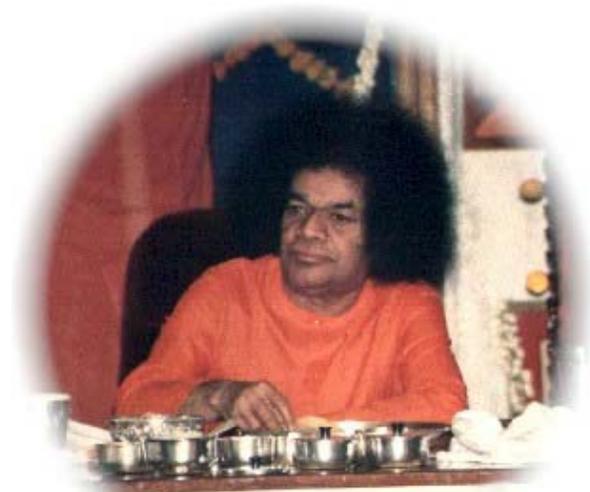


SRI SATHYA SAI BABA CENTER OF BRIDGEWATER, NEW JESREY

OM SRI SAI RAM



NARAYANA SEVA RECIPES

Food is essential for everyone in the world. Among the necessities of life food comes first. But Man cannot be satisfied with food alone. A full stomach does not fully satisfy the mind. He cannot merely rest on a satisfied appetite.

- Bhagawan Sri Sathya Sai Baba
Discