; SEASONING</b>	aniseed, cinnamon, cloves, celery seed (ajmo), garlic, lavender, mustard seeds, nutmeg, oregano, paprika, parsley, peri-peri, red chili, rocket, rosemary, saffron, tarragon, fenugreek
<b>DRINKS</b>	Alcohol, Grape juice, Herbal teas (see Herbs)
<b>FLAVOURANTS</b>	pungent and bitter flavourants
<b>CONDIMENTS &amp; SPREADS</b>	chili sauce, mustard sauce, peri-peri sauce
<b>CONFECTIONARY &amp; DESSERTS</b>	
<b>CEREALS</b>	

**HOT AND MOIST FOODS**  
**FOOD AND DRINKS THAT INCREASE HOT AND MOIST QUALITIES**  
**AND AGGRAVATE THE SANGUINOUS TEMPERAMENT**

<b>MEATS</b>	buck, goat, goose, lamb, liver, mutton, turkey
<b>VEGETABLES</b>	artichokes, asparagus, chives, ginger, olives, spinach, squash, spring onion, sweet potato, turnips
<b>FRUITS</b>	bananas, dates, guavas, mangoes, peaches, papaya
<b>NUTS</b>	almonds, brazil nuts, pistachios, apricot kernels
<b>GRAINS &amp; SEEDS</b>	bread, bulgar wheat, flour, pasta, rye bread, sunflower seeds, wheat
<b>DAIRY PRODUCTS</b>	condensed milk, cheese, cream cheese, mothers milk (for babies)
<b>OILS</b>	clarified butter, lecithin, castor oil, olive oil, sunflower oil
<b>SPICES, HERBS &amp; SEASONING</b>	bay leaves, black pepper, cayenne pepper, dill seeds, dried ginger, fennel, green masala, marjoram, mint, sage, salt, soya sauce, thyme, turmeric, watercress, white pepper
<b>DRINKS</b>	green tea, hot water, juices (see fruits), Herbal teas (see Herbs)
<b>FLAVOURANTS</b>	honey, molasses, salt, sugar
<b>CONDIMENTS &amp; SPREADS</b>	mayonnaise
<b>CONFECTIONARY &amp; DESSERTS</b>	biscuits, cakes, chocolate, liquorice, vermicelli
<b>CEREALS</b>	all bran flakes, bran, honey smaks, muesli, nutri-k, nutritic, oats, puffed wheat, taystee wheat, weetbix



**COLD AND MOIST FOODS**  
**FOOD AND DRINKS THAT INCREASE COLD AND MOIST QUALITIES**  
**AND AGGRAVATE THE PHLEGMATIC TEMPERAMENT**

<b>MEATS</b>	duck, rabbit
<b>VEGETABLES</b>	bean curd, beetroot, baby marrow, butternut, broccoli, carrots, cucumber, gem squash, indian ghourd, lady fingers, lettuce, okra, patty pans, pumpkin, radish, sprouts, soya beans, tofu, turnips, zucchini
<b>FRUITS</b>	apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, pawpaw, pears, prickly pears, quince, spanspek, watermelon
<b>NUTS</b>	macadamia nuts
<b>GRAINS &amp; SEEDS</b>	cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina, watermelon seeds, linseed
<b>DAIRY PRODUCTS</b>	coconut milk, cows milk, goats milk, buttermilk, butter, rice milk, soya milk
<b>OILS</b>	Butter, Margarine
<b>SPICES, HERBS &amp; SEASONING</b>	cardamom, coriander, cumin, vanilla
<b>DRINKS</b>	glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos
<b>FLAVOURANTS</b>	fructose, glucose, rose syrup
<b>CONDIMENTS &amp; SPREADS</b>	
<b>CONFECTIONARY &amp; DESSERTS</b>	custard, ice cream, rose syrup, sago
<b>CEREALS</b>	pronutro, rice crispies

**COLD AND DRY FOODS**  
**FOOD AND DRINKS THAT INCREASE COLD AND DRY QUALITIES**  
**AND AGGRAVATE THE MELANCHOLIC TEMPERAMENT**

<b>MEATS</b>	beef, biltong (beef), crabs, fish, knuckles, mussels, ostrich, oysters, pork, snails, tripe, veal
<b>VEGETABLES</b>	brinjal (egg plant), brussel sprouts, cabbage, cauliflower, green beans, mushrooms, peas, potatoes, sauerkraut, tomatoes
<b>FRUITS</b>	(all sour fruits), apples, cherries, coconut, granadilla, grape fruit, lemon, lime, naartjies, oranges, pineapple, plums, prunes, pomegranate, raspberries, strawberries, sultanas
<b>NUTS</b>	Peanuts
<b>GRAINS &amp; SEEDS</b>	barley, beans (all types), corn, cornflour, couscous, lentils, linseed, maize, mielie meal, mielies, millet, peas, popcorn, poppy seeds, samp, sesame seeds
<b>DAIRY PRODUCTS</b>	egg white, sour milk, yoghurt
<b>OILS</b>	coconut oil, corn oil, sesame oil
<b>SPICES, HERBS &amp; SEASONING</b>	basil, prunes, poppy seeds, tamarind
<b>DRINKS</b>	sour fruit juices, tea (black), coffee, ice, sour milk
<b>FLAVOURANTS</b>	
<b>CONDIMENTS &amp; SPREADS</b>	balsamic vinegar, peanut butter, pickles, tomato sauce, worcestershire sauce, vinegar
<b>CONFECTIONARY &amp; DESSERTS</b>	
<b>CEREALS</b>	cornflakes, mielie meal, millet

# THE TEMPERAMENT OF RECIPES

The temperament of every food is determined by the dominance of qualities such as hot, dry, cold and moist. These qualities are inherent and don't necessarily refer to the temperature of the food but to the effect of foods on our metabolic rate.

Although individual ingredients have specific temperaments, meals are usually made up of a number of different ingredients and all these ingredients work together to determine the temperament of the meal. This book divides meals into the different temperament types making it easier to know which meal best suits you. The foods have been classified into recipes of hot and moist, cold and dry, cold and moist and hot and dry.

Storing prepared food alters its temperament, as does the temperature at which food is served. Processing food ingredients can also change the temperament as in the case of dairy products where the temperament can change from hot and moist to cold and moist.

Below is a table that lists the eight combination temperamental types (dominant and subdominant), the associated qualities, overall dominant quality and the recommended food/recipes for each temperament. The recommendation is from A-D where column A is most recommended and column D the least recommended.

## YOUR SUMMARY GUIDE TO HEALTHY EATING

TEMPERAMENT DOMINANT/ SUBDOMINANT	ASSOCIATED QUALITY	OVERALL DOMINANT QUALITY	EAT MOSTLY FROM A	EAT MORE OF B	EAT LESS OF C	EAT THE LEAST OF D
Bilious/Melancholic	Hot & Dry to Cold & Dry	Dry	Cold & Moist	Hot & Moist	Cold & Dry	Hot & Dry
Bilious/Sanguinous	Hot & Dry to Hot & Moist	Heat	Cold & Moist	Cold & Dry	Hot & Moist	Hot & Dry
Melancholic/Bilious	Cold & Dry to Hot & Dry	Dry	Hot & Moist	Cold & Moist	Hot & Dry	Cold & Dry
Melancholic/Phlegmatic	Cold & Dry to Cold & Moist	Cold	Hot & Moist	Hot & Dry	Cold & Moist	Cold & Dry
Phlegmatic/Melancholic	Cold & Moist to Cold & Dry	Cold	Hot & Dry	Hot & Moist	Cold & Dry	Cold & Moist
Phlegmatic/Sanguinous	Cold & Moist to Hot & Moist	Moist	Hot & Dry	Cold & Dry	Hot & Moist	Cold & Moist
Sanguinous/Bilious	Hot & Moist to Hot & Dry	Heat	Cold & Dry	Cold & Moist	Hot & Dry	Hot & Moist
Sanguinous/Phlegmatic	Hot & Moist to Cold & Moist	Moist	Cold & Dry	Hot & Dry	Cold & Moist	Hot & Moist

A-D: For optimum health and in particular in times of illness conditions, column A will be most preferable to follow whereas column D the least preferable.

# GETTING TO GRIPS WITH FOOD AND TEMPERAMENT

Now that you have established your temperament and are ready to eat foods from your chosen food as appears in the charts or recipes, bear in mind that all the ingredients used in a recipe will influence the final temperament of the dish. Don't be confused if a hot and dry ingredient is found in a recipe of a cold and moist dish. It is possible that the effect from the combination of ingredients will override the quality of the individual ingredient. Take chicken dishes as an example, whilst you will find the 'drier' chicken meals listed as hot and dry, chicken curry has an overall temperament of hot and moist. This is because of the extent of 'moist' ingredients in the curry that influence the final quality of the meal. This may seem confusing in the beginning, but with time and through experience, you will get a better understanding and awareness of foods and their effects on you and your family.

*Once again, remember, that in a state of good health everything in moderation is acceptable.*

## **Mixing of Foods**

Current ideas in therapeutic dieting advocate that proteins and carbohydrates should not be mixed in the same serving. Traditionally, Tibb discourages eating many dishes and tastes at the same meal. *For example*, milk products should not be eaten at the same time as sour foods. This combination interferes with the digestive process, and causes flatulence and bloating. In addition, fish should not be eaten with milk or milkshakes. Indeed, milk (as a large portion) should be avoided at any meal.

## **Temperature of Foods**

The temperatures of food and drink are also important to consider. Consuming foods and drinks at a temperature close to body temperature (37°C) is optimum and will have the least amount of negative effect. Drinking iced drinks, especially in winter will aggravate many conditions.

## **Water**

To maintain the optimum 70% moisture content, one of the body's most important needs is for water. Water plays an important role in the process of food digestion, nutrient metabolism, and elimination of waste products. It also ensures proper circulation of blood and lymph. Virtually every function of the body, from cell division to food digestion to tissue synthesis requires adequate moisture levels. In this light, the importance of maintaining an ideal moisture content becomes self-evident.

Our bodies are capable of dealing with an excessive water intake but aren't able to handle an inadequate water intake. In fact, illnesses such as kidney stones, dryness of the skin and dehydration result from low water intake. An adequate intake of water helps to reduce raised blood pressure and high levels of cholesterol, uric acid and glucose.

# DIGESTION AND ELIMINATION

According to Hippocrates, the relationship between an individual and the environment is a dynamic process of consuming and retaining what is necessary to support life, and then efficiently eliminating the waste that has accumulated.

This very process involving digestion and elimination is often one of the most neglected areas in healthcare. We know that ineffective digestion and elimination are responsible for most of our modern day illnesses. We also know that the majority of our energy is used to digest and eliminate food and drink. With this in mind it's surprising that the Western world doesn't give more attention to maintaining and facilitating these systems.

Most traditional healing systems encourage the use of digestive herbs and spices, and advise regular expulsion in the form of enemas or laxatives. They recognize that the accumulation of toxins is the biggest contributory cause of illness and that many of our diseases originate from the malfunction of the digestive and eliminatory systems. Tibb subscribes to the traditional philosophy that the stomach is the home of all illnesses. It also believes that each of us has a self-regulating, healing intelligence that is forever at work balancing our systems, absorbing nutrients and throwing out waste. By limiting what we consume and ensuring effective elimination, we can assist this intelligence or "the doctor within" to keep us in good health.

Elimination is a term that describes all natural functions in which waste products are removed from the body. This includes waste expelled from the colon, from the bladder, through the lungs and also functions like coughing, sneezing, nasal mucus, vomiting, flatulence, menstruation, earwax and ejaculation.

If waste products accumulate and aren't expelled on a regular basis they begin to putrefy and become toxic. Foods not suitable to the individual, such as junk food and processed foods, as well as poor eating habits, create a strain on the digestive system and impede effective elimination. We use the analogy of the home to explain. If we allow all our garbage to pile up without ever emptying it, it doesn't matter how much we disinfect and scrub the house, cockroaches, maggots and other unwanted elements will wipe out the effects of cleaning. The colon is no different, no matter what medication you take, unless you clean out the garbage, health cannot be restored. Excess toxins in the system place great burdens on the liver, kidney and the lungs eventually causing serious damage to these important organs and overcoming the body's ability to maintain health. Invariably toxins or abnormal humours that invade the bloodstream or tissues can cause illnesses associated with tissue or organ damage and even cancers.

The digestive process also requires adequate water for efficient functioning. The reabsorption of water from the digestive tract takes place in the colon. This process of reabsorption results in a film of matter accumulating on the sides of the colon. Normal peristaltic movement does not remove this accumulation, which in turn, impedes not only subsequent reabsorption but becomes a reservoir for toxic accumulation. Over a period of time when the digestive tract is bombarded with food that isn't easy to digest or that contains a lot of waste matter the body will employ more drastic measures to ensure effective elimination. This may include fever, to "boil away" the impurities, diarrhoea, vomiting, sweating and frequent urination.

As mentioned before the human body is a very complex system completely integrated and interdependent. If a person is suffering from a headache or has mouth sores, the link between this and a toxin-filled colon may not be apparent or even explored, but in Tibb this link as the cause is clearly identified.



The body has many levels of dealing with abnormal physiological functions, from built-in repair and screening mechanisms, to sophisticated levels of interception by the immune system. Specific treatments and corrective measures to keep the colon clean include the use of laxatives, fasting, diuretics and saunas. Eating in accordance with your body type and following metabolic principles will facilitate digestion and the elimination process in a natural and therapeutic way. In fact elimination can only be efficient if and when all the metabolic functions are in order.

**Guidelines for assisting this process include:**

- Eating foods that are easily digestible such as fruit and vegetables and avoiding foods like meat and fish that take more energy and time to digest.
- Using natural digestive aids in cooking such as ginger, or drinking teas such as peppermint or green tea after a meal.
- Improving metabolic function through the use of herbs and spices like cumin, cinnamon ginger, garlic, turmeric and black pepper
- Ensuring that elimination of both urine and stools is never suppressed and that the colon should be emptied daily.
- Taking a mild natural laxative regularly at least every 2 – 4 weeks
- Drinking water to flush out the kidneys and to improve the flow of blood in the vessels

“The effective digestion, assimilation and elimination of lifestyle factors constitute health.”  
[ Hippocrates]

**DIET AND ILLNESS CONDITIONS**

Although eating in accordance with your body type will keep the body in balance and provide the optimum conditions to remain healthy, if the body has succumbed to an illness certain guidelines can be followed to help the body recover. In other words you may need to temporarily adjust your eating plan to accommodate an illness condition. The fundamental philosophy is that of balance and if the body's natural balance is upset, illness will occur.

Illness can be further aggravated by a diet that may not be appropriate for that particular condition. Imbalances are often caused by inappropriate lifestyle choices and so can be rectified by making more appropriate choices especially when it comes to eating correctly. Correct food and drink will have a positive effect in healing illnesses and will facilitate the healing process - especially in acute conditions. In chronic conditions, the appropriate diet will not only reduce the symptoms, but can also assist in the reversal of structural damage (both tissue and organ).

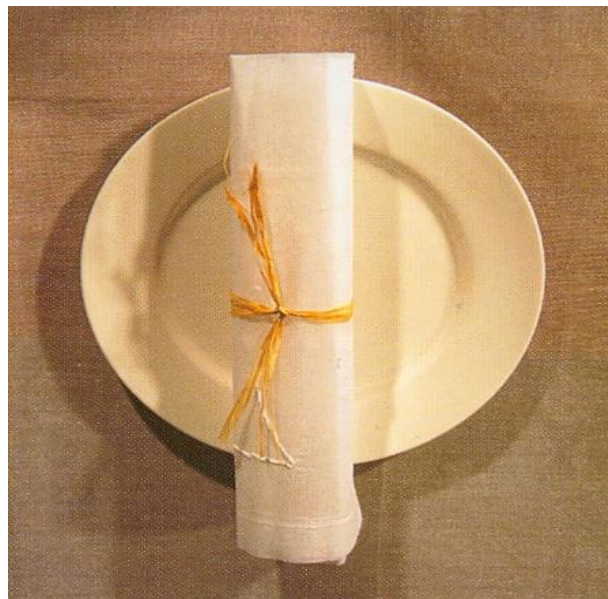
By knowing which illness conditions are aggravated by which qualities, one can follow a different eating pattern whilst in recovery to speed up the healing process. The following chart details a variety of illness conditions and illustrates the best eating plan for that condition. Should your temperament require you to eat foods with a cold and moist temperament under normal conditions but you are suffering from arthritis, it is recommended that you eat food with a hot and dry or hot and moist temperament in order to bring the body back into balance and create the best conditions to recover from this condition. (see chart overleaf)

## DISEASE CHART

DISEASE	ALLOWED	EAT LESS OF	AVOID
Acne	Cold & Moist Hot & Moist	Cold & Dry	Hot & Dry
Amenorrhoea	Hot & Dry. Cold & Dry	Hot & Moist	Cold & Moist
Anaemia	Hot & Dry. Cold & Dry	Hot & Moist	Cold & Moist
Angina and Heart Attack	Hot & Dry, Hot & Moist	Cold & Moist	Cold & Dry
Anorexia	Hot & Dry, Cold & Dry	Hot & Moist	Cold & Moist
Anxiety & Stress	Cold & Moist, Cold & Dry	Hot & Moist	Hot & Dry
Arthritis - Gout	Hot & Dry, Hot & Moist	Cold & Moist	Cold & Dry
Arthritis - Osteo	Hot & Dry, Hot & Moist	Cold & Moist	Cold & Dry
Arthritis - Rheumatoid	Hot & Dry, Cold & Dry	Cold & Moist	Hot & Moist
Asthma	Hot & Dry, Cold & Dry	Hot & Moist	Cold & Moist
Athletes Foot	Hot & Dry. Cold & Dry	Cold & Moist	Hot & Moist
Backache	Hot & Dry. Hot & Moist	Cold & Moist	Cold & Dry
Bad Breath (Halitosis)	Hot & Dry. Cold & Dry	Cold & Moist	Hot & Moist
Bedwetting (Enuresis)	Hot & Dry. Cold & Dry	Hot & Moist	Cold & Moist
Bladder Infection (Cystitis)	Hot & Dry. Cold & Dry	Cold & Moist	Hot & Moist
Bronchitis	Cold & Dry, Hot & Moist	Cold & Moist	Hot & Dry
Chicken Pox	Hot & Dry, Cold & Dry	Hot & Moist	Cold & Moist
Chronic Fatigue Syndrome	Cold & Dry, Hot & Moist	Cold & Moist	Hot & Dry
Colds & Flu	Hot & Dry. Hot & Moist	Cold & Dry	Cold & Moist
Conjunctivitis	Cold & Dry. Cold & Moist	Hot & Moist	Hot & Dry
Constipation	Hot & Moist Hot & Dry	Cold & Moist	Cold & Dry
Depression	Hot & Dry. Cold & Dry	Hot & Moist	Cold & Moist
Diabetes Ininsipidous	Hot & Dry Cold & Dry	Hot & Moist	Cold & Moist
Diabetes Mellitus	Hot & Dry, Cold & Dry	Cold & Moist	Hot & Moist
Diarrhoea	Hot & Dry. Cold & Dry	Hot & Moist	Cold & Moist
Dry Skin	Hot & Moist Cold & Moist	Hot & Dry	Cold & Dry
Dysmenorrhoea	Cold & Moist Cold & Dry	Hot & Dry	Hot & Moist
Ear Infection	Cold & Dry. Hot & Dry	Hot & Moist	Cold & Moist
Emphysema	Hot & Dry. Hot & Moist	Cold & Dry	Cold & Moist
Enlarged Prostate (BPH)	Hot & Dry Cold & Dry	Cold & Moist	Hot & Moist
Hay Fever	Cold & Dry. Cold & Moist	Hot & Moist	Hot & Dry
Headache - bilious	Cold & Dry. Cold & Moist	Hot & Moist	Hot & Dry
Headache - melancholic	Hot & Moist Hot & Dry	Cold & Moist	Cold & Dry
Headache - phlegmatic	Hot & Dry, Cold & Dry	Hot & Moist	Cold & Moist
Headache - sanguinous	Cold & Dry, Cold & Moist	Hot & Dry	Hot & Moist
Hepatitis	Cold & Dry. Cold & Moist	Hot & Moist	Hot & Dry
High Cholesterol	Hot & Dry. Cold & Moist	Hot & Moist	Cold & Dry
High-Blood Pressure	Cold & Dry. Cold & Moist	Hot & Dry	Hot & Moist
Hyperactivity	Cold & Dry, Cold & Moist	Hot & Moist	Hot & Dry
Hypomenorrhoea	Hot & Dry, Cold & Dry	Hot & Moist	Cold & Moist
Indigestion	Hot & Dry. Hot & Moist	Cold & Dry	Cold & Moist
Insomnia	Hot & Moist Cold & Moist	Hot & Dry	Cold & Dry
Irritable Bowel Syndrome	Cold & Dry. Hot & Dry	Cold & Moist	Hot & Moist
Jaundice	Cold & Dry, Cold & Moist	Hot & Moist	Hot & Dry
Kidney Stones	Hot & Moist, Cold & Moist	Hot & Dry	Cold & Dry
Lactose Intolerance	Hot & Dry. Cold & Dry	Cold & Moist	Hot & Moist
Leucorrhoea	Cold & Dry Cold & Moist	Hot & Dry	Hot & Moist
Liver Disease (Alcohol Abuse)	Cold & Moist Hot & Moist	Cold & Dry	Hot & Dry
Measles	Cold & Dry, Hot & Dry	Cold & Moist	Hot & Moist
Menorrhagia	Cold & Dry, Cold & Moist	Hot & Moist	Hot & Dry
Mumps	Cold & Dry. Hot & Dry	Hot & Moist	Cold & Moist
Nausea & Vomiting	Cold & Dry Cold & Moist	Hot & Moist	Hot & Dry
Peptic Ulcers	Hot & Moist Cold & Moist	Cold & Dry	Hot & Dry
Piles	Hot & Moist, Cold & Moist	Hot & Dry	Cold & Dry
Premature Ejaculation	Cold & Moist, Cold & Dry	Hot & Moist	Hot & Dry
Pre-Menstrual Syndrome	Cold & Moist Cold & Dry	Hot & Dry	Hot & Moist
Prostatitis	Cold & Moist Cold & Dry	Hot & Moist	Hot & Dry
Sinusitis	Cold & Dry. Hot & Dry	Hot & Moist	Cold & Moist
Skin Rash	Cold & Dry, Cold & Moist	Hot & Moist	Hot & Dry
Tonsillitis and Sore Throat	Cold & Dry, Hot & Dry	Hot & Moist	Cold & Moist
Toothache/loose teeth/bleeding gums	Cold & Dry. Hot & Dry	Hot & Moist	Cold & Moist
Varicose Veins	Cold & Dry. Hot & Dry	Cold & Moist	Hot & Moist

# ENJOYING YOUR COOKING EXPERIENCE

1. Be aware of your mood and demeanor before entering the kitchen. It is not advisable to cook whilst in a bad mood. Thinking angry thoughts about the traffic jam you were stuck in can give your guests indigestion. Send loving thoughts to the people you are preparing food for.
2. Regard your kitchen as a sacred place, play relaxing and soft music, change into clean clothing and wash hands.
3. Clean dishes and surfaces as you cook, chopping, cutting and cleaning ingredients beforehand.
4. Arrange all your spices, pots, oils and ingredients so that they are easily accessible, this will minimize stress during cooking.
5. Don't stand for too long during preparation. Bring a comfortable chair into the kitchen that can be used whilst chopping ingredients.
6. Drink lots of water while cooking, this will neutralize digestive juices that are generated from cooking smells, and will prevent dehydration from the heat in the kitchen.
7. It is not advisable to taste or smell the food too much, as this will spoil the appetite. Drinking water will help prevent the need to taste the food.
8. Plan your day so that cooking fits into your routine. It may suit you to cook all the food for the day in the morning. Try not to cook food the day before as the nutritional quality is diminished when food is reheated.
9. Use imagination and creativity to prepare meals. Sometimes excessive planning can decrease enjoyment and turn cooking into a chore.
10. Consider the specific tastes, body types and preferences of each person sharing the meal. Cook food that takes everyone into consideration.
11. Take a moment to separate the cooking experience from eating.
12. Take the weather into account when choosing what to cook.
13. Update your kitchen regularly. Using different colours according to the season will add a fresh approach. Green is recommended for summer, orange or maroon for winter, purple or pink for autumn and yellow or red for spring.
14. Try and make your kitchen a peaceful place, light a candle to honour the cooking process and keep the television, telephone and other distractions outside.



# Recipes with a cold and dry temperament

If you have a dominant sanguinous temperament you may well be extroverted and outgoing. Eating from the cold and dry section will balance your wild side and tone down your party animal. This means eating lots of salads and not so many desserts and sweets.

Browsing through these recipes will give you a general idea of the types of eating patterns that are going to best suit you. Take note, if you find fewer desserts and sweets than the other sections, it may just be that you are not meant to have a sweet tooth. Sometimes we find that the foods that aren't good for our particular type are foods that we naturally avoid. Meanwhile we have an abundance of seafood and beef dishes that are certain to tempt you. Bon Apetit!

Recipes from this section are ideal for the following temperament types:

**TEMPERAMENT  
DOMINANT/SUBDOMINANT**

Sanguinous /Bilious  
Sanguinous / Phlegmatic

And to a lesser extent:

**TEMPERAMENT  
DOMINANT/SUB DOMINANT**

Bilious /Sanguinous  
Phlegmatic /Sanguinous



## CROUTON SALAD

### Ingredients

5 slices of **brown bread**  
2 **tomatoes** or handful of  
**sundried tomatoes**, cubed  
2 **English cucumbers**, cubed  
2 **bell peppers**, cubed  
**Lettuce leaves** of choice, roughly chopped  
**Lemon juice** to taste  
**Salt**  
1½ tbs **olive oil**  
**Sesame seeds**  
Dash of **black pepper** and **paprika**


### Croutons

- 1 Carefully cut the bread into ± 1,5cm blocks or squares
- 2 Heat oven to 100°C
- 3 Sprinkle the olive oil on a baking sheet, toss with the cut bread and then dry in the oven for one hour until crisp

### Salad

- 1 In a salad bowl, place lettuce leaves at the bottom
- 2 Toss tomatoes, cucumbers and peppers over lettuce
- 3 Make light dressing with olive oil, sesame seeds and lemon juice and drizzle over contents in the bowl
- 4 Just before serving toss in croutons and sprinkle with salt, pepper and paprika

Preparation time: 15 minutes

Baking time: 1 hour 

Serves: 4 - 6 people 


## BEEETROOT

### Ingredients

5 **beetroots**, boiled until soft, then grated  
3 tbs **brown** or **white sugar**  
1½ tsp **salt**  
¼ cup **white vinegar**  
1 medium **onion**, chopped  
½ tsp **white pepper**

### Method

- 1 Combine all of the above and serve chilled
- 2 Store in refrigerator and use when required for up to two weeks

Preparation time: 45 minutes 

Serves: 4 - 6 people 


## COLESLAW

**Ingredients**

1 medium **cabbage**, finely sliced  
 4 medium-large **carrots**, grated  
 1 **onion**, sliced  
 175ml **mayonnaise** or trim  
**Salt** to taste  
 Pinch of **sugar**  
 1 **green apple** - peeled and grated  
 Freshly **ground black pepper**  
**Parsley** sprig  
 Handful of **pecan nuts** (optional)

**Method**

- 1 Toss all the ingredients in a salad bowl
- 2 Fold in the mayonnaise
- 3 Sprinkle salt, sugar and pepper
- 4 Garnish with parsley and sprinkled nuts

Preparation time: 10 minutes 

Serves: 4 - 6 people 

## ROCKET AND MACADAMIA SALAD

**Ingredients**


1 ½ cups **rocket leaves**, coarsely chopped  
 2 cups **lettuce leaves** of choice,  
 roughly broken  
 Handful of **sprouts**  
 ± 12 **black olives**  
 1 cup **sundried tomatoes**  
 1 medium **onion**, cut into rings  
 1 cup chopped **macadamia nuts**  
 1 medium **avocado**, thinly sliced  
 1 cup sliced and **roasted peppers** (mix  
 yellow, red and green)

**Salad**

- 1 Form a bed of lettuce and rocket leaves on a large flat salad platter
- 2 Arrange roasted peppers on lettuce
- 3 Follow with tomatoes, olives, onion rings and sprouts
- 4 Top with sliced avocado's
- 5 Lastly, sprinkle chopped macadamias
- 6 Drizzle with salad dressing of choice and serve

**Peppers**

To roast peppers: slice into 2cm chunks, drizzle with olive oil and coarse salt, place under grill until slightly golden

Preparation time: 15 minutes 

Serves: 4 people 








### THREE BEAN SALAD

#### Ingredients

1 tin **baked beans**  
 1 tin **butter beans**  
 1 tin **sugar beans/kidney beans** or  
 blanched **green beans**  
 1 medium **onion**, finely sliced  
 1 **green pepper**, deseeded and cut into  
 squares  
 1 **green apple**, cored and cut into squares  
 1 bunch **coriander**, leaves only  
 1 tsp **crushed garlic**  
 2-3 **green chillies**  
 ½ cup **lemon juice**  
 2 tbs **brown vinegar**  
 ½ tsp **brown sugar**  
**Salt** to taste  
 Fresh **black pepper**  
**Mint** for garnishing

#### Method

- 1 Mix beans in a salad bowl
- 2 Add sliced onions
- 3 Liquidise all other ingredients excluding the black pepper and mint
- 4 Fold liquidised ingredients into the prepared beans and grind black pepper on top
- 5 Garnish with a few sprigs of mint leaves

Preparation time: 15 minutes 

Serves: 6 people 


### TUNA SALAD


#### Ingredients

1 crisp **lettuce** finely sliced  
 1 tin **tuna** (in brine or sunflower oil) drained  
 1 small **tomato**, finely chopped  
 100g **cucumber**, finely diced  
 100g **pineapple**, finely diced (optional)  
 1 small **onion**, finely chopped  
 1 **green chilli** (optional)  
 ½ cup **Trim/mayonnaise**  
**Salt** to taste  
 1 tsp freshly ground **black pepper**

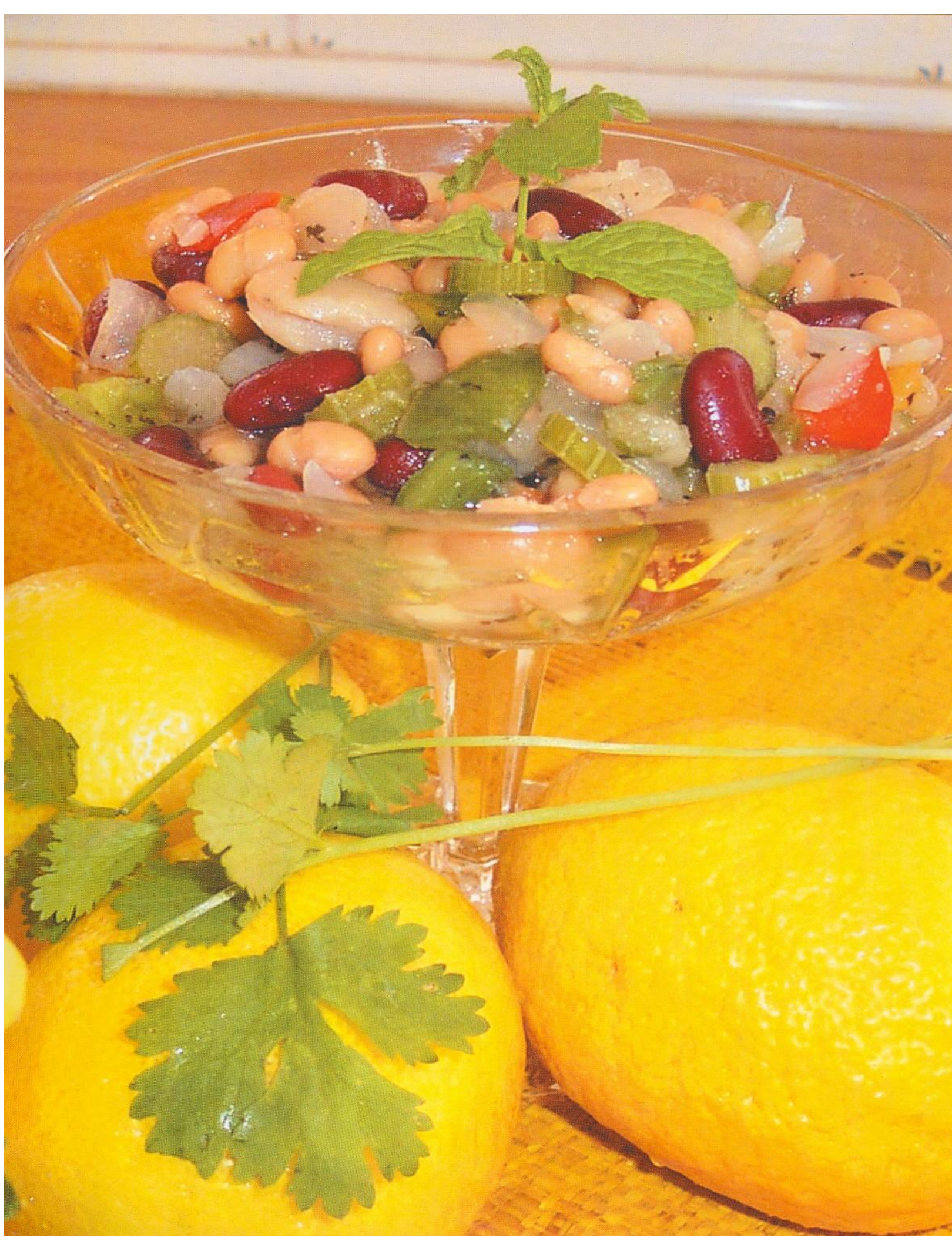
#### Method

- 1 Combine all ingredients, enjoy as a light meal served on rye or whole wheat bread

Preparation time: 15 minutes 

Serves: 2 people 








## POTATO SALAD


**Ingredients**

5-6 medium **potatoes**  
 1 ½ - 2 cups **Trim/salad cream** or  
**mayonnaise** of choice  
 1 finely chopped **onion**  
**Parsley** for garnishing  
**Salt** to taste  
 1 tsp of sugar Dash of **Tabasco**  
**Black pepper**

**Method**

- 1 Peel, wash and cube potatoes and then boil until soft but not mushy
- 2 Allow to cool and mix with mayonnaise, onion, salt, sugar and Tabasco
- 3 Chop parsley and garnish
- 4 Grind fresh black pepper on top

Preparation time: 20 minutes 

Serves: 4 - 6 people 


## SHRIMP COCKTAIL

**Ingredients**

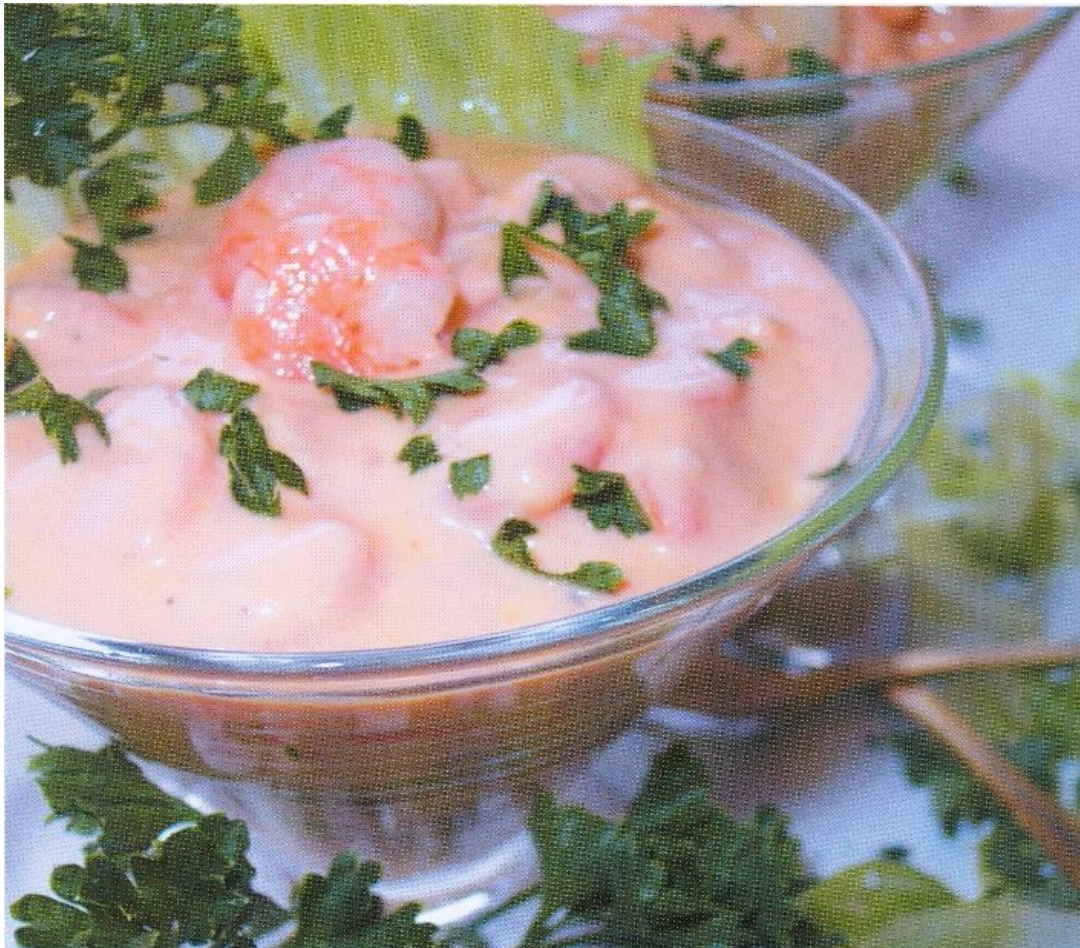
500g peeled **shrimp**, steamed in salt for ±15 minutes  
 2 tbls **butter**, reduced fat  
 2 small **cloves garlic**, crushed  
 5 tbls **Trim** (seafood)  
 2 tbls **yoghurt**  
 1 tbls **Tabasco sauce**  
 Dash of **lemon juice**  
**Salt & white pepper** to taste  
 Fresh **parsley** and **lemon** rind for garnishing  
 Head of **lettuce** for serving

**Method**

- 1 Melt butter, add cloves of garlic and simmer for a few seconds
- 2 Add Trim, yoghurt, Tabasco, lemon juice, salt & pepper and allow to cool
- 3 Fold in steamed shrimp and serve on a bed of lettuce
- 4 Garnish with parsley and lemon rind

Preparation time: 25 - 30 minutes, including time to steam prawns 

Serves: 4 people 





## SALSA

### *Ingredients*

1 medium **tomato**, finely chopped  
1 medium **onion**, finely chopped and slightly squeezed through strainer  
1 handful of **coriander**, finely chopped  
1 **green chilli** (optional)  
**Salt** to taste  
¼ cup **lemon juice**  
Pinch of **brown sugar**


### *Method*

1 Combine all ingredients and serve chilled as an accompaniment to rice dishes or with nachos

### *Variations*

This versatile salad is also equally tasty with

- ½ chopped green pepper OR
- 1 grated carrot

Preparation time: 10 minutes 

Serves: 2 - 4 people 

## KHARI (SOUR MILK)

### *Ingredients*

1 small **onion**, finely chopped  
10 **curry leaves**  
1 tsp **salt**  
1 heaped tbs **green masala** with **coriander** (see pg 81)  
1 tsp whole **cumin seeds**  
1 small **tomato**, grated  
1 tbs **chana flour** (gram flour)  
¼ tsp **turmeric**  
½ tsp fine **coriander/cumin**, mixed  
175ml **yoghurt**  
300ml **sour milk**  
1 tsp **oil**

### *Method*

- 1 In a deep saucepan heat oil with whole cumin seeds
- 2 Add curry leaves and saute for a few minutes
- 3 Add onions and braise until onions are just turning brown
- 4 Add the green masala and tomato, stir well and braise for a further 2-3 minutes
- 5 Add all the other ingredients and stir continuously until sour milk comes to a boil
- 6 Set aside and serve with rice

Preparation time: 20 minutes 

Serves: 4 people 

(see picture of khari with yellow rice on page 62)

## TOMATO SAUCE

### *Ingredients*


2 large **onions**, peeled and chopped  
500g **tomatoes**, grated  
2 tbsl **tomato puree**  
2 **cloves garlic**, finely chopped  
1 tsp **salt**  
½ tsp fine **white pepper**  
½ tsp **oregano**  
2-3 **basil leaves** or ½ tsp **dry basil**  
1 tsp **brown sugar**  
1 tsp fine **red chilli** (optional)





### *Method*

- 1 Sauté onions with garlic until onions are transparent
- 2 Add tomatoes, puree and spices and simmer on medium heat until sauce reduces and tomatoes take on a paste-like consistency
- 3 Serve with pasta or use as a pizza sauce

### *Variation*

For chilli tomato sauce, add two green chillies, slit horizontally into half and add to the onions

Preparation time: 10 minutes 

Serves: 4 people    



## INDIAN BAKED BEANS


### *Ingredients*

1 medium **onion**, finely chopped  
1 medium **tomato**, grated  
1 tsp **salt**  
1 tsp fine **red chillies**  
1 tsp fine **coriander** (jeero)/**cumin seeds**  
(dhania) or 1 tsp fine **coriander** &  
½ tsp fine **cumin**  
½ tsp **whole cumin seeds**  
¼ tsp **turmeric**  
1 level tsp **ginger & garlic masala** (see pg 71)  
1 whole **green chilli**  
Fresh **coriander** (dhania) for garnishing  
2 tsp **oil**  
1 tin **baked beans in tomato sauce**

### *Method*

- 1 Sauté onions in oil with whole cumin until onions are a light golden brown
- 2 Add whole green chilli and salt, red chillies, fine cumin and coriander, turmeric and ginger & garlic masala. Braise for a minute
- 3 Stir in tomato, simmer for 2-3 minutes
- 4 Add baked beans and a sprinkle of water - continue to simmer for 5-8 minutes on low heat
- 5 Garnish with fresh coriander and serve

Ideal with a braai, as a snack on toast or with breakfast

Preparation time: 10 minutes 

Cooking time: 10 minutes

Serves: 4 people 😊😊😊😊

## ANCHOVY TOAST


### *Ingredients*

50g **butter** or low-fat **margarine**  
3 fillets **anchovy**  
Slim slice **brown bread**  
**Parsley**

### *Method*

- 1 Process butter and anchovies until mixture is smooth
- 2 Cut bread into circles using cutter and top with anchovy mixture
- 3 Bake in hot oven of 190°C, until bread is crisp
- 4 Garnish and serve

Excellent as a Quick snack or as an accompaniment to soup

Preparation time: 10 minutes 

Cooking time: 10 minutes

Serves: 1 person 😊



## GARLIC MUSHROOMS WITH CHIVES

### *Ingredients*

1 punnet **button mushrooms** halved and thinly sliced  
½ tbs **butter**  
1 tsp **olive oil**  
½ tsp Robertson's **Garlic flakes**  
½ tsp **salt**  
½ tsp **white pepper**  
1 tsp of **lemon juice**  
Dash of **Tabasco sauce**  
2 tbs of **chives**

### *Method*

- 1 Melt butter and oil
- 2 Add the mushrooms with all the ingredients except the chives
- 3 Sauté on medium heat until mushrooms are cooked through
- 4 Remove from heat, and top with chopped chives

Excellent as a side dish to steak or as an accompaniment to omelettes

Preparation time: 10 minutes 🕒

Serves: 2 people 😊😊



## CHEESY STUFFED PEPPERS

### Ingredients

2 **red peppers**, halved and deseeded  
2 **green peppers**, halved and deseeded  
3 **potatoes**, cubed and boiled in a pinch of **salt**  
60g fat-free **cottage cheese**  
400g chopped **tomatoes**  
80g **mozzarella cheese**  
**Salt** to taste  
Freshly ground **black pepper**  
15ml **ground garlic**  
**Spring onion** for garnishing  
Drizzle of **olive oil**

### Method

- 1 Preheat oven to 190°C
- 2 Drizzle olive oil onto peppers and place them face down on baking sheet
- 3 Roast for 12-15 minutes and leave aside
- 4 In a saucepan, bring tomatoes to the boil, stir in potatoes and season with salt, garlic and pepper. Simmer for 2-3 minutes
- 5 Add cottage cheese, simmer until mixture thickens slightly and remove from heat
- 6 Spoon potato mixture into pepper shells and sprinkle with grated mozzarella
- 7 Garnish with spring onion and bake for a further 15 minutes

Preparation time: 10 minutes

Cooking time: 40 – 50 minutes 🕒

Serves: 3 - 4 people 😊😊😊😊

## BAKED POTATO WEDGES

### Ingredients

3 medium **potatoes**, leave skin on and cut into wedges  
**Coarse salt** for rubbing  
5ml **olive oil**  
3 cloves of **crushed garlic**  
1 tsp **paprika**  
1 tsp **lemon pepper**  
**Chives** for garnishing  
2 tbsp **sour cream**

### Method

- 1 Rub potato wedges with salt, garlic, paprika and lemon pepper
- 2 Drizzle with olive oil - place on a baking sheet and bake at 180°C until potatoes are soft and golden brown
- 3 Remove from oven and drizzle with sour cream
- 4 Garnish with chives and serve

Preparation time: 5 minutes

Cooking time: ±40 minutes 🕒

Serves: 3 people 😊😊😊


## CAULIFLOWER SABZI



### *Ingredients*

1 tbs **oil**  
1-2 **tomatoes**, grated  
**Salt** to taste  
2 tsp **white pepper**  
1 **cauliflower**, broken into florets  
125ml **water**  
2 **green peppers**, sliced  
2 tbs fresh **coriander**, chopped

### *Method*

- 1 Heat oil and add tomatoes, salt and pepper
- 2 Simmer until tomatoes have reduced to a paste
- 3 Add the cauliflower and water
- 4 Cook on low heat until the cauliflower is tender but not wilted
- 5 Add green peppers and increase the heat
- 6 Sauté quickly until peppers are just done
- 7 Add the coriander
- 8 Serve alone, as a side dish or with roti or bread

Preparation time: 15 – 20 minutes 

Serves: 2 people  


## PAP



### *Ingredients*

2 cups **mielie meal**  
4 cups **boiling water**  
1 tsp **salt**  
2 tsp butter or low-fat **margarine**

### *Method*

- 1 Bring water to the boil
- 2 Add salt and mielie meal, stirring well
- 3 Lower heat to minimum and cover
- 4 Simmer for 15-20 minutes, stirring every two minutes to ensure that no lumps form
- 5 When pap is thick, remove from heat
- 6 Top with butter and serve

Preparation time: 20 minutes 

Serves: 2 people  

## ROASTED ROOT VEGETABLES

### *Ingredients*

2 medium **potatoes**, scrubbed and thickly sliced  
1 large **sweet potato**, scrubbed and thickly sliced  
3 medium **brinjals** (egg plant/aubergine), thickly sliced  
2 large **onions**, halved and thickly sliced  
8 large whole cloves of **garlic**, peeled  
65ml **olive oil**  
1-2 large sprigs of **rosemary** and **thyme**, roughly chopped  
Juice of two medium **lemons**  
2 punnets **brown mushrooms**  
1 packet **brown onion soup**  
Salt and freshly **ground black pepper** to taste

### *Method*

- 1 Place the potatoes, sweet potato, brinjals, onions and garlic in large roasting pan
- 2 Drizzle with olive oil. toss lightly and mix in rosemary and thyme as well as lemon juice
- 3 Sprinkle with soup powder, dust with pepper and roast in a preheated oven at 180°C for 30-35 minutes turning every 10 minutes
- 4 Add the mushrooms and toss carefully
- 5 Return to oven and roast until mushrooms are cooked through and vegetables are lightly browned
- 6 Season with salt and black pepper and serve

Preparation time: 40 minutes 🕒

Serves: 4 people 😊😊😊😊

## GARLIC AND POTATO SOUP

### *Ingredients*

3 tsp **butter**  
2 tbs **olive oil**  
1 large **onion**, chopped  
1 litre **vegetable** or **chicken stock**  
½ tsp **thyme**  
3 large **potatoes**, cubed  
175ml fat-free **natural yoghurt**  
75ml **sour cream**  
150ml **parsley**, chopped  
Freshly **ground black pepper**  
1 tsp **salt**  
3 tbs **ground garlic**  
½ tsp **cayenne pepper**

### *Method*

- 1 Heat butter and olive oil
- 2 Sauté garlic and onions on low heat until onions are transparent
- 3 Add stock, thyme, potatoes, salt and cayenne pepper
- 4 Simmer until potatoes are soft
- 5 Allow to cool
- 6 Puree soup until smooth
- 7 Return to low heat, gently folding in the yoghurt, sour cream and parsley
- 8 Serve with ground pepper

Preparation time: 45 - 60 minutes 🕒

Serves: 4 - 6 people 😊😊😊😊😊😊

## MEDLEY OF VEGETABLES

### *Ingredients*

1 medium **butternut**, peeled and cubed into 2,5cm squares  
3 medium **sweet potatoes**, scrubbed and thickly sliced  
12-15 **baby potatoes**, scrubbed  
1 medium **onion**, halved and coarsely chopped  
175g **baby carrots**, peeled  
175g **frozen peas**, rinsed  
300g **corn** or 4-5 cobs, thickly sliced  
1 tsp **salt**  
1 tsp **lemon pepper**  
1 tsp **garlic flakes**  
½ tsp **white pepper**  
1 squeeze of **lemon juice**  
2 tsp **brown sugar**  
2 tsp **honey**  
60g **butter**  
½ tsp **oregano**

### *Method*

- 1 Melt the butter in a pan on the stove
- 2 Add all the vegetables. season with salt, lemon pepper, garlic flakes, white pepper, lemon juice, brown sugar and oregano
- 3 Toss well making sure all the vegetables are coated in seasoning and butter
- 4 Cook on medium heat until all the vegetables are steamed through and tender
- 5 Drizzle with honey and serve

Preparation time: 45 minutes 🕒

Serves: 4 – 6 people 😊😊😊😊😊😊

## MIELIE LAGAN

### *Ingredients*

3 mielies boiled and grated off the cob  
1 green pepper, sliced  
1 onion sliced  
2 tbs gram/chana flour  
3 eggs, beaten  
60g butter  
½ cup oil  
½ tsp white pepper  
2 tsp ground green chillies  
2 tbs milk  
1 tsp salt  
1 tsp baking powder  
1 cup reduced fat grated cheese  
Red and green pepper strips  
Couscous or poppy seeds for garnishing

### *Method*

- 1 Saute onions and green pepper in 2 tbs butter until onions are slightly transparent
- 2 Allow to cool and mix all other ingredients adding the cheese in last
- 3 Spread mixture into a greased oven dish
- 4 Garnish with pepper strips and sprinkled couscous
- 5 Bake for 30-45 minutes at 180°C until soft
- 6 Cut into squares and serve

Preparation time: 15 minutes

Cooking time: 30 - 45 minutes 🕒

Serves: 4 - 6 people 😊😊😊😊😊😊



## BAKED HADDOCK WITH YOGHURT

### Ingredients

600g **haddock fillets**, skinned (kingklip or hake will also work)  
50ml **parsley**, finely chopped  
1 tsp **salt**  
2 tsp **lemon juice**  
1 tsp **lemon pepper**  
1 tsp **peri-peri sauce**  
3 tsp crushed **fresh garlic**  
175ml fat-free **plain yoghurt**  
1 tsp **Worcestershire sauce**  
1 tsp **mayonnaise**  
1 tbsl **butter** or low-fat **margarine**

### Method

- 1 Season the haddock with salt, lemon pepper, peri-peri sauce, garlic, lemon juice and half the parsley. Place in a casserole dish.
- 2 Dot with butter and bake at 220°C until fish is tender and cooked through
- 3 Combine the remainder of the parsley with the yoghurt, Worcestershire sauce and mayonnaise and drizzle over the cooked haddock
- 4 Serve immediately

Preparation time: 10 minutes

Cooking time: ±20 minutes 🕒

Serves: 3 - 4 people 😊😊😊😊

## MASALA PINK SALMON

### Ingredients

1½ tsp **ghee**  
1 tsp **oil**  
1 medium **onion**, finely chopped  
2 **tomatoes**, grated  
1 tsp **salt**  
3 cloves of **garlic**, finely crushed  
1 whole **green chilli**  
1 tsp crushed **green chilli**  
2 tsp fine **red chilli**  
1 tsp fine **dried cumin seeds** (jeero)  
½ tsp whole **cumin seeds**  
2 tsp fine **dried coriander seeds** (dhania)  
½ tsp **turmeric powder**  
Pinch of **sugar**  
1 tsp of **lemon juice**  
1-2 tins of **pink salmon**, lightly drained  
Fresh **coriander** for seasoning

### Method

- 1 Melt the oil and ghee in a saucepan
- 2 Add onions and whole cumin, sauté until golden brown
- 3 Slit whole green chilli and add to saucepan with garlic. Braise for a minute
- 4 Season with salt, red chilli, cumin, coriander, turmeric and green chillies
- 5 Sauté Quickly for another minute
- 6 Fold in tomatoes and a pinch of sugar. Simmer until tomatoes thicken
- 7 Lastly add salmon and fresh coriander, stir well and cook for 8-10 minutes until thick and saucy
- 8 Serve with roti

Preparation time: 15 - 20 minutes 🕒

Serves: 2 - 3 people 😊😊😊







## KINGKLIP KEBABS WITH AVOCADO RELISH

### *Ingredients*

500g thick **kingclip** fillets, cubed into 4cm pieces  
30ml light **soya sauce**  
60ml prepared **fish stock**  
30ml **lemon juice**  
5ml **olive oil**  
30ml **honey**  
3-5ml **paprika**

### *Relish*

1 small **avocado**, diced  
1 tsp fresh **ginger**, grated  
4 whole **spring onions**, chopped  
2-3 cloves **garlic**, crushed  
¼ cup fresh **coriander leaves**, coarsely chopped  
1 medium **red pepper**, finely diced  
1 tbs **lemon juice**  
1 medium firm **tomato**, finely diced  
**Salt** to taste  
Freshly **ground black pepper**

### *Kingclip*

- 1 Combine all the ingredients together and add to fish
- 2 Marinate for 30 minutes, turning the fish a few times
- 3 Thread the cubed fish onto kebab sticks
- 4 After 30 minutes, heat griddle and grill kebabs for 2-3 minutes on both sides, basting with the marinade
- 5 Arrange on a serving platter with avocado relish, serve immediately

### *Method*

- 1 Lightly combine all the ingredients and chill until required.

Preparation time: 20 minutes

Marinate: 30 minutes

Cooking time: 30 minutes 🕒

Serves: 2 – 3 people 😊😊😊

## CALAMARI WITH GARLIC AND PERI-PERI

### *Ingredients*

1 kg small **calamari tubes**, cleaned and rinsed  
4 large cloves of **garlic**, crushed  
Juice of 1 **lemon**  
**Salt** to taste  
Fresh ground **black pepper**  
100ml **olive oil**  
100g **butter** or **margarine**  
¼ cup **parsley**, finely chopped  
2-3 tbs homemade **peri-peri sauce**

### *Peri-Peri Sauce*

500g fresh **red chillies**  
250ml **olive oil**  
250ml **sunflower oil**  
1 whole head of **garlic**, peeled  
250ml **lemon juice**, freshly squeezed  
30ml **salt**

### *Method*

- 1 Marinate calamari with garlic, lemon juice, salt, pepper, olive oil and peri-peri sauce. Combine well and refrigerate for an hour
- 2 Heat a heavy based pan on high heat and fry calamari quickly, a little at a time, taking care to pour the sauce over the calamari to prevent it from drying out
- 3 After all the calamari is done, remove from heat and keep warm
- 4 Melt the butter in the same pan and add chopped parsley, pour over the calamari
- 5 Serve immediately

### *Method*

- 1 Sun dry chillies on large baking trays for 5-7 days
- 2 Wash well, remove stems and dry thoroughly for 30 minutes in oven at 100°C
- 3 Place all ingredients in a blender and puree for 3 minutes
- 4 Pour into glass jars and seal well

Preparation time: 30 minutes

Marinate: 1 hour 🕒

Serves: 4 people 😊😊😊😊

## MALAY HERBED, BEEF PATTIES

### Ingredients

500g lean **steak mince**  
125ml **dried peaches**, soaked in warm water for 20 minutes and diced  
250ml prepared **beef** or **vegetable stock**  
4 slices of **brown bread**, cubed  
125ml **skimmed milk**  
1 beaten **egg**  
1 tsp **herbal salt**  
1 tsp freshly ground **black pepper**  
4 sprigs of **spring onion**, chopped  
15ml fresh **thyme**  
15ml fresh **basil** or 5ml dried  
15ml **olive oil**  
15ml fresh **coriander**, chopped

### Method

- 1 Simmer peaches in stock for 10 minutes until tender, remove from heat and allow to cool
- 2 Place peaches in a mixing bowl and add the bread and milk. Soak for 5 minutes
- 3 Add remainder of ingredients, except olive oil, and mix thoroughly
- 4 Shape into patties
- 5 Brush non-stick pan with olive oil and grill patties until golden brown on both sides
- 6 Serve with yoghurt and cucumber salad

Preparation time: 25 minutes

Cooking time: ±20 minutes 🕒

Serves: 4 – 6 people 😊😊😊😊😊😊

## STEAK AND CREAMY MUSHROOM SAUCE

### Ingredients

500g **rump steak**, sliced with fat trimmed  
1 tsp **salt** and some for sauce  
½ tsp **green chilli**, crushed  
2 cloves of **garlic**, finely crushed  
1 ½ tsp ground **black pepper**  
1 tbs **lemon juice**  
350ml reduced fat, **fresh cream**  
1 tsp whole **peppercorns**  
1 punnet **button mushrooms**, sliced  
2 tbs **butter** or low-fat **margarine**  
Dash of **Tabasco**  
2 tbs chopped **spring onion**  
**Spring onion** for garnishing

### Method

- 1 Dress steak with salt, green chilli, garlic, black pepper and lemon juice
- 2 Melt half the butter and cook steak until tender, set aside
- 3 In a saucepan, melt the remainder of the butter and saute mushrooms for 3-4 minutes with a dash of Tabasco
- 4 Season with salt
- 5 Add cream, peppercorns and chopped spring onion and simmer until sauce thickens
- 6 Pour over cooked steak and garnish with two sprigs of spring onion and handful of croutons

Preparation time: 20 minutes

Cooking time: 20 minutes 🕒

Serves: 2 people 😊😊







## STEAK IN PITA

**Ingredients**

500g **rump steak**, cubed  
 1 tbs **oil**  
 1 tsp **salt**\*  
 1 tsp **green chilli** with **garlic & coriander** \* (pg 81)  
 1 heaped tsp **ginger & garlic masala**\* (pg 71)  
 ½ tsp fine **white pepper**\*  
 1 heaped tsp fine **red chillies**\*  
 ½ tsp fine dried **cumin seeds** (jeero) \*  
 1 tsp fine dried **coriander seeds** (dhania)\*  
 ¼ cup **Worcestershire sauce**  
 ¼ cup **tomato sauce**  
 ¼ cup **mustard sauce**  
 6 prepared **whole wheat pita**

**Method**

1. Marinate steak in all the ingredients marked with an asterisk
2. Heat oil and cook steak slowly until tender
3. Allow to cool
4. Make a mixture with the three sauces and fold into cooked steak
5. Heat the pita's in the oven or microwave
6. Stuff pita with mixture and top with salsa (see pg 34) or onion salad (see below)

**Onion Salad**

½ **onion**, chopped finely  
 2 **green chillies**, cut into small pieces  
 ¼ cup **vinegar**  
 ¼ tsp **salt**

**Method**

1. Mix all ingredients together and use as a topping

Preparation time: 45 minutes

Marinate: 30 minutes 🕒

Serves: 4 people 😊😊😊😊

## GRILLED PEPPER STEAK

**Ingredients**

1 kg **fillet steak**, sliced and tenderized  
 1 tsp **salt**  
 1 tsp fine **white pepper**  
 1 tbs **olive oil**  
 Juice of ½ **lemon**  
 1 tsp **mustard sauce**  
 Freshly ground **black pepper** to taste  
 1 tsp **Worcestershire sauce**

**Method**

1. Marinate steak with all the ingredients and half the olive oil for a minimum of 20 minutes
2. Heat remainder of olive oil in a griddle and Quickly sear steak fillets on both sides until nicely browned
3. Lower the heat, cover and cook Quickly (to suit your taste)
4. Serve with fried onions, baked potatoes and vegetables

Preparation time: 20 minutes

Marinate: 20 minutes 🕒

Serves: 4 people 😊😊😊😊

c o l d   a n d   d r y

## BABY T-BONE WITH GREEN PEPPERS

**Ingredients**

1 kg **baby T -bone**  
 1 tsp **salt**\*  
 1 ½ tsp fine **red chillies**\*  
 1 tsp fine **dried coriander** (dhania)\*  
 ½ tsp fine **cumin** (jeero) seeds\*  
 1 tbs **ginger & garlic masala** (pg 71)\*  
 1 tbs **lemon juice**\*  
 ½ tbs **vinegar**\*  
 1 tsp low-fat **mayonnaise**\*  
 1fil tsp **turmeric powder**\*  
 1 tbs **olive oil**  
 1 **green pepper**, deseeded and cut into rings

**Method**

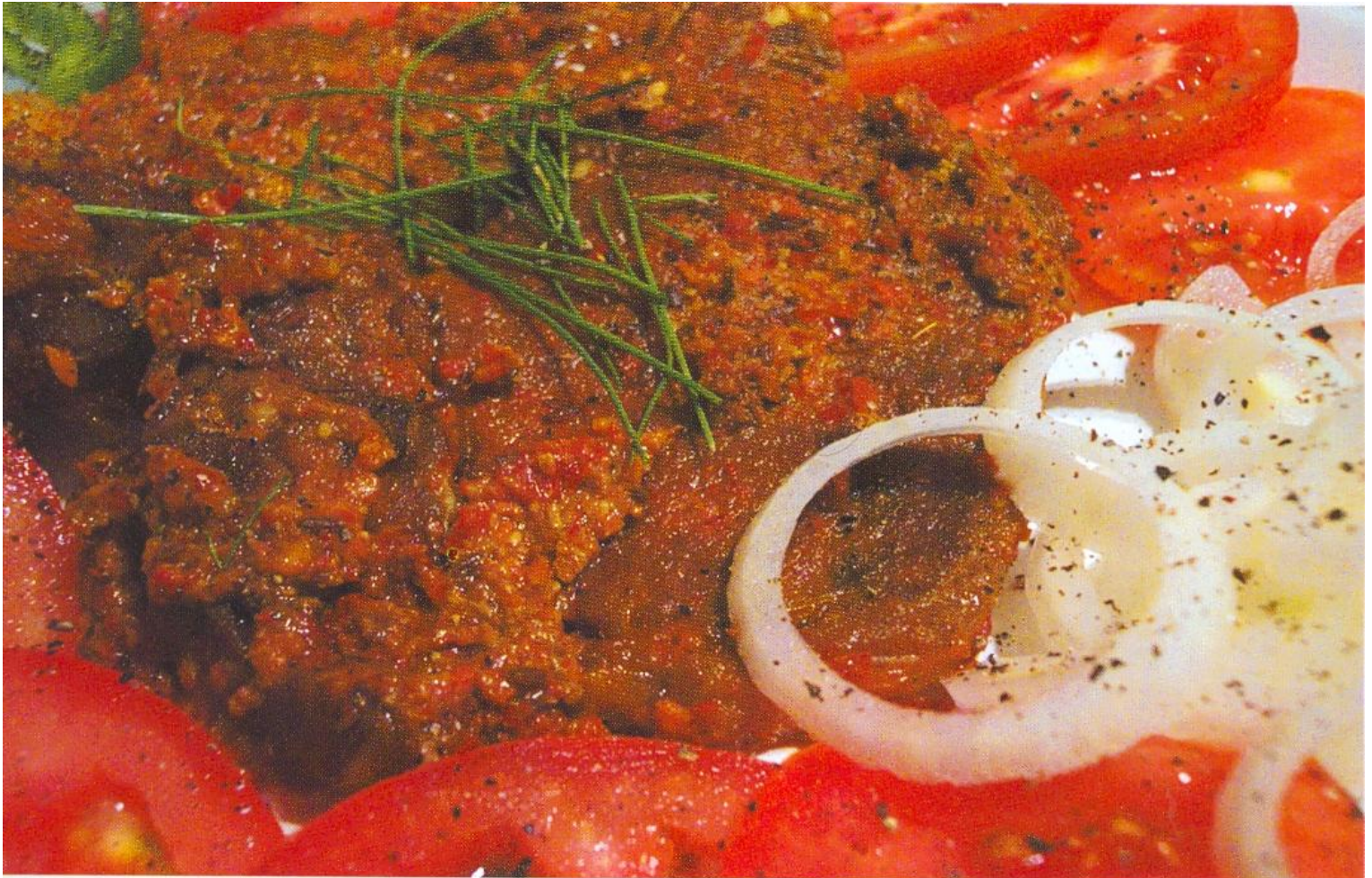
1. Cut excess fat from T-bone and rinse
2. Marinate with all ingredients marked with an asterisk
3. In an oven tray, drizzle olive oil and add marinated T-bone
4. Bake in a preheated oven at 180aC, until tender for ± 45 minutes -1 hour
5. Arrange green peppers on cooked T-bone
6. Return to oven on grill setting for a few minutes or until peppers are slightly roasted
7. Serve with steamed vegetables or a fresh salad

Preparation time: 20 minutes

Marinate: 20 minutes

Cooking Time: ± 1 hour 🕒

Serves: 4 people 😊😊😊😊



## STEAK TORTILLAS

**Steak**

500g cubed **rump steak**, cooked until tender in salt and pepper on low heat  
 25g **butter** or low-fat **margarine**  
 1 **onion** finely chopped  
 2 cloves of **garlic**, finely crushed  
 1 **red pepper**, diced  
 2 tomatoes, finely chopped

**Method**

1. Sauté onion and garlic in butter until onions are soft and transparent
2. Toss in tomatoes and simmer until they soften
3. Add cooked steak and peppers and allow to cool

**Tortillas**

170g **flour**  
 ¼ tsp **salt**  
 ¼ tsp **baking powder**  
 60g **butter** or low-fat **margarine**  
 ¾ cup **water**

**Method**

1. Place all ingredients into food processor except the water
2. Process until fine, similar to breadcrumbs
3. Add water slowly until dough is soft
4. Divide dough into eight balls
5. Rollout into thin circles
6. Grill until brown on heated griddle
7. Cover and put aside

**Salsa**

1 **onion**, chopped finely and squeezed through sieve  
 3 **tomatoes**, diced  
 1 **green pepper**, diced  
**Salt** and **pepper** to taste  
 Pinch of **sugar**  
 ½ tbs of **lemon juice**  
 ±200g grated **cheese**  
 2-3 **green chillies**, deseeded and chopped

**Method**

1. On each tortilla, place steak mixture in the centre and spoon on salsa topping
2. Fold tortilla on either side of topping to form a pocket
3. Sprinkle grated cheese on top of salsa and place under grill until cheese melts
4. Serve immediately

Preparation time: Steak 45 minutes, Tortillas 45 minutes

Final cooking time: 20 minutes 🍳

Serves: 3 - 4 people 😊😊😊😊



## COTTAGE PIE WITH BEEF MINCE

**Ingredients**

500g lean **beef mince**, thoroughly rinsed  
 1 large **onion**, finely sliced  
 1 tbs **sunflower oil**  
 1 medium **tomato**, grated  
 1 tsp **salt**  
 2 tsp **red chillies**  
 1 tsp ground **green chillies**  
 ¼ tsp **turmeric**  
 1 heaped tsp fine **cumin** and **coriander**  
 seeds mixed  
 Pinch of **pepper**  
 1 tsp **ginger** and **garlic masala** (see page 71)  
 ½ cup **peas**, rinsed

**Mashed Potatoes**

6 medium **potatoes**, peeled and boiled until  
 soft  
**Salt** to taste  
 Pinch of **nutmeg**  
 1 tsp **butter** or low-fat **margarine**  
 ½ cup low-fat **milk**

**Topping**

100g grated **cheese**  
 1 **green pepper**, sliced or diced

**Method**

1. Sauté onions in oil until golden brown
2. Mix salt, chillies, turmeric, cumin & coriander, masala and pepper together
3. Add this mixture to mince and then to onion mixture
4. Cook until the water dries out
5. Add tomatoes and peas and simmer until cooked through
6. Note that the tomatoes should be well combined and mince should be saucy and not too dry

**Method**

1. Mash potatoes and add in all other ingredients except cheese and green pepper, stir until mixture is smooth and thick
2. In a casserole dish, first layer mince and then add mashed potatoes
3. Top with cheese and sprinkled green pepper
4. Bake at 180°C for 15 minutes until cheese has melted
5. Serve hot with a fresh salad

Preparation time: 45 – 60 minutes 🕒

Serves: 4 people 😊😊😊😊

## FRUIT SORBET

### *Ingredients*

450g **strawberries**, halved  
30ml **lemon juice**  
**Lemon rind** from half a lemon  
100g **icing sugar**  
2 **egg whites**, beaten until peaks form


### *Method*

1. In a processor, place strawberries, lemon juice and rind
2. Process for 30-40 seconds
3. Add the icing sugar and process for a further 30 seconds until the mixture is smooth
4. Pour mixture into a suitable container and freeze until sorbet is half frozen
5. Remove and mix again until the sorbet is slushy
6. Fold in the beaten egg whites and return to freezer until completely set
7. Before serving, let the sorbet soften for a while

### *Variations*

Replace strawberries with fruits such as:

- mango
- kiwi
- granadilla or
- 450-500ml fruit juice of choice

Preparation time: 20 minutes 

Freezing time: Overnight

Serves: 4 – 6 people 


## FRESH SUMMER FRUIT JUICE

### *Ingredients*

2 tbls Rose **Passion Fruit Cordial**  
1 **pineapple**, peeled and coarsely diced  
8 **granadillas**, scooped out of shell  
1 litre **liqui fruit breakfast punch**  
½ litre **cold water**  
**Sugar** if desired

### *Method*

1. Keep aside two tablespoons of granadilla pips
2. Blend all the other ingredients well and then pass through a fine meshed sieve
3. Stir in the extra granadilla pips and sweeten to taste
4. Chill and serve

Preparation time: 15 minutes 

Serves: 6 people 





### COUGH TEA

***Ingredients***

1 tsp **basil**  
½ stick **cinnamon**  
1 tsp **raisins/sultanas**

***Method***

1. Boil all of the above in two cups of water
2. Boil away one cup of the mixture
3. Strain the remaining cup and drink warm

### LEMON CIDER TEA

***Ingredients***

½ tsp **lemon juice**  
½ tsp **apple cider vinegar**  
2 tsp **honey**

***Method***

1. Boil one cup of water
2. Add the above ingredients and drink warm

### DIGESTIVE TEA

***Ingredients***

3 **prunes**  
10 grams **tamarind**

***Method***

1. Soak ingredients in two cups of boiled water for 1 hour
2. Mash the pulp until it mixes completely
3. Remove the seeds
4. Drink with a pinch of salt

### HAYFEVER TEA

***Ingredients***

2 tbs **poppy seeds**  
7 **almonds**

***Method***

1. Soak in 200ml water overnight
2. Liquidise, strain and drink





c o l d   a n d   d r y

# Recipes with a cold and moist temperament

Cold and moist recipes are ideally suited to bring balance to the forceful nature of the dominant bilious temperamental type. With fewer meat dishes to choose from, bring out your creative side and serve satisfying meals by putting two or three different vegetable dishes together. Often we are conditioned into thinking that a meal isn't a meal unless it has meat.

Get past that and you will find veggies will do the most wonderful things for you. Look out for tasty salad options and of course, learn the secret of cooking traditional Indian rice.

Recipes from this section are ideal for the following temperament types:

**TEMPERAMENT**  
**DOMINANT/SUBDOMINANT**  
Bilious /Melancholic  
Bilious / Sanguinous

And to a lesser extent:

**TEMPERAMENT**  
**DOMINANT/SUB DOMINANT**  
Melancholic / Bilious  
Sanguinous / Bilious


## BERRY AND AVOCADO SALAD

**Ingredients**

2 small **avocados**, sliced thinly  
 Sprinkle of **lemon juice**  
 2 large **butter lettuce** broken into bite sized pieces  
 1 punnet ripe **strawberries**, topped and halved  
 ½ cup **gooseberries**, halved  
 3 sprigs of **spring onion**, chopped  
 125ml plain **yoghurt**, fat-free  
 30ml **honey**  
 30ml fresh milled **black pepper**

**Method**

- 1 Line a platter with the lettuce leaves
- 2 Sprinkle the avocado with lemon juice and arrange on top of the lettuce leaves
- 3 Dot with strawberries and gooseberries
- 4 In a separate dish, combine yoghurt, honey and pepper
- 5 Drizzle over salad and garnish with spring onions

Preparation time: 15 minutes 

Serves: 2 people 😊😊


## FRUITY COTTAGE CHEESE SALAD

**Ingredients**

1 small **melon**, sliced and diced  
 1 **mango**, diced  
 250ml **watermelon**, diced or shaped into balls  
 2 **oranges**, peeled segmented and sliced  
 Pulp of 4 **granadillas**  
 4 **kiwi fruits**, peeled and sliced  
**Lemon rind**  
 Juice of 1 **lemon**  
 60ml fresh **orange juice**  
 250g fat-free **chunky cottage cheese**  
 Freshly ground **black pepper**  
 Fresh **mint leaves**  
 1 tbls of **fresh mint**, finely ground or prepared mint jelly  
 1 tbls **yoghurt**  
 15ml **brown sugar**

**Method**

- 1 Combine cottage cheese, yoghurt and mint jelly
- 2 Season with freshly ground pepper and refrigerate
- 3 Arrange all fruit on the centre of a platter or in four individual portions
- 4 Sprinkle with brown sugar
- 5 Combine granadilla pulp, lemon juice and orange juice and pour over fruit
- 6 Top with lemon rind
- 7 Drizzle cottage cheese on the outside of the fruit and garnish with mint leaves

Preparation time: 30 minutes 

Serves: 4 people 😊😊😊😊



## GREEK SALAD

**Ingredients**


1 crisp **butter lettuce**, washed, drained and broken  
 1 **English cucumber**, slightly peeled and thinly sliced  
 5 **cherry tomatoes** halved or  
 1 handful of **sundried tomatoes**  
 8-10 **black olives**  
 75g **feta cheese** (one ring) cut into squares or coarsely crumbled  
 1 medium **onion**, cut into rings  
 ½ **green pepper**, julienned  
 ½ **red pepper**, julienned  
 Greek **salad dressing**  
**Salt**  
 Whole **black pepper**

**Method**

- 1 Line salad bowl with lettuce leaves
- 2 Toss in tomatoes, olives, cucumber, feta and peppers
- 3 Top with onion rings and crushed black pepper
- 4 Sprinkle with salt and pour over salad dressing

**Low Fat Dressing**

Mix 1 tbs of olive oil (extra virgin) with half tbs balsamic vinegar. Squeeze lemon juice, add a pinch of brown sugar and pour over the salad

Preparation time: 15 minutes 

Serves: 4 - 6 people 


YOGHURT SALAD  
(RAITA)**Ingredients**

1 **cucumber**, grated and squeezed lightly through a strainer  
 2 large **carrots**, grated  
 1 **onion**, grated coarsely and squeezed through strainer  
 Handful of fresh **coriander (dhania)**, chopped finely  
 ½ tsp of **salt**  
 Pinch of **pepper**  
 175ml **Greek yoghurt** or fat-free **natural yoghurt**

**Method**

- 1 Combine all ingredients, chill and serve

Preparation time: 10 minutes 

Serves: 4 people as a side dish 






## POTATO FLAPJACKS

**Ingredients**

1 **egg**  
 1 cup **flour**  
 2 cups **low-fat milk**  
 6 medium **potatoes**, peeled and grated  
 ± ¼ cup **oil**  
 2 tbs chopped **spring onions**  
 1 tsp **salt**  
 ½ tsp **white pepper**

**Method**

- 1 Combine egg, flour and milk in a blender, process for 30 seconds
- 2 Add the potatoes, 1 tbs at a time and blend until smooth.
- 3 Fold in spring onions and season with salt and pepper
- 4 Heat a little of the oil in a frying pan and pour in 1 tbs of potato mixture
- 5 Spread mixture over base and grill, flip and fry both sides until golden
- 6 Repeat for remainder of mixture
- 7 Excellent served with yoghurt and cucumber or herbed cottage cheese

Preparation time: 30 - 45 minutes 


Serves: 8 people 


TRADITIONAL FRENCH SOUP  
(VICHYSOISE)**Ingredients**

2 tbs **olive oil**  
 20ml **butter** or low-fat **margarine**  
 750g sliced **leeks**  
 750g **potatoes**, peeled and diced,  
 5 **carrots**, peeled and diced  
 500ml **chicken stock**  
 500ml **milk**  
 ¼ - ½ tsp ground **nutmeg**  
**Salt** and **pepper** to taste  
 125ml reduced fat fresh **cream**  
 Chopped **chives** for garnishing

**Method**

- 1 Melt butter and olive oil in a soup pot and add leeks, carrots and potatoes
- 2 Cover and steam over medium heat for ± 20 minutes until vegetables are just cooked
- 3 Add the stock, milk and seasoning
- 4 Bring to the boil and simmer for ± 20 minutes on low heat
- 5 Cool slightly and then puree (stop before completely smooth)
- 6 Stir in cream and garnish with chives
- 7 Can be served hot or cold

Preparation time: 60 minutes 

Serves: 6 people 



## TRADITIONAL INDIAN RICE

**Ingredients**

2½ cups **Basmati rice**  
 2 litres **boiling water** ½ cup of cold water  
 2½ tbs **salt**  
 1 **cardamom pod**  
 1 **cinnamon stick**  
 1 medium **onion**, finely chopped  
 1 ½ tbs **ghee**  
 1½ tsp whole **cumin seeds** (jeero)

**Method**

- 1 Bring water to the boil in a deep pot
- 2 In a separate dish rinse rice thoroughly in cold water until the excess starch is removed. Three times should be sufficient. Pour off all excess rinse water and add rice to the boiling water
- 3 Add the cardamom, cinnamon, salt and stir well. Boil on highest heat setting for ± 15 minutes or until rice is soft but not sticky
- 4 Turn over into colander and rinse thoroughly under cold water for a minute
- 5 Return rice to washed pot. Make a few air pockets in the rice using your hand or a spoon.
- 6 Smooth over the top of the rice add half a cup of cold water
- 7 Steam on the highest heat setting for ± 7-10 minutes, you should be able to see the steam clearly coming out of the lid
- 8 As soon as there is no water left at the bottom of the pot, reduce the heat to the lowest setting
- 9 While rice is steaming, melt ghee in a frying pan, add onions and cumin seeds and sauté until golden brown
- 10 Pour onions over the rice
- 11 Cover and steam for a further 10 minutes

**Variations**

- 1 Add half a cup of boiled lentils to boiled rice and steam as above
- 2 Add half a cup of washed, frozen peas to boiled, washed rice and steam as instructed

Preparation time: 35 - 40 minutes 🕒

Serves: 3 - 4 people 😊😊😊😊



c o l d   a n d   m o i s t

## KHICHRI (INDIAN YELLOW RICE)

### Ingredients

2½ cups **Basmati** or **Bhimri** (fragrant) **rice**  
 2 litres of boiling **water**  
 2½ tbs **salt**  
 1 **cardamom pod**  
 1 **cinnamon stick**  
 ½ tsp **turmeric powder**  
 ½ cup yellow oil **lentils** (oil dhal)  
 1 tbs **ghee**  
 1 **onion**, finely sliced  
 1 tsp whole **cumin seeds** (jeero)

### Method

- 1 Bring water to the boil in a deep pot
- 2 Add lentils and cook for ± 15 minutes, until parboiled
- 3 Rinse rice 3-4 times to remove excess starch
- 4 Add to lentils and water stirring well
- 5 Season with salt, cardamom, cinnamon and turmeric and boil for a further 10-12 minutes, or until rice is cooked
- 6 Drain into colander and rinse well under cold running water. Return to pot
- 7 Sprinkle half a cup of water over the boiled rice, return to stove on medium heat and steam for 15 minutes, until all the water has evaporated
- 8 In a separate saucepan, sauté onions and cumin in ghee until golden brown
- 9 Pour over steamed rice and serve with sour milk (khari)

Preparation time: 45 minutes 🕒

Serves: 3 - 4 people 😊😊😊😊



c o l d   a n d   m o i s t



## POTATO PARATHA

**Ingredients**

1 cup **flour**, sifted  
 3 tbs **oil**  
 Pinch of **salt**  
 1 tsp whole **dried cumin** seeds (jeero)  
 Boiling **water** to form dough

**Method**

- 1 Measure flour, salt and cumin into a mixing bowl
- 2 Rub in the oil until the mixture resembles breadcrumbs
- 3 Add boiling water a little at a time and mix with a wooden spoon until a firm dough is formed
- 4 Take care not to make the dough too hard
- 5 Cover and set aside

**Potato Filling****Ingredients**

3 medium **potatoes**, peeled and boiled until soft  
 Pinch of tartaric acid  
 ¼ tsp **sugar**  
 ½ tsp finely crushed dried **cumin seeds**  
 1 tsp **salt**  
 Pinch of **turmeric**  
 2-3 tsp finely ground **green chilli**  
 ¼ tsp finely ground **ginger**  
 2 heaped tbs finely chopped fresh **coriander**

**Method**

- 1 Mash potatoes and add all the other ingredients
- 2 Mix together thoroughly

**Roti's (parathas)**

- 1 Divide dough into small balls (to fit the palm of your hand)
- 2 Roll out thinly to saucer size
- 3 Place 1 ½ tbs of potato mixture in the centre and spread the mixture evenly
- 4 Cover with a second paratha and seal sides evenly
- 5 Grill on a hot, greased griddle until both sides are golden brown
- 6 Serve with mint yoghurt (see recipe below)

**Mint Yoghurt****Ingredients**

1 cup **yoghurt**  
 Crushed **green chillies**  
 Chopped **mint**  
 ½ chopped **onion**  
**Salt, dried coriander** and **pepper** for seasoning

**Method**

- 1 Combine the yoghurt with finely crushed green chillies, chopped mint and chopped onion
- 2 Season with salt, finely crushed dried coriander and pepper
- 3 Serve alongside parathas

Preparation time: 30 minutes 🕒

Serves: 4 people 😊😊😊😊

## POPULAR PUMPKIN

**Ingredients**

500g **pumpkin**, peeled, sliced and roughly diced  
 ¼ tsp **salt**  
 2 tbs **brown sugar**  
 2 whole **cardamom** (elachi)  
 4 **cinnamon sticks**  
 Pinch of ground **nutmeg**  
 Pinch of ground **cinnamon**  
 1 tbs **butter**

**Method**

- 1 Season pumpkin with salt, sugar, nutmeg and ground cinnamon
  - 2 Heat butter in a saucepan, add pumpkin, cinnamon sticks and cardamom
  - 3 Steam on medium heat until pumpkin is tender but still retains its shape
  - 4 Add a little water if necessary to prevent pumpkin from burning
  - 5 Mash or serve in chunks
- Preparation time: 15 - 20 minutes 🕒
- Serves: 2 – 3 people 😊😊😊

## STUFFED BUTTERNUT WITH CARROT AND ZUCCHINI

**Ingredients**

1 whole **butternut**, halved and deseeded  
 5-6 medium **carrots**, peeled and cubed  
 4 medium **baby marrow** (zucchini), peeled and cubed  
 1 tsp **salt**  
 1 ½ tsp **cayenne pepper**  
 ½ tsp finely ground **dried cumin** (jeero)  
 Pinch of **lemon pepper**  
 1 tbs **milk**  
 2 tsp **olive oil**  
 1 clove of **garlic**, crushed  
 Pinch of **brown sugar**  
 2 tbs **feta cheese**  
 Freshly ground **black pepper**  
 Sprigs of **chives** for garnishing

**Method**

- 1 Scoop out the flesh of the butternut and set aside
- 2 Heat olive oil and simmer garlic for a minute making sure it doesn't go brown
- 3 Add butternut, carrots and baby marrows
- 4 Season with salt, cayenne pepper, cumin, lemon pepper and sugar
- 5 Cook for 10-15 minutes on medium heat until vegetables soften
- 6 After 15 minutes, stir in milk and steam for a further five minutes
- 7 Spoon mixture into shells and top with feta cheese and freshly ground black pepper
- 8 Bake in a preheated oven at 180°C for 25 minutes, until cheese bubbles
- 9 Garnish with chives and serve

Preparation time: 30 minutes

Cooking time: 20 minutes 🕒

Serves: 2 people 😊😊

## BUTTERY BABY MARROW AND CARROTS

**Ingredients**

1 punnet of **baby marrow** (±12), peeled and sliced  
 8-10 **carrots**, peeled and sliced  
 1 tsp **salt**  
 2 tbs **butter**  
 ¼ tsp **white pepper**  
**Parsley** for garnishing

**Method**

- 1 Season vegetables with salt and pepper
  - 2 Top with butter and steam until vegetables are tender
  - 3 Garnish with chopped parsley
  - 4 An excellent meal for babies starting on solids
  - 5
- Preparation time: 10 minutes
- Cooking time: 15 minutes 🕒
- Serves: 2 - 3 people 😊😊😊





c o l d   a n d   m o i s t



## SAGO PUDDING

### Ingredients

4 tbs **sago**  
 1 litre **low-fat milk**  
 1 tin **condensed milk**  
 2 tin **Nestle cream**  
 1 tin **canned peaches**

### Method

- 1 Soak sago in a litre of water for 15-20 minutes
- 2 Bring milk to boiling point, add drained sago and simmer until sago is soft but not mushy
- 3 Add condensed milk and set aside
- 4 Allow to cool completely
- 5 Blend Nestle cream and fruit in a food processor
- 6 Fold into sago mixture and stir gently
- 7 Chill and serve

Preparation time: 45 – 60 minutes 🕒

Serves: 2 – 4 people 😊😊😊😊

## PINEAPPLE AND MACADAMIA DESSERT

### Ingredients

2 yellow **apples**, cored and chopped  
 ½ cup **macadamia nuts**, soaked in water  
 ½ cup **water**  
 ½ cup **soya powder**  
 1 tbs **tahini**  
 2 cups of crushed fresh **pineapple**  
 2 cups of grated **apples**  
 6 tbs chopped **macadamia nuts**  
 4 fresh **strawberries**

### Method

- 1 Blend the chopped apples, nuts, water, soya powder and tahini into a cream like mixture. Set aside
- 2 Mix pineapple and grated apples together. Fill 4 dessert bowls with alternate layers of this mixture and the cream mixture.
- 3 Sprinkle macadamias on top of each bowl and place a strawberry in the centre of each.

Preparation time: 20 minutes 🕒

Serves: 4 people 😊😊😊😊

## ROSE SYRUP MILKSHAKE

### Ingredients

1 litre **milk**  
 4 scoops of **ice cream**  
 ½ cup **sugar**  
 2 tbsl **rose syrup**  
 1 tbsl **rose water**  
 2-3 **cardamom pods**, peeled and finely crushed

### Method

1. Blend all the ingredients in a liquidizer
2. Serve chilled

Preparation time: 5 – 8 minutes 📺

Serves: 4 people 😊😊😊😊

## MELON JUICE

### Ingredients

1 medium **sweetmelon** or **spanspek**, peeled and diced  
 1 cup **iced water**  
 1 cup **low-fat milk**  
 10-12 tsp **sugar** or **fructose** if desired

### Method

1. Blend all the ingredients until smooth
2. Place in freezer for 15-20 minutes
3. Serve with a sprig of mint and, if diet allows, a scoop of ice-cream sorbet

Preparation time: 5 minutes

Freezing time: 30 minutes 📺

Serves: 2 - 4 people 😊😊😊😊



## GHASS - INDIAN FALOODA

### Ingredients


½ litre **milk**  
 1 ½ tsp **ghass powder** (agar-agar)\*  
 2-3 drops of **red** or **green colouring**  
 (optional) or 2 tsp rose syrup  
 ½ - 1 tsp finely ground **cardamom**  
 6 tbs **sugar**  
 125g **condensed milk**  
 125g **Nestle cream**

(Please note ghass powder may vary in strength)

### Method

1. Mix the milk and the ghass powder well and bring to the boil on medium heat, stirring continuously. Be careful not to let the bottom burn.
2. Remove from heat and cool slightly
3. Stir in the rest of the ingredients and beat well using an electric hand mixer
4. Cool slightly and pour into serving bowls
5. Sprinkle with finely chopped almonds (optional) and refrigerate to set

Preparation time: 15

Setting time: 1½ hours 

Serves: 4 people 


## PUNCH

### Ingredients

2 litres **orange juice**, freshly squeezed  
 4-6 **granadillas**, cut and seeded  
 2 small **papinos**  
 3-4 **green apples**  
 3-4 **pears**

### Method

5. Liquidise all the ingredients until smooth
6. Chill and serve with a sprig of mint

Preparation time: 15 minutes 

Serves: 6 people 




## APRICOT YOGHURT SMOOTHIE

### *Ingredients*

1 cup low-fat **milk**  
 125ml low-fat **apricot yoghurt**  
 8 fresh **apricot** halves, stoned and peeled  
 ½ cup iced **water**  
 3 tbs **evaporated milk**  
 4 tbs **fructose** or **brown sugar**

### *Method*

3. Blend all the ingredients together
4. Serve immediately

Preparation time: 5 – 10 minutes 

Serves: 2 people 😊😊

## CLEANSING TEA

### *Ingredients*

1 tsp - 1 tbs **fennel seeds**

### *Method*

1. Soak in one cup of hot boiled water and cover for an hour
2. Strain and drink (in winter, drink it warm)

## ALMOND TEA

### *Ingredients*

11 **almonds**  
 2 tsp **poppy seeds**  
 2 **cardamom pods**  
 100ml **water**  
 100ml **milk**

### *Method*

1. Soak almonds, poppy seeds and cardamom in water for 6-7 hours
2. Liquidise with milk (boiled and cooled)
3. Add two tsp sugar
4. Strain and drink half an hour before going to bed

# Recipes with a hot and dry temperament

The hot and dry section is ideally suited to the dominant phlegmatic temperamental type and will fire up your calm, accommodating nature. In this chapter you will find spicy masala's, lots of chicken dishes and spices such as ginger that increase the heat in the body, especially beneficial for the dominant phlegmatic temperament. Fiery foods like chillies, pepper and ginger increase digestion, give you more energy and really get you going, even speeding up your metabolism. Experiment with different combinations, you might even find that as you get used to eating spicy food you will start to experiment more with chillies. Feast on an abundance of chicken recipes, a great prawn curry and of course the famous healing chicken soup. You won't find many dessert options but as an alternative try the Ginger Paak or Methi Paak, both made with ginger and nuts and having healing properties as well.

Recipes from this section are ideal for the following temperament types:

**TEMPERAMENT**  
**DOMINANT/SUBDOMINANT**  
Phlegmatic /Melancholic  
Phlegmatic/ Sanguinous

And to a lesser extent:

**TEMPERAMENT**  
**DOMINANT/SUB DOMINANT**  
Melancholic / Phlegmatic  
Sanguinous / Phlegmatic



## TRADITIONAL GINGER AND GARLIC MASALA

### Ingredients

1 kg fresh **ginger**, peeled and slightly ground  
1 kg whole dried **red chillies**  
½ kg fresh **garlic**, peeled and cleaned individually  
½ cup **oil**  
¼ cup **rough salt**

### Method

1. Soak the chillies overnight in water
2. Grind the garlic and ginger separately, until they have broken down
3. Drain off excess water from the red chillies and then grind chillies, ginger and garlic a little at a time until the mixture is well combined and smooth
4. Fold in the oil and salt, mix well
5. Place into small container and store in freezer

Preparation time: 1 hr 15 minutes  

Soaking time: Overnight



## EASY GINGER AND GARLIC MASALA

### Ingredients

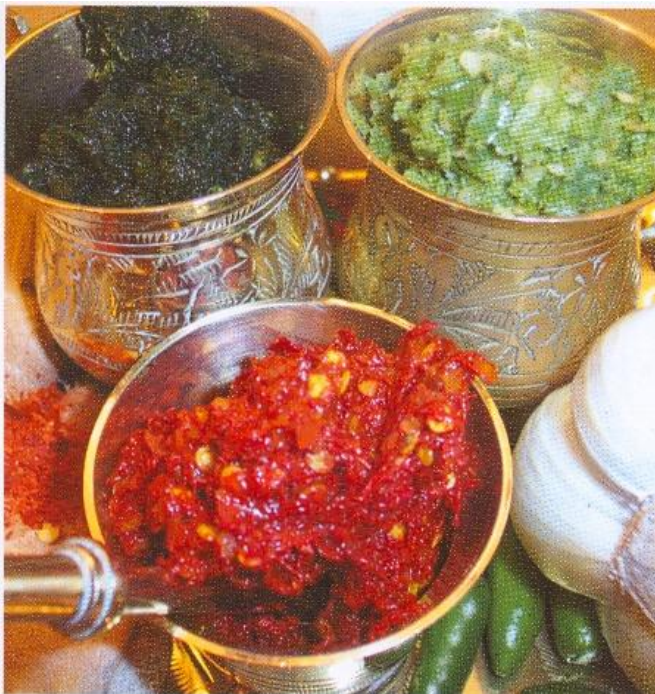
3 cups **ginger**, peeled and crushed until fine  
2-3 cups coarsely ground **red chillies**  
1 cup **garlic**, peeled and crushed until fine  
½ cup **oil**  
¼ cup slightly **rough salt** as preservative

### Method

1. Soak the chillies overnight in enough water to make a paste
2. Add 2-3 tbs of oil to the chillies and grind until fine
3. Drain off excess water from the chillies and mix with the garlic and ginger starting with a little of each at a time. Use all the ginger and garlic, but vary the red chillies according to taste
4. Fold in the remainder of the oil as well as the salt and mix well
5. Place into small containers and store in freezer

Preparation time: 1 hr 15 minutes  

Soaking time: Overnight



hot and dry



## GREEN MASALA

### Ingredients

1 kg fresh **green chillies**  
2 whole **garlic**  
2-3 tbs **oil**  
2 tsp **salt**

### Method

1. Grind the chillies and garlic together until fine
2. Add oil and salt, mixing well
3. Spoon into suitable containers and freeze

Preparation time: 15 minutes 🕒

## HAKIM'S HEALING SOUP

### Ingredients

500g **chicken**, cut into serving pieces or  
\*500g **mutton** with excess fat trimmed  
5 litres of **water**  
3cm piece of **ginger**, peeled and chopped  
2 **cinnamon sticks**  
5 cloves of **garlic**, peeled and chopped in half  
4 **cloves**  
1 tbs whole dried **coriander**  
1 tbs whole dried **cumin**  
10-15 whole black **peppercorns**  
½ tsp turmeric

\* using mutton changes the temperament to hot and moist

### Method

1. Boil all ingredients until mixture is reduced to more or less 2,5 litres
2. Season with salt and pepper, then serve
3. Excellent for flu and tight chests

Preparation time: 60 minutes 🕒

Serves: 2 - 4 people 😊😊😊😊

## VEGETABLE OMELETTE

### Ingredients

2 **eggs**  
**Salt** to taste  
**White pepper** to taste  
Pinch of **cayenne pepper**  
1 tbs **milk**  
1 small **green pepper**, finely diced  
1 small **red pepper**, finely diced  
1 small **onion**, finely diced  
1 tsp **ghee**  
1 tbs grated **cheese** of choice

### Method

1. Gently beat eggs, and add milk, salt, white pepper and cayenne pepper to taste. Set aside
2. In a separate frying pan, melt ghee and sauté onions until transparent
3. Add peppers and fry for a minute or two until vegetables are wilted
4. Pour in egg mixture, and stir with the vegetables
5. Allow to cook through until the mixture sets
6. Toss in the cheese, fold over and allow cheese to melt
7. Serve immediately

Preparation time: 10 minutes 🕒

Serves: 1 person 😊

## GINGER CHICKEN SOUP

### Ingredients

1 **baby chicken**, disjointed and cut into serving pieces or 500g chicken breasts cubed into 2,5cm squares  
1 small **onion**, chopped  
2 pieces **ginger**, peeled and sliced  
¼ tsp fine **white** or **black pepper**  
1 tsp **salt**  
1½ tsp **ghee**  
1 **cinnamon stick**  
1 **cardamon pod**  
¼ tsp **tumeric**  
¼ tsp whole **cumin seeds**  
Handful of fresh **coriander**, finely chopped  
2 tbs **jungle oats** (optional)  
3 cups **water**

### Method

1. In a soup pot, braise the onions and cumin in ghee until onions are soft and transparent but not brown
2. Add the washed chicken, season with salt, turmeric and pepper. Add cinnamon, and cardamon and cook on medium heat until chicken is cooked through
3. Add ginger, oats and water to the chicken and boil for 15-20 minutes
4. Before serving remove excess ginger, cinnamon stick, and cardamom
5. Chop fresh coriander, garnish and serve

Preparation time: 40 minutes 🕒

Serves: 2 - 4 people 😊😊😊😊



hot and dry

## CRUMBED CHICKEN BREASTS

### Ingredients

500g **chicken breasts**, washed and sliced horizontally  
2 tbs **soya sauce**  
½ tsp **salt**  
1 tsp **paprika**  
2 tbs fresh **lemon juice**  
1 tsp fine **white pepper**  
¾ cup **Trim** or low fat **mayonnaise**  
1 cup seasoned **breadcrumbs** (prepacked)  
2 tbs **olive oil**

### Method

1. Marinate chicken in soya sauce, salt, paprika, pepper and half the lemon juice for no less than 1-2 hours
2. Preheat oven to 180°C
3. Whisk remainder of lemon juice into mayonnaise and pour into a flat bowl
4. Gently coat individual breast pieces in mayonnaise and then in breadcrumbs
5. Drizzle olive oil on baking tray and place crumbed chicken into oven
6. Bake until golden brown turning after 12-15 minutes (cooking time 30-35 minutes)

Preparation time: 25 minutes

Marinate: 2 hours

Cooking time: 30 - 35 minutes 🕒

Serves: 2 people 😊😊

## CHICKEN KARAHI

### Ingredients

1 medium **chicken**, cut into serving pieces  
1 tsp **ground ginger**  
1 ½ tsp crushed fresh **garlic**  
1 tsp **salt**  
1 tsp fine **red chillies**  
5 whole **green chillies**  
1 cup whole fresh **coriander** (dhania)  
1 tsp finely crushed **cumin seeds** (jeero)  
1 **green pepper**, diced  
2 **tomatoes**, grated  
½ cup **tomato puree**  
1 tbs **olive oil**  
1 tbs **yoghurt**

### Method

1. Blend ginger, garlic, salt, green chillies, fresh coriander, cumin, red chillies and yoghurt
2. In a roasting pan, saute pepper and tomatoes in olive oil for 2-3 minutes
3. Add chicken and blended sauce and cook on medium heat until chicken is done, ± 25 minutes
4. Serve with roasted potatoes and vegetables

Preparation time: 20 minutes

Cooking time: 25 minutes 🕒

Serves: 4 person 😊😊😊😊

hot and dry



## GRILLED MASALA CHICKEN

### Ingredients

1 medium to large skinless **chicken** (cut according to preference)  
1 tsp **salt**  
1 ½ tsp fine **red chillies**  
1 tsp fine **dried coriander** (dhania)  
½ tsp **turmeric**  
1 tsp finely crushed **cumin seeds** (jeero)  
1 heaped tbs of **ginger** and **garlic masala** (see page 71)  
2 heaped tbs **yoghurt**, natural or plain  
2½ tbs **lemon juice**  
¼ tsp **saffron**, soaked in a quarter cup boiling **water**  
1 tbs **ghee**  
1 whole **cardamom pod** (elachi)  
1 small **cinnamon stick** (taj)

### Method

1. Wash chicken and drain off excess water
2. Mix all ingredients, excluding the ghee, cardamom and cinnamon, and rub into chicken
3. Leave to marinate for an least half an hour
4. Melt ghee with cardamom and cinnamon
5. Add chicken and cook on moderately high heat for 25-30 minutes, until done
6. Ensure that the sauce doesn't dry out
7. Place under oven grill for a couple of minutes before serving

Preparation time: 30 minutes

Marinate: 30 minutes 🕒

Serves: 4 - 6 people 😊😊😊😊😊😊



hot and dry

### THREE SAUCES CHICKEN


#### Ingredients

500g **chicken fillets**, cut into strips  
 ¼ cup **Steers Spicy Tikka sauce**  
 ¼ cup **Nandos mild Peri-Peri sauce**  
 ¼ cup **Steers Peri-Peri sauce**  
 ½ tsp **salt**  
 1 tbs **lemon juice**  
 15ml **butter**  
 15ml **olive oil**

#### Method

14. Combine sauces, salt and lemon juice
15. Marinate chicken
16. Drizzle pan with olive oil. Add chicken and top with dots of butter.
17. Bake at 220°C for ±20 minutes

Preparation time: 15 minutes

Cooking time: 30 minutes 

Serves: 2 - 4 person 

### GRILLED PRAWNS

#### Ingredients

1 kg **king prawns**, deveined and butterflied  
 1 tsp **salt**  
 2 tsp slightly coarse **red chillies**  
 2 tsp **maizena**  
 ¼ cup **vinegar**  
 2 tsp **olive oil**  
 60g **butter**  
**Parsley** to garnish

#### Method

12. Make a sauce with the salt, red chillies, maizena, vinegar and olive oil
13. Gently roll each prawn in the marinade until they are well covered
14. Place with flesh side up on an oven tray
15. Throw remainder of the marinade over prawns
16. Refrigerate for 20-30 minutes
17. Preheat oven to 220°C
18. Dot each prawn with a blob of butter and place in heated oven for ± 10 minutes or until prawns are grilled
19. Garnish and serve with lemon-butter or garlic butter sauce


#### Lemon Butter Sauce

125 grams **butter**  
 Juice of 1 **lemon**  
 5 cloves of **garlic**, finely sliced  
 1 tsp of finely chopped **parsley**  
 Pinch of **salt**  
 Dash of **Tabasco**

#### Method

1. On a low heat, melt the butter
2. Add the lemon juice, garlic, salt and tabasco and stir well until sauce thickens
3. Toss in parsley
4. Stir and pour over prawns

Preparation time: 10 minutes

Grilling time: 10 – 15 minutes 

Marinate: 30 minutes

Serves: 2 - 3 people 



## PRAWN CURRY

**Ingredients**

1 kg **prawns** shelled and deveined  
 1 **onion**, finely chopped  
 3 **tomatoes**, finely chopped  
 1 tbsl crushed **green chillies**  
 1 tbsl crushed **garlic**  
 1 tsp **cumin seeds** (jeero)  
 3 tbsl **oil**  
 1 **cardamom** (elachi)  
 1 **cinnamon stick**  
 1 tbsl fine **red chillies**  
 1 tbsl fine **coriander** (dhania)  
 ¼ tsp **turmeric**  
 1 ½ tsp **salt** or to taste  
 ½ tsp **sugar**  
 ½ tin **tomato puree**  
 ¼ cup **water**  
 Handful of **coriander leaves**, chopped

**Method****Prawns**

1. Steam prawns on medium or low heat with ¼ tsp salt and ¼ tsp turmeric until water burns out. Set aside
2. Fry onion with cumin seeds, cardamom and cinnamon stick until the onion is transparent
3. Add tomatoes, green chillies, garlic and spices
4. Cook on low heat for about 15 minutes until a thick sauce forms
5. Add tomato puree and cook for a further 5 minutes
6. Add steamed prawns to curry
7. Stir in water and simmer for a further 5 minutes
8. Garnish with coriander leaves
9. Serve with rice or roti

Preparation time: 30 minutes

Cooking time: 25 minutes 🕒

Serves: 4 - 6 people 😊😊😊😊😊😊



hot and dry



### METHI PAAK

#### Ingredients

½ cup **fenugreek flour** (methi)  
 1 cup water **chestnut flour** (singhor)  
 1 cup **almonds**, coarsely ground  
 125g **edible gum** (goondar)  
 125g **dessicated coconut**  
 4-5 tbs **linseed**  
 ¾ cup **sultanas**, dried  
 1 cup **clarified butter** (ghee)  
 1 tsp **nutmeg**  
 1 tsp **mixed spice**  
 1 tsp **jaggery** (gunthora)  
 2 tbs **caltrope** (gokharo)  
 4 tbs **poppy seeds** (khus-khus)  
 1 cup **dark brown sugar**

#### Method

4. Braise water chestnut flour in 3 tbs of ghee until light pink in colour
5. Remove from heat
6. Fry goondar in a little ghee until puffy, drain and once it has cooled, crush finely
7. To remaining ghee, add the sugar and stir until it begins to melt
8. Add fenugreek flour, braised chestnut flour, crushed goondar and all remaining spices and ingredients
9. Stir continuously and carefully, taking care not to allow lumps to form
10. When braised, after 15 minutes, remove from stove and allow to cool
11. Spread out in a shallow tray and set aside
12. When mixture has set, sprinkle with slivered almonds and pistachios
13. Cut into small squares and eat as required

(This recipe is traditionally used as a preventative measure against backache)

### GINGER PAAK

#### Ingredients

250g **ginger**, scraped, rinsed and ground  
 1 cup **dark brown sugar** (ghor)  
 ½ cup **almonds**, coarsely chopped  
 ⅔ cup **coconut**  
 3 tbs **poppy seeds** (khus-khus)  
 6 tbs slivered **almonds**  
 2 tbs finely chopped **pistachio nuts**  
 ½ cup **ghee**

#### Method

5. Make sure that the ginger is very fine and not stringy
6. Heat ghee and sugar
7. When sugar melts, stir in ginger braising on a low heat until it is evenly browned and all the water has dried out
8. Add almonds, coconut, poppy seeds and simmer for ± 15 minutes on the same low heat
9. Cool and flatten mixture in a pyrex dish
10. Cover with slivered almonds and pistachio nuts and cut into diamond shapes
11. Eat at breakfast

(Excellent for increasing heat in the body, particularly in winter to combat colds and flu)

### METABOLIC TEA

#### *Ingredients*

½ tsp **celery seed** (ajmo)  
½ tsp **black caraway seeds**  
(Shahzeera/black Jeeru)  
4 strings of **saffron**

#### *Method*

1. Boil above ingredients in 3 cups of water
2. Boil away 2 cups until only 1 remains
3. Strain, mix with honey and drink warm

### CHEST TEA

#### *Ingredients*

25 grams **cinnamon**  
25 grams **cloves**  
25 grams **celery seed** (ajmo)  
50 grams **fenugreek seeds** (methi)

#### *Method*

1. Crush all ingredients into a powder
2. Add ½ tsp of the powder to 2 cups of water and boil until 1 cup remains
3. Strain and mix with lemon juice or honey (to taste)
4. Drink warm



hot and dry

# Recipes with a hot and moist temperament

The **hot and moist** section is ideally suited to bring comfort to the critical and analytical nature of the dominant melancholic temperamental type. In this section you will find a good variety of different tastes and recipes ideal for the dominant melancholic temperament although fewer salads as they tend towards a cold temperament. Eat widely from the many different 'saucy' dishes, made with either chicken, meat or fish. Try your hand at the delicious traditional Indian Roti and Naan bread. Tuck into a choice of hearty soups and enjoy many different desserts. This section has the most recipes as humans in general are warm in temperature and moist with a high water content. It makes sense then that many of us would need to eat at least a certain amount from foods with a temperament of **hot and moist**.

Recipes from this section are ideal for the following temperament types:

**TEMPERAMENT**  
**DOMINANT/SUBDOMINANT**  
Melancholic / Bilious  
Melancholic / Phlegmatic

And to a lesser extent:

**TEMPERAMENT**  
**DOMINANT/SUB DOMINANT**  
Phlegmatic / Melancholic  
Bilious / Melancholic



## PESTO SAUCE

### *Ingredients*

2-3 cloves **garlic**, peeled  
10ml fresh **basil**  
80ml fresh **parsley**  
20ml **pecan nuts**  
125ml **Ricotta cheese**, grated  
250ml **oil**  
Freshly ground **black pepper**

### *Method*

1. Place garlic, basil, parsley, pecan nuts and cheese in a food processor and process until smooth
2. Gradually add the oil, processing quickly after each addition
3. When mixture is thick and smooth, remove from processor and season with black pepper
4. Serve with pasta of choice or baked potatoes

Preparation time: 15 - 20 minutes 🕒

Serves: 2 - 4 people 😊😊😊😊

## GREEN MASALA WITH CORIANDER

### *Ingredients*

10-12 **green chillies**  
1 large bunch **coriander** (dhania)  
4-5 cloves of **garlic**  
2 tbs **oil**  
1 tsp fine **cumin**  
2 tsp **lemon juice**  
1 tbs **water**  
½ tsp **salt**

### *Method*

1. Excepting the oil, grind all the ingredients together in a processor or liquidizer
2. Once a smooth paste is formed, add the oil and blend for a further 15-20 seconds
3. Transfer to portion sized containers and freeze

Preparation time: 10 minutes 🕒

## BASIC WHITE SAUCE

### *Ingredients*

2 tbs **flour**  
2 tbs low-fat **margarine** or **butter**  
¼ tsp **salt**  
1 ½ cups low-fat or fat-free **milk**

### *Method*

1. Melt butter and flour in a saucepan and mix until a smooth paste is formed
2. Add the salt, then slowly add the milk and bring to the boil on medium heat
3. Stir continuously until mixture thickens
4. Use with vegetables, pasta or in casseroles

Preparation time: 12 minutes 🕒

Serves: 2 people 😊😊

## MINT SAUCE

**Ingredients**

1 large bunch **mint**, ± 50g, chopped up in processor  
 2 tbs **brown sugar**  
 3 tbs boiling **water**  
 3 tbs **white grape vinegar**

**Method**

1. Dissolve sugar in water on medium heat and add finely chopped mint
2. Simmer for a few minutes and stir in vinegar
3. Leave to reduce for ± 5 minutes and remove from heat  
Excellent with lamb dishes

Preparation time: 15 minutes Serves: 4 people    


## HONEY AND BALSAMIC DRESSING

**Ingredients**

½ tsp **mustard powder**  
 1 heaped tbs **honey**  
 ¼ cup **balsamic vinegar**  
 ½ cup extra virgin **olive oil**  
 1 heaped tsp freshly ground **black pepper**  
**Salt** to taste  
 1 tbs **Trim mayonnaise** (optional)

**Method**

1. Combine all the ingredients, mix well and drizzle over salad

Preparation time: 10 minutes Serves: 2 - 4 people    

## REFRESHING PASTA SALAD

**Ingredients**

3 cups **screwly noodles, macaroni** or **bows**  
 1 medium **onion**, finely chopped  
 1 **green pepper**, diced  
 1 **red pepper**, diced  
 2 large **carrots**, finely cubed  
 1 **tomato**, cubed  
 1 cup whole **kernel corn**, drained  
**Salt** to taste  
 1 tsp **garlic flakes**  
 1 ½ tsp **paprika**  
 1 tsp **brown sugar**  
 2 tsp **olive oil**  
 ¼ cup **white vinegar**  
**White pepper** to taste  
 Italian **parsley** for garnish

**Method**

1. Boil pasta until al dente, drain excess water
2. In a wok, heat olive oil and saute chopped onion for ± 2 minutes until soft but not brown
3. Add peppers and stir fry with all the spices, excluding the vinegar, for another two minutes
4. Remove from heat and allow to cool
5. Add finely cubed carrots, tomato and corn
6. Toss in pasta and vinegar and garnish with roughly chopped parsley
7. Refrigerate for at least 1 hour before serving

Preparation time: 20 minutes 

Refrigeration time: 1 hour

Serves: 6 people      

## CHEESE AND HERB SAUCE

### Ingredients

1 tbsl **flour**  
1 tbsl low-fat **margarine** or **butter**  
1½ cups low-fat or fat-free **milk**  
¼ tsp **salt**  
1 ½ cups reduced fat grated **cheese**  
½ **green pepper**, sliced and diced  
1 tbsl chopped **spring onion**  
Pinch of **thyme**  
½ tsp of fine **white pepper**

### Method

1. Melt butter and flour in a saucepan. Mix until a smooth paste is formed
2. Add milk, thyme, salt and pepper and bring to the boil, stirring continuously
3. Add cheese and stir until it all melts
4. Lastly add the green peppers and spring onion
5. Serve with baked potato or vegetables

Preparation time: 15 minutes 🕒

Serves: 4 people 😊😊😊😊



hot and moist



## SPINACH, MANGO AND PISTACHIO SALAD

**Ingredients**

1 large bunch of young **spinach leaves**  
 ½ cup **spring onions**, chopped  
 2-3 whole sprigs of **spring onions**  
 1 punnet **mushrooms**, coarsely chopped  
 1 large ripe **mango**, diced  
 ½ cup **feta cheese**, diced  
 10 **black olives**  
 Handful of **pistachio nuts**  
 1 tbs **olive oil**  
 1 clove **garlic** crushed  
 ½ tsp fresh **ginger**, finely crushed  
 2 tsp **soya sauce**  
 Sprinkling of **parmesan cheese**  
**Salt** and coarse **black pepper** to taste

**Method**

1. In a deep pan, heat olive oil with garlic and ginger until a pinkish colour
2. Add spinach to the oil, toss and allow to wilt for 2-3 minutes
3. Remove spinach from pan and arrange on a large salad platter
4. Leave to cool
5. With pan still on the stove, toss in mushrooms with soya sauce and stir fry for 4-5 minutes until mushrooms are tender
6. Remove mushrooms from heat and set aside
7. Once spinach has cooled, toss in the chopped spring onions, feta, olives and mushrooms
8. Top with diced mango and pistachio nuts
9. Sprinkle a handful of parmesan shavings on top
10. Season with salt and black pepper and garnish with spring onion
11. Serve with honey and balsamic vinegar dressing(see pg 82)

Preparation time: 20 minutes 🕒

Serves: 2 - 3 people 😊😊😊

## EASY MIXED VEGETABLE SOUP

**Ingredients**

1 small **onion**, finely chopped  
 1 small **chicken**, disjointed and cut into serving pieces or 500g cubed chicken fillets  
 1 small **tomato**, grated  
 1 packet thick **vegetable soup**  
 1 tin thick and hearty farm style **vegetable soup**  
 1 tsp **salt**  
 ½ tsp fine **red chillies**  
 ½ tsp **white pepper**  
 ½ tsp whole **cumin seed**  
 ½ tsp fine **cumin seeds**  
 1 tbs **sunflower oil**  
 1 **green chilli**  
 Handful of fresh **coriander**, chopped

**Method**

1. Braise the onions in oil with cumin seeds until golden brown
2. Add chicken and green chilli and cook on medium heat until chicken is cooked
3. Season with the spices and simmer for a few seconds
4. Add grated tomato and cook until it has absorbed the spices
5. Mix soups according to instructions and add to the prepared chicken, stirring continuously until the mixture boils
6. Lower the heat setting and simmer for ± 15-20 minutes
7. Before serving add coriander

Preparation time: 25 minutes

Cooking time: 20 minutes 🕒

Serves: 4 people 😊😊😊😊

## TOMATO SOUP

### *Ingredients*

1 cup cubed **chicken fillets**  
1 tbs **olive oil**  
1 **green chilli** or **dry red chilli**  
½ tsp **cumin seeds**  
2-3 **tomatoes**, pureed  
½ cup **tomato puree**  
1-2 cloves of **garlic**  
½ tsp crushed/powdered **red chillies**  
**Salt** to taste  
Pinch of **oregano/white pepper**  
3 **basil leaves**  
1 litre boiling **water**  
1 cup **watercress**, chopped

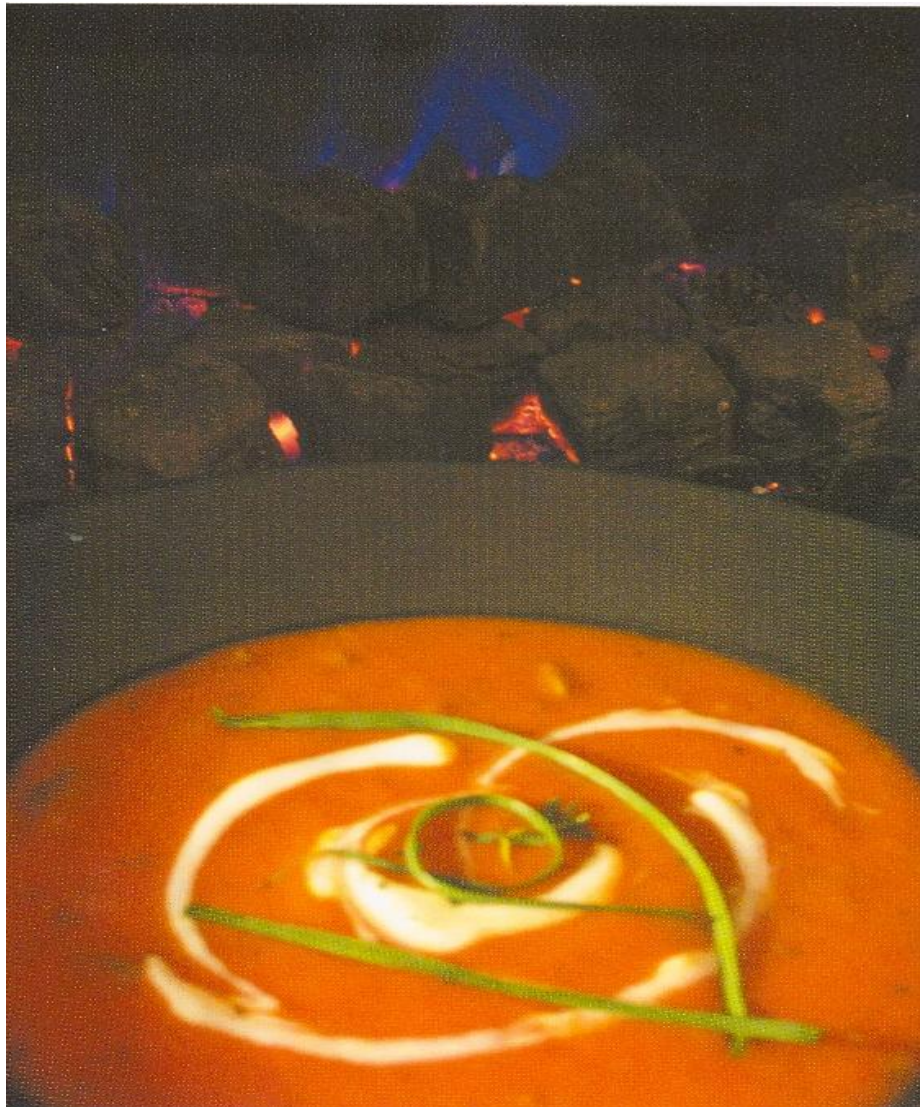
### *Method*

1. Braise garlic and cumin seeds on low heat in oil
2. Add chicken, green chilli, chilli powder, salt and white pepper together
3. Cover and simmer until chicken is cooked through
4. Add tomatoes, tomato puree and water, bring to the boil
5. Stir in basil, watercress and oregano and boil for 15-20 minutes
6. Serve with croutons and a swirl of yoghurt

Note: Chicken can be omitted

Preparation time: 15 minutes 🕒

Serves: 4 people 😊😊😊😊



hot and moist

## BUTTERNUT SOUP

**Ingredients**

4 medium **carrots**, peeled and grated  
 1 tbs **butter** or low fat **margarine**  
 1 **green chilli**  
 ½ tsp **salt**  
 2 **cloves** of chopped garlic  
 ½ tsp **cumin seeds**  
 ¼ tsp ground **white pepper**  
 2 tsp finely ground **almonds**  
 1 tsp **red chillies**  
 125ml reduced fat, **fresh cream**  
 3 cups cubed **butternut**  
 750ml **vegetable stock**  
 1 litre boiling **water**  
 Chopped **coriander**, **spring onions** and  
**chives** to garnish

**Method**

1. Cook butternut in stock until soft
2. Cool slightly and liquidize
3. Heat butter and season with chilli, salt, garlic, cumin, pepper and almonds
4. Add carrots, butternut and boiling water and bring to the boil
5. Simmer slowly for 15-20 minutes until mixture is thick and smooth
6. Before serving, reheat and stir in cream
7. Garnish with coriander, spring onion and chives

Preparation time: 30 - 40 minutes 🕒

Serves: 4 - 6 people 😊😊😊😊😊😊

## CHICKEN CORN SOUP

**Ingredients**

1 cup cubed **chicken** fillets  
 1 tsp **salt**  
 1 tsp finely ground **green chilli**  
 1 tsp **pepper**  
 1 tbs lemon juice  
 1 tbs **butter** or low-fat **margarine**  
 3 tbs **maizena** or **cornflour**  
 ½ cup low-fat fresh **cream**  
 1 tin cream style **sweet corn**  
 650ml **water** and 1 packet thick **vegetable soup**

**Method**

1. Season chicken with salt, pepper and green chilli and sauté in butter until cooked thoroughly
2. Stir in lemon juice and corn
3. Mix soup with water and cornflour and add to the chicken mixture
4. Bring to the boil and reduce heat, leaving to simmer for ± 10-15 minutes

Preparation time: 25 minutes

Cooking time: 15 minutes 🕒

Serves: 4 people 😊😊😊😊



## FENUGREEK (METHI BHAJI) PANCAKES

### Ingredients

1 tbs melted low-fat **margarine**  
1 ½ cups chopped **fenugreek** (methi bhaji)  
1 cup low-fat **milk**  
½ cup **water**  
2 **eggs**  
1 cup **flour**  
1 tsp **baking powder**  
1 level tbs **ghee**  
1 tsp finely **ground cumin** (jeero)  
1 tsp ground **green chillies**  
2 grated **onions**  
½ grated **tomato**  
½ tsp finely ground dry **coriander**  
**Salt** to taste

### Method

1. Beat milk, water and eggs until light and fluffy
2. Sift flour, baking powder and salt and fold in, mixing until smooth
3. Add chilli, tomato, cumin, coriander, onion, fenugreek (methi bhaji) and melted margarine
4. Mix well
5. Grease pancake griddle lightly, heat and pour a thin layer of the batter onto griddle
6. Distribute evenly and grill until golden brown on both sides

Preparation time: 30 minutes 🕒

Serves: 3 - 4 people 😊😊😊😊



hot and moist

## TRADITIONAL ROTI

**Ingredients**

2½ cups **flour**  
 2½ tbs **ghee**  
 1 tsp **salt**  
 Boiling **water**  
 additional **ghee**  
 additional **flour**

**Method**

1. Crumble ghee into flour until mixture resembles breadcrumbs
2. Add salt and mix
3. Make a well in the flour mixture and add boiling water, a little at a time until a soft dough is formed
4. Cover and allow to cool
5. Once cooled, roll dough out to less than ½ mm in thickness
6. Spread 1 tbs melted ghee on dough, and use fingertips to make light finger marks on entire surface
7. Sprinkle lightly with flour and roll dough to resemble a Swiss roll
8. Cut into ± 6-8 sections and put aside
9. Taking a section at a time, form a ball in the palm of your hand and roll into circles on a lightly floured board
10. Repeat with remainder of the dough
11. Grill on a hot griddle until golden specks appear on both sides, brushing with melted ghee halfway through cooking time

Preparation time: 10 minutes

Cooking time: ± 25 minutes 🕒

Serves: 3 - 4 people 😊😊😊😊

## BROWN FLOUR ROTI

**Ingredients**

2 cups **Tru-wheat flour**  
 ¼ tsp **salt**  
 ¼ cup **oil**  
 1 cup **hot water**

**Method**

1. Add oil and salt to flour and mix with back of spoon
2. Add hot water and make a soft, manageable dough
3. Divide into five or six parts
4. Grill on griddle until golden brown on both sides

Preparation time: 10 minutes

Cooking time: 20 minutes 🕒

Serves: 2 people 😊😊







## SPINACH AND POTATO DISH

**Ingredients**

12 **baby potatoes**, peeled and cut into small cubes  
 500g **spinach** or **methi bhaji**, washed, drained and chopped  
 1 tsp **salt**  
 1 tsp fine **red chillies**  
 1 tsp fine **cumin** and **coriander seeds**  
 2 tsp finely **slivered ginger**  
 2 medium **onions**, finely sliced  
 ½ tsp **turmeric**  
 2 tsp **green masala** with coriander (see pg 81)  
 1 tbs **oil**

**Method**

1. Sauté onions, ginger and potatoes in oil until onions are transparent
2. Add all the other ingredients, stir well
3. Cover and simmer on low heat until potatoes are soft and spinach or methi bhaji is cooked through
4. Serve as a side dish with brown flour rotis

Preparation time: 20 - 25 minutes 🕒

Serves: 4 people 😊😊😊😊

## NAAN

**Ingredients**

3 cups **flour**  
 1 tsp **salt**  
 3 tsp instant **dry yeast**  
 ½ cup warm **milk**  
 ½ cup warm **water**  
 ¼ cup **oil**  
 1 tsp **sugar**

**Method**

1. Mix flour, salt and yeast and set aside
2. Beat milk, water, oil and sugar and add to dry ingredients until a soft dough is formed
3. Cover in an airtight container and leave to rise in a warm place until dough doubles in size
4. Divide dough into twelve pieces and form into balls with the palms of your hands
5. Rollout into ± 10cm circles
6. Heat the griddle and dot with ghee, grill until golden brown on both sides

**Variations**

1. Add fennel or aniseed to flour mixture and/or use nutty wheat flour for a healthy alternative

Preparation time: 10 minutes

Standing time: 2 hours

Cooking time: 20 minutes 🕒

Serves: 6 - 8 people 😊😊😊😊😊😊😊😊

## PUMPKIN CURRY

**Ingredients**

¼ **pumpkin**, peeled and sliced  
 1 tbs desiccated **coconut**  
 1 tbs fresh **coriander**, chopped  
 2 tbs **brown sugar**  
 1 tbs **ghee**  
 4 **green chillies**, crushed  
 1 medium **onion**, chopped  
 ¼ tsp **fenugreek seeds** (methi)  
**Salt** to taste  
 ½ tsp fine **red chillies**  
 1 cup **water**

**Method**

1. Mix chillies and coconut together then add to the pumpkin and remaining spices
2. Braise onion and fenugreek seeds in ghee until onion is soft and transparent
3. Add spiced pumpkin and simmer on low heat
4. Stir well and add water. Cook slowly until pumpkin is tender
5. Add sugar and mix well
6. Garnish with fresh coriander and serve with khitchri (traditional yellow rice, see page 62)

Preparation time: 15 - 20 minutes 🕒

Serves: 2 people 😊😊

## SOYA STUFFED TOMATOES

**Ingredients**

500ml boiling **water**  
 8 large firm ripe **tomatoes**  
 1 tsp olive **oil**  
 1 large **onion**, chopped finely  
 1 large **green pepper**, chopped  
 2 large cloves **garlic**, coarsely chopped  
 1 x 200g packet **soya mince**, savoury flavour  
 1 cup fresh brown **breadcrumbs**  
 1 cup low-fat **mozzarella cheese**, grated  
 2 tsp fresh **oreganum**  
 150ml prepared **vegetable stock**  
 10-12 pitted **olives**, chopped  
 ½ tsp **salt**

**Method**

1. Slice the tops off the tomatoes and scoop out the flesh
2. Place the shells upside down on a rack to drain
3. Chop the removed flesh finely
4. Heat the olive oil in a saucepan and add the onion, garlic and green pepper
5. Sauté until onions are transparent and then add the tomatoes
6. Add the soya mince and boiling water. Season with salt
7. Simmer on low heat, stirring frequently to prevent burning
8. When soya mince is cooked, add the chopped olives and spoon the mixture into the tomato shells. Place in a casserole dish
9. Combine the breadcrumbs, cheese and oreganum and sprinkle over stuffed tomatoes
10. Add the stock to the dish and bake in a preheated oven at 190°C for 30 minutes, until tomatoes are soft.
11. Serve with crusty bread

Preparation time: 35 minutes

Cooking time: 30 minutes 🕒

Serves: 4 – 6 people 😊😊😊😊😊😊

## ROASTED MEDITERRANEAN VEGETABLES

**Ingredients**

1 **red pepper**, cut into 2cm chunks  
 1 **green pepper**, cut into 2cm chunks  
 1 cup of **butternut** or **pumpkin**, cut into 2cm chunks  
 1 large **onion**, coarsely chopped  
 175g **baby marrow**, halved lengthwise and chopped  
 2 **brinjals**, cut into 2cm chunks  
 1 tsp coarse **salt**  
 1 tsp **thyme**  
 2 tsp **olive oil**  
 ½ tsp **lemon pepper**  
 Pinch of **brown sugar**  
 1 tsp **Balsamic vinegar**

**Method**

1. Place all the vegetables in a roasting pan
2. Season with thyme, lemon pepper and brown sugar
3. Rub in coarse salt and drizzle with olive oil and balsamic vinegar
4. Toss well and bake in preheated oven at 190°C for 40-45 minutes until the vegetables are tender and golden brown
5. Serve with whole wheat pita and yoghurt

Preparation time: 20 minutes

Cooking time: 45 minutes 🌐

Serves: 4 people 😊😊😊😊

## SPINACH AND CHEESE TARTLETTS

**Ingredients**

1 ½ tbs **butter** or low fat **margarine**  
 ¼ cup **flour**  
 1 cup **milk**  
 ⅔ reduced fat **Gouda** or **Cheddar** cheese, grated  
 1 bunch **young spinach**, cooked and chopped  
 2 **eggs**, beaten  
 1 tsp dried **mustard powder**  
 1 roll readymade short-crust **pastry**  
**Paprika** for sprinkling  
 1 cup **button mushrooms**, finely sliced  
**Salt** and **pepper** to taste

**Method**

1. Preheat oven to 200°C
2. Melt butter, add flour and mix well
3. Add the milk and bring to the boil, stirring until the mixture thickens
4. In a separate non-stick pan sauté mushrooms until soft and leave to cool
5. To the milk mixture, add half the cheese, spinach, eggs, mustard, salt and pepper. Lastly toss in mushrooms
6. Line patty pans with pastry cutting off the extra edges
7. Spoon the filling onto the pastry.
8. Top with remainder of cheese and sprinkle with paprika
9. Bake for 20 minutes

Preparation time: 20 minutes

Cooking time: 20 minutes 🌐

Serves: 6 - 8 people 😊😊😊😊😊😊😊😊





## STIR FRIED VEGETABLE RICE

**Ingredients**

2 cups **rice**  
 5 cups boiling **water**  
 2 tbs **salt**  
 1 **cardamom pod**  
 1 **cinnamon stick**  
 1 medium **onion**, finely chopped  
 1 **green pepper**, diced  
 1 **red pepper**, diced  
 1 **punnet mushrooms**, halved and sliced  
 2-3 **carrots**, diced  
 ½ cup **corn** (frozen or whole kernel)  
 ½ cup **peas**  
 ¼ cup **soya sauce**  
 2 tbs **sweet and sour Chinese sauce**  
 1 tsp **salt**  
 1 tsp **paprika**  
 ½ tsp finely crushed **garlic**  
 1 tsp **lemon juice**  
 Pinch of dried **ginger**  
**Black pepper** to taste  
**Parsley** for garnishing  
 2 tsp **olive oil**  
 1 tsp **ghee or butter**

**Rice**

1. Rinse rice and add to boiling water
2. Season with salt, cardamom and cinnamon stick
3. Boil until soft ± 15 minutes, drain and rinse under cold water
4. Set aside

**Vegetables**

1. In a wok, heat oil and ghee
2. Add onions and sauté until transparent but not brown
3. Toss in green and red peppers. Braise quickly
4. Add mushrooms, carrots, corn and peas along with salt, paprika, garlic, lemon juice and ginger
5. Sauté until vegetables are limp and add soya sauce and sweet and sour sauce
6. Simmer for five minutes and set aside

**Final Method**

1. In a suitable pot, toss vegetables with boiled rice taking care to mix well
2. Add ¼ cup of water and place mixed rice on medium heat
3. Steam for 15-20 minutes until all the flavours have combined
4. Sprinkle with black pepper to taste, garnish with parsley and serve

**Variations**

Try these different variations

1. Chicken: Add two cups of cubed chicken fillets cooked in salt and white pepper to onions, before adding vegetables
2. Steak: Add 1 ½ cups of diced and cooked steak to onions, before adding the vegetables

Preparation time: 20 minutes

Cooking time: 15 - 20 minutes 🕒

Serves: 6 - 8 people 😊😊😊😊😊😊😊😊

## WILD BROWN RICE WITH SPINACH

**Ingredients**

50g **margarine**  
 1 large **onion**, chopped  
 500ml **brown rice**  
 500g **spinach**, chopped  
 750ml **water**  
 10ml **vegetable stock powder**  
 2ml **salt**  
 2ml **white pepper**

**Method**

1. Using a large frying pan or wok, sauté onions in margarine until transparent
2. Add rice and fry for five minutes
3. Add the remaining ingredients and cook until the rice is tender and no liquid remains ± 40 minutes
4. Serve hot

Preparation time: 20 minutes

Cooking time: 40 minutes 🕒

Serves: 2 - 3 people 😊😊😊

hot and moist



## SPINACH LINGUINI

### Ingredients

500g **linguini pasta**  
 1 large bunch of **spinach**, remove stalks and slice finely  
 350ml reduced fat, fresh **cream**  
 2 tbs natural low-fat **yoghurt**  
 1 **packet instant garlic and onion pasta sauce**  
 1 cup **cheddar cheese**, grated  
 ½ cup **basil**, chopped  
 2 tsp finely **crushed garlic**  
 ½ cup chopped **cashew nuts** or **walnuts**  
**Garlic and herb seasoning**  
**Salt** to taste  
 Freshly ground **black pepper**  
 30g fresh, finely grated **parmesan cheese**

### Method

1. Cook linguini according to instructions on packet
2. Whisk together fresh cream, yoghurt and instant sauce. Fold into cooked linguini
3. Stir in chopped spinach and sauté until spinach is wilted
4. Add cheddar cheese, garlic, nuts, seasoning and parmesan (leave some aside) and stir Quickly
5. Lastly toss in the basil leaves
6. Serve immediately sprinkled with the remainder of the grated parmesan

Preparation time: 20 minutes 🕒

Serves: 2 people 😊😊

## INDIAN GOURD AND CHANA DHAL (DODHI WITH GRAM)

### Ingredients

¼ tsp whole **cumin seeds** (jeero)  
 1 cup **chana dhal** (gram)  
 1 tsp of crushed **fresh ginger\***  
 2 medium **onions**, finely sliced  
 ½ tsp **turmeric\***  
 3 whole **green chillies**  
 2 **tomatoes**, finely chopped  
 2 tbs **oil**  
 1 tbs **ghee**  
 Juice of ½ **lemon\***  
 ½ **dodhi** (Indian gourd), peeled and cubed  
 1 tsp **chilli powder\***  
 1 tsp fine **cumin** and **coriander seeds\***  
 ¼ tsp crushed **garlic**  
 Handful of fresh **coriander**  
 1 tsp **salt**  
 1 cup of **water**  
 1 whole **red chilli**

### Method

1. Soak the dhal in water for a few hours
2. Heat oil and fry onions with whole cumin seeds until golden brown
3. Add all the spices marked with an asterisk and braise for a few seconds
4. Add finely chopped tomatoes
5. Slit green chillies and saute for a further two minutes
6. Add soaked dhal and braise slowly
7. Pour in water. Cover and simmer for ±20 minutes
8. When dhal is almost done stir in the gourd (dodhi) and cook slowly for a further 15 minutes
9. In a separate pan, heat ghee and Quickly braise with one whole red chilli and ¼ tsp of cumin seeds. Pour over the gourd and the dhal
10. Garnish with chopped coriander (dhania) and serve

Preparation time: 45 minutes

Cooking time: 20 minutes 🕒

Soaking time: 3 or more hours

Serves: 2 people 😊😊



## CHICKEN FETTUCINI

**Ingredients**

500g **chicken** fillets, cubed  
 250g **fettucini**,  
 ½ tsp **salt**  
 ½ tsp **oil**  
 1 tsp **salt**  
 1 tbls **green masala** (see pg 81)  
 1 tsp fine **coriander** (dhania)  
 1 tsp **fine cumin** (jeero)  
 2 tsp **ghee**  
 1 **red pepper**, finely diced  
 1 **green pepper**, finely diced  
 1 cup of whole **kernel corn**  
 250ml **fresh cream**  
 250ml **sour cream**  
 1 tsp **garlic flakes**  
 1 tsp **lemon pepper**  
 ½ tsp fine **white pepper**  
 ½ cup reduced fat **gouda cheese**

**Chicken**

1. Heat ghee in a saucepan
2. Braise chicken in ghee with green masala, salt, coriander and cumin until chicken is cooked through
3. Add the peppers (red and green), corn, garlic flakes, lemon pepper and white pepper
4. Saute for a few minutes and add fresh cream, sour cream and pasta
5. Fold in well and simmer gently until sauce thickens
6. Lastly, toss in cheese
7. Allow the cheese to melt and then serve

**Pasta**

1. Boil four cups of water on stove
2. Add ½ tsp of salt and ½ tsp of oil
3. Add pasta and cook until it is al dente

Preparation time: 40 minutes 🕒

Serves: 4 people 😊😊😊😊

## CHICKEN LAGAN

**Ingredients**

1 cup cubed **chicken fillet**  
 2 tsp **salt**  
 2 tsp **green masala** (see pg 72)  
 ½ tbls **ghee**  
 Pinch of **white pepper**  
 2 slices of **bread** soaked in 1½ cups of **milk**  
 3 **eggs**, beaten until fluffy  
 ½ tsp **salt**  
 ½ tsp fine **cumin seeds**  
 ½ tsp fine **dry coriander**  
 Freshly chopped **spring onion**  
 Freshly chopped **coriander** (dhania)  
 1 tin cream style **sweet corn**  
 ¼ tsp **baking powder**  
 4 tbls **sesame seeds**

**Method**

1. Melt the ghee
2. Place chicken, salt, green masala, pepper, cumin and dry coriander in a saucepan
3. Cook until tender
4. Crumble chicken lightly
5. Mash bread and fold in eggs and corn. Add to the chicken
6. Fold in baking powder, chopped spring onion and coriander (dhania)
7. Combine well and pour mixture into a greased baking pan
8. Sprinkle with sesame seeds and bake on 180°C until light brown and almost set
9. Cut into squares and serve hot

Preparation time: 20 minutes

Cooking time: 50 - 60 minutes 🕒

Serves: 4 - 6 people 😊😊😊😊😊😊

## CHICKEN &amp; BROCCOLI BAKE

**Ingredients**

500ml finely crushed **cornflakes**  
 1 tbs **butter** or low-fat **margarine**,  
 melted  
 125ml **flour**  
 250ml **milk**  
 500ml **chicken stock**  
 100ml low-fat **mayonnaise**  
 1 tsp **lemon juice**  
 1 tsp fine **paprika**  
 1 tsp fine **red chillies**  
 Pinch of ground **mixed spice**  
 Pinch of fresh crushed **ginger**  
 Salt and freshly ground **black pepper**  
 500g fresh or frozen **broccoli**, blanched  
 and drained  
 1,5kg **chicken** breast, skinned and diced

**Method**

1. Steam chicken with salt and pepper and set aside to cool
2. Combine cornflakes and melted butter and set aside
3. Blend flour into a paste, with a little of the measured milk
4. Add remaining milk and stir well
5. Pour flour mixture into a saucepan, add stock and mayonnaise and heat gently, stirring until mixture boils and thickens
6. Remove from heat. Add lemon juice, paprika, ginger and spice. Season with salt and pepper
7. Stir well
8. Cut broccoli stalks into 50mm lengths
9. In a greased casserole dish place a layer of broccoli, then chicken, then sauce
10. Top with the cornflake mixture and bake at 180°C for 30-40 minutes

Preparation time: 20 minutes

Cooking time: 30 – 40 minutes 🌐

Serves: 4 – 6 people 😊😊😊😊😊😊

## CHICKEN WITH TARRAGON &amp; VEGETABLES

**Ingredients**

1 medium **chicken**, cut into serving pieces  
 1 tsp **salt**  
 1 ½ tsp **mustard sauce**  
 2 tbs **lemon juice**  
 ½ tsp finely ground **black pepper**  
 4 cloves **garlic**, finely sliced  
 1 ½ tsp finely crushed **green chillies**  
 ½ tsp **tarragon**, dried and crushed  
 10-12 **baby carrots**  
 10-12 **baby potatoes**, peeled  
 150g fresh **green peas**, deveined  
 ½ cup **water**  
 ½ tbs **flour**  
 1 tbs **olive oil**

**Method**

1. Marinate chicken in salt, mustard sauce, lemon juice, black pepper, tarragon and chillies for 30 minutes
2. While chicken is marinating, steam potatoes, carrots and peas with a pinch of salt
3. After marinating, melt olive oil and garlic and add chicken, cook until almost done
4. Add vegetables and flour mixed with water to the chicken and simmer slowly until sauce thickens and chicken is tender
5. Garnish with herb of choice and serve

Preparation time: 10 minutes

Marinate: 30 minutes

Cooking time: 30 – 40 minutes 🌐

Serves: 1 - 2 people 😊😊

## CHICKEN CURRY

**Ingredients**

1 medium to large skinless **chicken**, cut into serving pieces  
 1 large **onion**, finely sliced  
 1 large **tomato**, grated  
 4 medium **potatoes**, peeled and halved  
 1 tsp **salt**  
 1 ½ tsp fine **red chillies**  
 1 tsp fine dried **coriander** (dhania)  
 ½ tsp finely crushed **cumin** (jeero)  
 ½ tsp whole **cumin**  
 1 heaped tbs **ginger & garlic masala** (see page 71)  
 ¼ tsp **turmeric powder**  
 1-2 tbs **oil**  
 350ml **water**  
 1 whole **cardamom pod**  
 1 **cinnamon stick**  
 2 whole **green chilli**  
 ½ cup fresh **coriander**, chopped

**Method**

1. Heat oil in a deep pot, add onions and whole cumin seeds
2. Sauté until onions are golden brown
3. Add chicken with cardamom, cinnamon and whole green chilli and cook on medium heat until chicken is cooked through, ± 20-25 minutes
4. Add masala, salt, red chillies, dried coriander, crushed cumin and turmeric and simmer for a minute
5. Add tomato and simmer until braised
6. Add potatoes and water and leave to boil until the potatoes are soft, ± 20-25 minutes
7. Stir in chopped fresh coriander and serve with rice or roti

Preparation time: 15 minutes

Cooking time: 50 - 60 minutes 🕒

Serves: 4 – 6 people 😊😊😊😊😊😊😊😊

## BUTTER CHICKEN

**Ingredients**

6 cups of de-boned **chicken**, cut into 3cm strips  
 6 tbs **butter**  
 1 tbs **oil**  
 2 medium **onions**, finely chopped  
 ⅔ cup **yoghurt** \*  
 ½ cup ground **almonds** \*  
 1 ½ tsp fine **red chillies**  
 ¼ tsp crushed **bay leaves** \*  
 ¼ tsp ground **cinnamon** \*  
 1 tsp **gharam masala** \*  
 4 green **cardamom pods** \*  
 1 tsp fine fresh **ginger** \*  
 1 tsp crushed **garlic** \*  
 2 cups **tomato puree** \*  
 1¼ tsp **salt** \*  
 1 large bunch of fresh **coriander**  
 4 tbs **fresh cream** (or 2 tbs fresh cream + 2 tbs Nestle cream)

**Method**

1. Melt butter and oil and saute onions until soft and pink but not brown
2. Stir in half the fresh coriander
3. In a separate dish, combine all ingredients marked with an asterisk and pour over chicken. Leave for 20-30 minutes
4. Add to the onions and simmer until chicken is tender
5. Before serving, stir in the fresh cream and remainder of coriander

Preparation time: 20 minutes

Cooking time: 20 minutes 🕒

Serves: 6 - 8 people 😊😊😊😊😊😊😊😊





## MUTTON WITH GREEN BEANS

### Ingredients

1 kg leg of **mutton**, trimmed and cut into serving pieces  
1 large **onion**, finely sliced  
1 **tomato**, grated  
1 tsp fine **green chillies** and 1 whole **green chilli** \*  
1 ½ tsp **salt** \*  
1 **cardamom pod**  
1 **cinnamon stick**  
1 ½ tsp fine **red chillies**, dried \*  
½ tsp **turmeric** \*  
1 tsp fine **coriander** (dhania) \*  
½ tsp fine **cumin** (jeero) \*  
½ tsp whole **cumin seeds**  
1 level tbs of **ginger** and **garlic masala** \*(see page 71)  
350g **green beans**, de-stemmed and halved  
3 cups of **water**  
2 tsp **oil**  
Fresh **coriander** for garnishing

### Method

1. Add ½ tsp of salt to 2 cups of water and blanch green beans until soft. Set aside
2. In a deep pot, sauté onions and whole cumin in oil until golden brown
3. Add mutton with whole green chilli, cardamom and cinnamon and cook slowly until mutton is tender
4. Add a little water every 15 minutes to ensure that the mutton does not burn
5. Add spices marked with an asterisk and braise for a minute or two
6. Add tomatoes, simmer for another 2 minutes
7. Fold in blanched beans with 1 cup of water and cook on medium heat until beans are tender and sauce is thick and hearty
8. Garnish with coriander and serve immediately

Preparation time: 1 hour 🕒

Serves: 4 – 6 people 😊😊😊😊😊😊

## MARINATED LAMB CHOPS

### Ingredients

1 kg **rib chops**, trimmed  
1 tsp **salt**  
1 tsp **red chillies**  
1 tsp fine **white pepper**  
½ tsp **lemon pepper**  
1 tsp freshly ground **black pepper**  
1 tbs **white vinegar**  
1 ½ tsp **lemon juice**  
1 tbs **mustard sauce** or 1 tsp **mustard powder**  
1 tbs **Worcestershire sauce**  
2 tsp **olive oil**

### Method

1. Make a marinade mixture with all the ingredients, excluding the lamb chops
2. Marinate chops for 30 minutes
3. Set aside and grill on barbeque

Preparation time: 10 minutes

Marinate: 30 minutes

Cooking time: ± 30 minutes 🕒

Serves: 3 - 4 people 😊😊😊😊



## LAMB MEATLOAF WITH TOMATO TOPPING

### Ingredients

500g ground **lean lamb mince**  
4 medium **potatoes**, cooked and mashed  
in a dot of butter  
1 **egg**  
1 packet **French** or **white onion soup** mix  
1 cup **milk**  
1 tsp **salt**  
2 tbs chopped **chives**  
1 tsp freshly ground **pepper**  
1 tsp **lemon juice**

### Method

1. Combine all the ingredients (throw soup mixture in, as is)
2. Mix well and spoon into a greased loaf pan

### Method

1. Heat tomatoes with all other ingredients and simmer until sauce thickens
2. Spoon over lamb mixture
3. Bake at 150°C for one hour
4. Serve hot or cold

### Tomato Topping

3 **tomatoes**, grated  
1 tsp **brown sugar**  
**Salt** to taste  
Pinch of **dry mustard**  
1 clove or **crushed garlic**

Preparation time: 20 minutes

Cooking time: 1 hour 🕒

Serves: 4 people 😊😊😊😊

## LEMON AND ROSEMARY LAMB CHOPS

### Ingredients

1 kg **lamb chops**, trimmed of excess fat  
1 tbs **olive oil**  
½ tbs low fat **margarine**  
Juice of half a **lemon**  
30ml fresh **rosemary**, chopped finely  
1 tbs fresh **garlic**, crushed  
Garlic and herb **seasoning** salt  
Pinch of **salt**  
1½ tsp freshly ground **black pepper**  
1 tsp **lemon zest**  
Fresh **mint** and **rosemary** for garnishing

### Method

1. Season chops with garlic and herb seasoning, salt, lemon juice, black pepper and chopped rosemary
2. In a saucepan melt the margarine in olive oil and sauté with fresh garlic and lemon zest
3. Pour olive oil mixture over the chops and set aside for at least one hour
4. Grill chops as desired in roasting pan with marinade, taking care not to dry out too much
5. Garnish with mint and serve

Preparation time: 30 minutes

Marinate: 1 hour 🕒

Serves: 4 people 😊😊😊😊



## ROAST LEG OF LAMB

### Ingredients

1 ½ kg leg of **mutton**  
1 tsp **salt** \*  
1 ½ tsp fine **white pepper** \*  
5ml dried **thyme** \*  
1 tbs **white vinegar** \*  
½ tbs **lemon juice** \*  
½ tbs freshly ground **peppercorns** \*  
2 tbs **mustard sauce** \*  
½ tsp **lemon pepper** \*  
½ tsp **mustard powder** \*  
½ tsp **garlic flakes** \*  
1 tbs **Worcestershire sauce** \*  
¼ cup **orange juice** \*  
3 tbs **oil**  
2 **bay leaves**  
½ **onion**, roughly chopped  
2 large **carrots**, peeled

### Method

1. Mix all the ingredients marked with an asterisk together and add one tbs of oil
2. Pierce the mutton with a sharp knife and pour the marinade mixture over it, ensuring that it seeps into the leg of lamb
3. Marinate overnight
4. Heat the remainder of the oil in a roasting pot and gently add marinated lamb, setting aside the remainder of the marinade
5. Brown and seal lamb on all sides until it takes on a golden colour
6. Lower heat to medium and add rest of the marinade as well as the carrots, bay leaves and onions
7. Close lid and cook very slowly, taking care to add a little bit of water each time the mixture starts getting too dry
8. Turn every 10-15 minutes, and allow to cook until lamb is succulent and tender for ± 2-3 hours (check by piercing with knife)
9. When lamb is cooked, allow sauce to thicken but not burn out completely
10. Garnish with fresh herbs and serve with roasted potatoes

Preparation time: 15 minutes

Marinate: Overnight

Cooking time: 2 – 3 hours 🕒🕒🕒

Serves: 4 – 6 people 😊😊😊😊😊😊

hot and moist

## INDIAN LAMB KEBAABS

### Ingredients

500g **lean mutton** or **lamb mince**  
1 large **onion**, finely chopped  
2 slices **bread**, soaked in a little milk  
1 large **egg**  
½ cup of chopped fresh **coriander**  
¼ cup chopped **spring onions** (optional)  
1 tsp **salt**  
½ tsp fine **red chillies**  
½ tsp fine **cumin**  
½ tsp fine **coriander** (dry)  
1 tbs **green masala** with  
**coriander** (see pg 81)  
Pinch of **cinnamon**  
¼ tsp **turmeric**  
1 tbs Fresh **Lemon Juice**

### Method

1. Rinse mince thoroughly and leave to drain
2. Remove bread from milk and crumble, then add to the mince
3. Beat eggs lightly and add to the mixture
4. Add all the other ingredients and mix well
5. Leave to stand for ± 15 minutes
6. Take small handfuls of mixture and roll into bite sized balls
7. Fry in shallow oil until golden brown on both sides
8. Take care not to turn too soon
9. Drain on paper towels and serve with chutney
10. Garnish with lemon wedges and fresh coriander

As a healthy alternative, add an extra slice of bread to mixture, make into balls and bake in a pre-heated oven at 180°C. Add 1 to 2 tbs oil to baking tray. Bake for 20-30 minutes

Preparation time: 30 minutes

Standing time: 15 minutes 🕒

Serves: 4 – 6 people 😊😊😊😊😊😊



## MALAY MUTTON BREDIE

**Ingredients**

1 kg leg **mutton**, cut into serving portions  
 2 **onions**, finely sliced  
 1 tsp **salt** \*  
 1 tbs ground **green chilli**  
 1 tsp **white pepper** \*  
 1 tsp **paprika** \*  
 ½ tsp **mixed herbs** \*  
 Pinch of **sugar**  
 1 tsp **lemon juice**  
 2 large **tomatoes**, chopped  
 2 **bay leaves**  
 1 tbs **oil**  
 1 **cinnamon stick**  
 1 whole **green chilli**

**Method**

1. Saute onions in oil with bay leaves until onions are golden brown
2. Add washed mutton, cinnamon stick and green chilli
3. Reduce heat and simmer slowly until mutton is tender (if necessary add a little water to prevent drying)
4. Add all seasoning ingredients marked with an asterisk and braise for 1-2 minutes
5. Lastly add chopped tomatoes, lemon juice and a pinch of sugar
6. Simmer gently on medium heat until tomatoes form a thick gravy
7. Serve with mashed potatoes or rice

Preparation time: 10 minutes

Cooking time: 45 – 55 minutes 🕒

Serves: 4 – 6 people 😊😊😊😊😊😊

## MASALA CHOPS WITH TOMATO

**Ingredients**

1 kg **rib chops**, trimmed of excess fat  
 1 medium **onion**, finely sliced  
 1 medium **tomato**, grated  
 1 tsp **salt**  
 1 tsp **ginger** and **garlic masala**  
 1 ½ tsp fine **red chillies**  
 1 tsp fine dried **cumin seeds** (jeero)  
 ½ tsp whole **cumin seeds**  
 ½ tsp fine **coriander seeds** (dhania)  
 ½ tsp **turmeric powder**  
 1 **green chilli**  
 ½ cup fresh chopped **coriander**  
 1 tbs **oil**  
 2 tsp **ghee**

**Method**

1. Sauté onion in oil and ghee with whole cumin until golden brown
2. Add chops and green chilli and cook on medium heat until water evaporates completely
3. Season with salt, red chilli, masala, fine cumin, fine coriander and turmeric and simmer for a few minutes
4. Add tomato and saute on low heat until a thick gravy forms
5. Garnish with fresh coriander and serve with roti

**Variations**

1. Add 1 cup of frozen peas (rinsed), and allow to simmer with tomatoes
2. Before tomatoes, add two cups of chopped spinach or methi bhaji and ½ cup of water. Cook as above until spinach is done

Preparation time: 40 minutes 🕒

Serves: 4 people 😊😊😊😊



## BUTTERMILK SCONES

### *Ingredients*

3½ cups **flour**  
125g **butter** or **margarine**  
5 tbs **sugar**  
8 tsp **baking powder**  
1 cup **buttermilk**  
2 **eggs**  
1 **egg**, beaten well

### *Method*

1. Put all the dry ingredients into a bowl and work the butter in, until mixture resembles bread crumbs
2. Add sugar and mix thoroughly
3. In a separate dish thoroughly beat buttermilk and two eggs
4. Make a well in the flour mixture, pour buttermilk in, bit by bit, mixing well after each addition
5. Finally fold mixture together until dough is soft yet manageable
6. Dust pastry board with flour and roll scone mixture out to ± 1.5cm in thickness
7. Cut with a scone cutter and lightly brush with beaten egg
8. Bake at 180°C for ± 20 minutes or until a light golden brown

Preparation time: 15 minutes

Baking time: 20 minutes 🕒

Serves: 4 – 6 people 😊😊😊😊😊😊



hot and moist

## CHEESE MUFFINS

### Ingredients

2 cups **cake flour**  
1 ½ cups grated **cheddar cheese**  
½ cup grated **gouda cheese**  
4 tsp **baking powder**  
¼ tsp **salt**  
¼ tsp **mustard powder**  
Freshly ground **black pepper**  
2 large **eggs**  
1 cup **milk**  
¼ cup **sesame seeds**  
2 tbsp chopped **spring onions** (optional)

### Method

1. Place grated cheese in a large bowl. Sift in flour, baking powder, salt, mustard powder and black pepper
2. In a separate dish, lightly beat the eggs and milk together
3. Make a well in the centre of the dry ingredients
4. Add egg mixture, mix lightly
5. If desired add spring onions to the muffin mixture stir in well
6. Spoon mixture into a greased muffin tin, making sure you leave space for the muffin to rise
7. Sprinkle individual muffins with sesame seeds
8. Bake at 200°C for 12-15 minutes

Preparation time: 15 minutes 🕒

Baking time: 12 - 15 minutes

Serves: 4 – 6 people 😊😊😊😊😊😊

## DATE AND NUT LOAF

### Ingredients

250g packet of **dates**, finely chopped  
1 cup boiling **water**  
¾ tsp **bicarbonate of soda**  
500g **margarine**  
½ cup soft **brown sugar**  
2 large **eggs**  
2 cups **flour**  
½ tsp **baking powder**  
1 cup **pecan nuts** or nuts of choice, finely chopped

### Method

1. Pour water over dates, add bicarbonate of soda and set aside
2. In a mixing bowl, beat margarine and brown sugar until mixture is creamy
3. Add the eggs one at a time and beat well
4. Fold in nuts
5. Sift flour and baking powder and stir in gently
6. Lastly add date mixture and mix well
7. Pour mixture into a greased loaf tin
8. Bake at 180°C for 35-40 minutes or until loaf springs back when touched lightly
9. Cool and dust with icing sugar

Preparation time: 20 minutes

Cooking time: 35 - 40 minutes 🕒

Serves: 4 - 6 people 😊😊😊😊😊😊



## SPICE CAKE

**Ingredients**

1 cup of **margarine**  
 1 ½ cups **castor sugar**  
 3 large **eggs**  
 2½ cups **cake flour**  
 1 tsp **bicarbonate of soda**  
 ¼ tsp **salt**  
 1 tsp **baking powder**  
 1 cup **milk**  
 1 tsp **vanilla essence**  
 1 cup of **pecan nuts**, chopped  
 ¼ cup **brown sugar**  
 2 tsp **cinnamon**  
 1 tsp **mixed spice**  
 Pinch of **nutmeg**

**Method**

1. Cream the margarine and castor sugar until light and fluffy
2. Add the eggs, one at a time, beating well after each addition
3. Beat in vanilla essence
4. Sift the flour, bicarbonate of soda, baking powder, salt and mixed spice
5. Fold gently into the creamed mixture and blend until all the flour is mixed through
6. Slowly add the milk and pecan nuts
7. Mix the brown sugar and cinnamon together and fold two thirds of this into the cake mixture
8. Grease a deep baking tin (20cm round or 2, 20 cm loaf pans) and spoon in mixture topped with a sprinkle of nutmeg
9. Bake at 180°C for 1 hour
10. Allow cake to stand for 5 minutes then sprinkle the remaining cinnamon-sugar mixture with a pinch of nutmeg over the entire cake
11. Leave to cool, then sprinkle with icing sugar and serve

Preparation time: 20 minutes

Cooking time: 1 hour ●

Serves: 4 – 6 people 😊😊😊😊😊😊



hot and moist



## WHOLESOME BRAN COOKIES

### *Ingredients*

125g **margarine**  
1 cup **brown sugar**  
2 tbs **honey**  
2 **eggs**  
1 ¼ cups nutty **wheat flour**  
½ cup all **bran flakes**  
½ cup **wheat germ**  
2 cups **oats**  
1 cup **raisins**  
1 cup grated **carrots**  
1 tsp **baking powder**  
½ tsp **cinnamon**  
½ tsp **mixed spice**  
Pinch of **salt**

### *Method*

1. Beat margarine and sugar until creamy
2. Mix in eggs, one at a time
3. Stir in the remainder of the ingredients, taking care to mix evenly
4. Drop teaspoonfuls onto a greased baking sheet
5. Bake at 180°C for 10-12 minutes, or until golden brown
6. Cool on wire rack
7. Serve with tea or as a snack

Preparation time: 20 minutes

Baking time: 12 minutes 🕒

Serves: 6 – 8 people 😊😊😊😊😊😊😊😊

## SEED BREAD

### *Ingredients*

500ml **yoghurt**  
30ml **honey**  
10mg **bicarbonate of soda**  
750ml nutty **wheat flour**  
125ml **sunflower seeds**  
60ml **sesame seeds**  
30ml **pumpkin seeds**  
60ml **linseed**  
5ml **salt**

### *Method*

1. Mix yoghurt, honey and bicarbonate of soda together
2. Mix remaining ingredients together in a separate bowl
3. Fold yoghurt mixture into dry ingredients and mix well
4. Pour into a greased loaf tin and bake at 180°C for 1 hour

Preparation time: 15 minutes

Baking time: 1 hour 🕒

Serves: 4 people 😊😊😊😊



## HEALTH MUFFINS

### *Ingredients*

375ml soft **brown sugar**  
1 tsp **vanilla essence**  
2 **eggs**  
125ml **oil**  
250ml nutty **wheat flour**  
375ml **cake flour**  
500ml **digestive bran**  
250ml **fruit cake mix**  
250ml chopped **dates**  
2 tsp **bicarbonate of soda**  
Pinch of **mixed spice**  
½ tsp ground **cinnamon**  
1 tsp **salt**  
500ml **milk**

### *Method*

1. Whisk the sugar, vanilla, eggs, oil and milk together until the sugar dissolves
2. Add all the other ingredients and mix well for 3-4 minutes
3. Allow to stand overnight in an airtight container in the refrigerator (This mixture keeps well for up to a month, refrigerated)
4. Spoon into well greased muffin tins and bake at 180°C for ± 15 minutes
5. Serve with a dot of butter and jam

Preparation time: 10 minutes

Standing time: Overnight

Baking time: 15 – 20 minutes 🌐

Serves: 4 – 6 people 😊😊😊😊😊😊

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### TRADITIONAL INDIAN TAYSTEE WHEAT DISH (SOJEE)

#### Ingredients

3-4 tbs **ghee**  
 1 cup **Taystee Wheat**  
 1 cup boiling **water**  
 1 level tbs **Saffron**  
 1 cup **milk**  
 2 **eggs**  
 ¾ cup **sugar**  
 2 **cinnamon sticks**  
 2 **cardamom pods**  
 1 tsp finely crushed **cardamom**  
 1 tbs **dessicated coconut**  
 Slivered **almonds** for decorating

#### Method

1. Melt the ghee with the whole cardamom and cinnamon sticks
2. Add the Taystee Wheat and braise on low heat until it turns slightly pinkish, stir continuously
3. Infuse saffron with boiling water and when Taystee Wheat is ready add the water very slowly, keep stirring
4. Remove from heat and leave to cool slightly
5. In a separate dish beat eggs and milk until frothy
6. Once Taystee Wheat has cooled, add the egg and milk mixture and return to low heat
7. Stir well and leave to steam for ± 5 minutes
8. Thereafter, add the sugar and coconut and close lid
9. Steam until the ghee comes slightly to the surface
10. Decorate with almonds and sprinkle with fine cardamom

Preparation time: 15 - 20 minutes 🕒

Serves: 4 people 😊😊😊😊

### BAKED PEAR PUDDING

#### Ingredients

2 tins of **pears**, sliced and drained  
 1½ cups **milk**  
 ½ cup fresh **cream**  
 1 tsp **vanilla essence**  
 ⅔ cup **brown sugar**  
 ¾ cup **flour**  
 4 large **eggs**  
 4 tbs **castor sugar**  
 2 tbs **butter**  
 ½ tsp ground **cinnamon**

#### Method

1. Arrange pear slices in a shallow greased ovenproof dish
2. Mix the milk, cream, vanilla essence, sugar, flour and eggs to form a smooth batter
3. Fold in cinnamon
4. Pour the mixture over the pears
5. Sprinkle the top with the castor sugar and dot with butter
6. Bake at 190°C for 45-50 minutes, until golden brown
7. Serve with custard

Preparation time: 10 minutes

Cooking time: 45 – 50 minutes 🕒

Serves: 4 – 6 people 😊😊😊😊😊😊

### DIGESTIVE TEA

#### Ingredients

7 **mint leaves**  
 2 **black pepper corns**  
 Small piece of fresh **ginger**  
 2 crushed **cardamom pods**

#### Method

1. Boil above ingredients in 3 cups of water until only 1 cup remains
2. Strain and mix with brown sugar/honey
3. Drink warm





## BAKED EGG PUDDING

### Ingredients

500ml **milk**  
3 large **eggs**  
**Sugar** to taste ( $\pm$   $\frac{1}{4}$  cup) or 3 tbs **honey**  
 $\frac{1}{4}$  tsp **vanilla essence**  
 $\frac{1}{2}$  cup **coconut**, desiccated  
3-4 **cinnamon sticks**  
30g **butter**  
Ground **cinnamon** for sprinkling  
Ground **nutmeg** for sprinkling

### Method

1. Liquidise milk and eggs together
2. Add the sugar or honey and vanilla essence and blend again until mixture is frothy
3. Stir in coconut
4. Transfer to baking dish and fold in cinnamon sticks
5. Dot with butter and lightly cover with sprinkled cinnamon and nutmeg
6. Place pudding in a deep oven tray filled with water
7. Bake at 180°C for 35-40 minutes, until mixture is set
8. Serve hot with custard or cream

Preparation time: 15 minutes

Cooking time: 40 minutes 🕒

Serves: 4 - 6 people 😊😊😊😊😊😊

## BANANA SNOW

### Ingredients

1 litre low-fat **milk**  
2 **egg yolks**  
1 tsp **vanilla essence**  
2 tbs **sugar** or 2 tbs **fructose**  
2 tbs **honey**  
2 tbs **maizena**  
4-6 **bananas**  
**Cinnamon** for garnishing  
Whipped fresh **cream** (optional)

### Method

1. In a deep saucepan, heat the milk
2. Just before boiling point, add the egg yolks and beat well
3. In a separate dish, make a smooth paste with the maizena by adding a few drops of water
4. Add to the milk mixture and stir well
5. Fold in sugar, honey and the vanilla essence and stir continuously until the mixture reaches boiling point
6. Simmer for 2-3 minutes, remove from heat and allow to cool
7. Cut bananas and place at the bottom of individual serving bowls
8. Pour milk mixture on top and refrigerate to set
9. Once set, spread a blob of cream on each bowl
10. Sprinkle with cinnamon and serve

Preparation time: 20 minutes

Cooking time: 1 hour 🕒

Serves: 4 - 6 people 😊😊😊😊😊😊



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## HEALTHY ALMOND MILK

### Ingredients

- 1 litre **milk**
- ½ cup **vermicelli**, coarsely broken
- ½ - ¾ cup **sugar** or **honey** to taste
- 2 tbs **slivered pistachios**
- 5 tbs **slivered almonds**
- 4 **cardamom pods**, peeled and finely crushed
- 1 tbs desiccated **coconut**
- ½ tbs fresh **coconut**
- 3 tbs dried **sultanas** (optional)

### Method

1. Place vermicelli under grill for a minute or two, taking care not to brown. Set aside
2. In a deep saucepan, bring the milk to boil
3. Strain and return to saucepan
4. Add all the other ingredients and bring to boil until mixture thickens slightly
5. Serve warm

Preparation time: 20 minutes 🕒

Serves: 4 - 6 people 😊😊😊😊😊😊

## BREAKFAST BANANA SHAKE

### Ingredients

- 2 ripe **bananas**
- 2 tbs of **slivered almonds**
- 300ml iced **milk**
- 2 tbs **honey**
- ½ tsp **vanilla essence**

### Method

1. Blend all ingredients together until smooth
2. Serve immediately

Preparation time: 5 minutes 🕒

Serves: 1 person 😊

## MANGO COOLER

### Ingredients

- 1 large ripe **mango**, peeled and sliced
- ½ cup **brown sugar**
- ½ cup **milk**
- ½ cup **water**

### Method

1. Blend until smooth in liquidiser

Preparation time: 8 minutes 🕒

Serves: 2 people 😊😊

## GUAVA JUICE

### Ingredients

- 1 kg **guavas**, unpeeled, sliced into quarters
- 1 litre **water**
- ½ cup **brown sugar** or ½ cup **fructose**
- 1 tbs **rose water** (optional)

### Method

1. Liquidize all ingredients and then run through a fine meshed sieve, serve chilled

Serves: 4 - 6 people 😊😊😊😊😊😊





## PEACHES AND CREAM

### Ingredients

1 cup of **yellow peaches**, peeled and halved  
1 cup of **sugar**  
1 cup of **water**  
1 tsp of fresh **ginger**  
250ml fresh **cream**, whipped until peaks form

### Method

1. Place sugar and water in a saucepan and bring to the boil
2. Add ginger and peaches, simmer until the syrup thickens, but is not sticky (10-12 minutes)
3. Remove ginger, and allow stewed peaches to cool in syrup
4. Once cool, place peaches and cream in a blender and puree until smooth
5. Chill and serve

Preparation time: 15 minutes

Setting time: 20 - 30 minutes 🕒

Serves: 4 people 😊😊😊😊

## GINGER DELIGHT

### Ingredients

1 cup fresh **peaches**, pitted, peeled and chopped  
2-3 tbs **honey**  
1 heaped tbs fresh **ginger**, chopped  
750ml **water**, boiled and slightly cooled

### Method

1. Infuse ginger and water, set aside for 15-20 minutes
2. Remove excess ginger, stir in the honey
3. Place peaches in blender
4. Add ginger water and process until smooth
5. Serve chilled

Preparation time: 10 minutes

Standing time: 15 minutes 🕒

Serves: 2 people 😊😊

## ICED MINT TEA

### Ingredients

18 large fresh **mint leaves**  
½ litre warm **water**  
¾ cup **sugar**  
2 tbs **lemon juice**  
**Mint ice cubes**

### Method

1. Keep ice cubes aside
2. Blend together all the other ingredients for two minutes
3. Chill for 1-2 hours
4. Drain off excess mint leaves
5. Serve with an ice cube or two in each glass

Preparation time: 8 minutes

Standing time: 2 hours 🕒🕒

Serves: 4 - 6 people 😊😊😊😊😊😊

*To make mint ice cubes*

1. Place a mint leaf in each cube on the ice tray
2. Add water and freeze

Use as an attractive way to serve ice tea and fruit juices

## SOOTHING FENNEL TEA

### *Ingredients*

½ tsp **fennel seeds**  
½ tsp **cumin** (jeeru)  
2 crushed **cardamom pods**

### *Method*

1. Boil the above ingredients in 3 cups of water until 1 cup remains
2. Strain, mix with brown sugar and drink warm

## SLEEPY TEA

### *Ingredients*

100 mls **yoghurt** (preferably homemade)  
1 cup boiled cool **milk**  
**Brown sugar** to taste

### *Method*

1. Liquidise all ingredients for 10 minutes
2. Add a few ice cubes and drink cool



hot and moist

# FOOD TEMPERAMENT CHART

## MEAT, FISH AND CHICKEN

Beef	Cold and Dry
Biltong (beef)	Cold and Dry
Chicken	Hot & Dry
Fish (all types)	Cold and Dry
Goat	Hot & Moist
Goose	Hot & Moist
Lamb	Hot & Moist
Liver	Hot & Moist
Lobsters	Hot & Dry
Mutton	Hot & Moist
Ostrich	Cold & Dry
Pork	Cold & Dry
Prawns	Hot & Dry
Turkey	Hot & Moist
Veal	Cold and Dry
Duck	Cold & Moist
Rabbit	Cold & Moist

## VEGETARIAN

Bean curd	Cold & Moist
Soya chunks	Cold & Moist
Tofu	Cold & Moist

## NUTS

Almonds	Hot & Moist
Brazil nuts	Hot & Moist
Cashews	Hot & Dry
Hazelnuts	Hot & Dry
Macadamia nuts	Cold & Moist
Peanuts	Cold & Dry
Pecan nuts	Hot & Dry
Pistachios	Hot & Moist
Walnuts	Hot & Dry

## HERBS

Basil	Cold & Dry
Bay Leaf	Hot & Moist
Coriander	Cold & Moist
Italian Parsley	Hot & Dry
Lavender	Hot & Dry
Marjoram	Hot & Moist
Mint	Hot & Moist
Oregano	Hot & Dry
Rocket	Hot & Dry
Rosemary	Hot & Dry
Sage	Hot & Moist
Tarragon	Hot & Dry
Thyme	Hot & Moist
Watercress	Hot & Moist

## VEGETABLES

Artichokes	Hot & Moist
Asparagus	Hot & Moist
Baby marrow	Cold & Moist
Beetroot	Cold & Moist
Bitter Gourd	Hot & Dry
Broccoli	Cold & Moist
Brussel sprouts	Cold & Moist
Butternut	Cold & Moist
Cabbage	Cold & Dry
Carrots	Cold & Moist
Cauliflower	Cold & Dry
Celery	Cold & Dry
Chives	Hot & Moist
Cucumber	Cold & Moist
Egg plant	Cold & Dry
Fenugreek	Hot & Dry
Gem squash	Cold & Moist
Green beans	Cold & Dry
Green Pepper	Hot & Dry
Indian Gourd (Dodhi)	Cold & Moist
Lady's finger	Cold & Moist
Leek	Hot & Dry
Lettuce	Cold & Moist
Marrow	Cold & Moist
Mushrooms	Cold & Dry
Mustard Green	Hot & Dry
Okra (Bhinda)	Cold & Moist
Olives	Hot & Moist
Onion	Hot & Dry
Parsley	Hot & Dry
Patty Pans	Cold & Moist
Peas	Cold & Dry
Potatoes	Cold & Dry
Pumpkin	Cold & Moist
Radish	Cold & Moist
Red Pepper	Hot & Dry
Sauerkraut	Cold & Dry
Soya beans	Cold & Moist
Spinach	Hot & Moist
Spring Onions	Hot & Moist
Squash	Hot & Moist
Sun dried tomatoes	Cold & Dry
Sweet potatoes	Cold & Dry
Tomatoes	Cold & Dry
Turnips	Cold & Moist

## OILS

Castor oil	Hot & Moist
Clarified butter	Hot & Moist
Coconut oil	Cold & Dry
Corn oil	Cold & Dry
Mustard oil	Hot & Dry
Olive oil	Hot & Moist
Peanut oil	Cold & Dry
Sesame oil	Cold & Dry
Sunflower oil	Hot & Moist

## DAIRY AND NON-DAIRY

Butter	Cold & Moist
Buttermilk	Cold & Moist
Cheese	Moist & Hot
Cheese, salty	Hot & Moist
Clarified butter	Hot & Moist
Coconut Milk	Cold & Moist
Condensed Milk	Hot & Moist
Cream, fresh	Hot & Moist
Cream, sour	Cold & Dry
Eggs	Hot & Dry
Lard	Cold & Dry
Lecithin	Hot & Moist
Margarine	Hot & Moist
Milk, cow and goat	Cold & Moist
Rice milk	Cold & Moist
Sour milk	Cold & Dry
Soya milk	Cold & Moist
Yoghurt	Cold & Dry

## BEVERAGES

Alcohol	Hot & Dry
Ceylon tea	Cold & Dry
Coffee	Cold & Dry
Fizzy drinks	Cold & Dry
Green tea	Hot & Moist
Hot water	Hot & Moist
Juices (see fruit)	
Milk shakes	Cold & Moist
Rooibos	Cold & Moist
Water	Cold & Moist

## CONDIMENTS AND SPREADS

Balsamic Vinegar	Cold & Dry
Grape Vinegar	Cold & Dry
Jam	Depends on fruit
Mayonnaise	Hot & Moist
Mustard	Hot & Dry
Peanut butter	Hot & Moist
Pickles	Cold & Dry
Vinegar	Cold & Dry
Worcestershire	Cold & Dry

## SWEETENERS

Fructose	Cold & Moist
Glucose	Cold & Moist
Honey	Hot & Moist
Molasses	Hot & Moist
Sugar	Hot & Moist
Sugar cane	Cold & Moist



# FOOD TEMPERAMENT CHART

## FRUIT

Apples (all types)	Cold & Dry
Apricot	Cold & Moist
Avocados	Cold & Dry
Bananas	Hot & Moist
Cherries	Cold & Dry
Coconut	Cold & Dry
Cranberries	Cold & Moist
Dates	Hot & Moist
Figs	Cold & Moist
Gooseberries	Cold & Dry
Granadilla	Cold & Dry
Grape fruit	Cold & Dry
Grapes	Hot & Dry
Guavas	Hot & Moist
Kiwi Fruit	Cold & Moist
Kumquats	Cold & Dry
Lemon	Cold & Dry
Lime	Cold & Dry
Litchis	Cold & Moist
Mangoes	Hot & Moist
Melons	Cold & Moist
Mulberries	Cold & Moist
Naartjies	Cold & Dry
Oranges	Cold & Dry
Paw paw	Cold & Moist
Peaches	Hot & Moist
Pears	Cold & Moist
Pineapple	Cold & Moist
Plums, sour	Cold & Dry
Plums, sweet	Cold & Moist
Pomegranate	Cold & Dry
Prickly pear	Cold & Moist
Prunes	Cold & Dry
Prunes, sour	Cold & Dry
Prunes, sweet	Cold & Moist
Quince	Cold & Moist
Raspberries	Cold & Dry
Rhubarb	Hot & Moist
Spanspek	Cold & Moist
Strawberries	Cold & Dry
Sultanas, fresh & dried	Cold & Dry
Watermelon	Cold & Moist

## GRAINS, SEEDS, PASTA & BREADS

Barley	Cold & Dry
Basmati rice	Cold & Moist
Beans (all types)	Cold & Dry
Bread	Hot & Moist
Bulgar Wheat	Hot & Moist
Chickpeas	Hot & Dry
Corn flour	Cold & Moist
Corn	Cold & Dry
Couscous	Cold & Dry
Fenugreek Seeds	Hot & Dry
Flour	Hot & Moist
Gram Flour	Hot & Dry
Khus-Khus	Cold & Dry
Lentils, pink & green	Cold & Dry
Linseed	Cold & Dry
Macaroni	Hot & Moist
Maize	Cold & Dry
Mielie meal	Cold & Dry
Millet	Cold & Dry
Noodles	Hot & Moist
Oil Lentils	Cold & Dry
Papad	Hot & Dry
Pasta	Hot & Moist
Peas	Cold & Dry
Popcorn	Cold & Dry
Poppy seeds	Cold & Dry
Pumpkin seeds	Cold & Moist
Rice cakes	Cold & Moist
Rice, brown	Cold & Moist
Rye bread	Hot & Moist
Sago	Cold & Moist
Samp	Cold & Dry
Semolina	Cold & Moist
Sesame seeds	Cold & Dry
Spaghetti	Hot & Moist
Sunflower Seeds	Hot & Moist
Wheat	Hot & Moist
Wholewheat bread	Hot & Moist

## CEREALS

All Bran Flakes	Hot & Moist
Bran	Hot & Moist
Cornflakes	Cold & Dry
Hi-Fibre Bran	Hot & Moist
Honey Smacks	Hot & Moist
Mielie Meal Porridge	Cold & Dry
Millet	Cold & Dry
Muesli	Hot & Moist
Nutri K	Hot & Moist
Nutrific	Hot & Moist
Oats	Hot & Moist
Pronutro	Cold & Moist
Puffed Wheat	Hot & Moist
Rice Krispies	Cold & Moist
Taystee Wheat Porridge	Hot & Moist
Weetbix	Hot & Moist

## SPICES & SEASONINGS

Aniseed	Hot & Dry
Basil	Cold & Dry
Cardamom	Cold & Moist
Cayenne Pepper	Hot & Moist
Celery seeds	Hot & Dry
Cinnamon	Hot & Dry
Cloves	Hot & Dry
Coriander	Cold & Moist
Cumin	Cold & Moist
Dill seeds	Hot & Moist
Dried ginger	Hot & Moist
Dry parsley	Hot & Dry
Fennel	Hot & Moist
Fenugreek	Cold & Dry
Garlic	Hot & Dry
Ginger	Hot & Moist
Green Masala	Hot & Moist
Mint	Hot & Moist
Mustard seeds	Hot & Dry
Nutmeg	Hot & Dry
Oregano	Hot & Dry
Paprika	Hot & Dry
Pepper, black & white	Hot & Moist
Peri-peri	Hot & Dry
Red & Green chilli	Hot & Dry
Saffron	Hot & Dry
Salt	Hot & Moist
Soya sauce	Hot & Moist
Tamarind	Cold & Dry
Thyme	Hot & Moist
Turmeric	Hot & Moist
Vanilla	Cold & Moist

## CONVERSION CHART

Converting to cups

ml	cups
50ml	¼ cup
125ml	½ cup
250ml	1 cup
475ml	2 cup
950ml	4 cup

## CONFECTIONARY AND DESSERTS

Biscuits	Hot & Moist
Cake	Hot & Moist
Chocolate	Hot & Moist
Custard	Cold & Moist
Ice-cream	Cold & Moist
Liquorice	Hot & Moist
Rose syrup	Cold & Moist
Sago	Cold & Moist
Vermicelli	Hot & Moist



FENNEL



TUMERIC



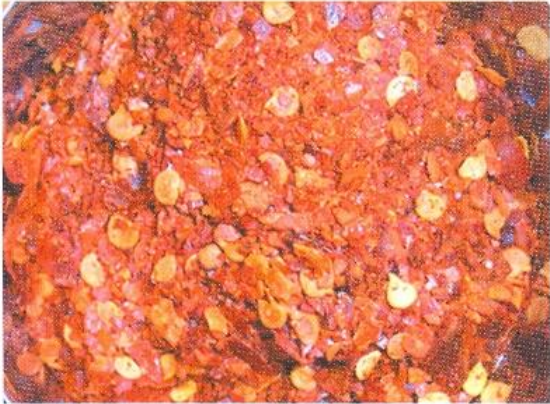
CLOVES



FINE DRIED CORIANDER



RED CHILLIES



BLACK PEPPER



DRIED CUMIN



CINNAMON CARDOMOM



spice chart



# INDIAN SPICE, VEGETABLE AND LENTIL CHART

Ajmo .....	Celery Seeds
Amlı . . . . .	Tamarind
Arad . . . . .	Turmeric / Borie
Badam . . . . .	Almonds
Bhaji . . . . .	Green leafy Vegetables
Bhındı . . . . .	Okra / Ladyfingers
Chana . . . . .	Gram Chick Peas
Chana Flour. . . . .	Chick Pea Gram Flour
Charoli . . . . .	Chirongee Nuts
Dhanıa Green . . . . .	Fresh Coriander Leaves
Dhanıa Seeds . . . . .	Dried Coriander Seeds
Dodhi . . . . .	Calabash
Elachi . . . . .	Cardamom
Ghas . . . . .	China Grass / Agar-Agar
Ghee . . . . .	Clarified Butter
Hekta ni Hing . . . . .	Drumsticks
Jeero . . . . .	Cumin Seeds
Karela . . . . .	Gourd
Khus Khus . . . . .	Poppy Seeds
Kulfi . . . . .	Mixture of Rose Water, Milk, Elachi, Rose Syrup and Cream
Kebabs . . . . .	Meatballs
Khıitchrı . . . . .	Rice cooked with oil dhal, yellow in colour
Lavang . . . . .	Cloves
Mag . . . . .	Green Lentils
Mag ni Dhal. . . . .	Split Green Lentils
Masoor . . . . .	Black Lentils
Methı . . . . .	Fenugreek seeds
Methı Masala . . . . .	Fenugreek seed used for pickles
Mırcha . . . . .	Chillies
Papdı / Paprı . . . . .	Variety of Indian Beans
Papadı . . . . .	Pappadoms
Pısta . . . . .	Pistachio Nuts
Rye . . . . .	Mustard Seeds
Saumf . . . . .	Fennel Seeds
Sojee . . . . .	Semolina / Tasty wheat
Sev . . . . .	Vermicilli
Tal. . . . .	Sesame Seeds
Tıjı . . . . .	Cinnamon
Vengra . . . . .	Brınjal / Eggplant
Zaffron . . . . .	Saffron



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Cold & Moist

Hot & Dry

Hot & Moist

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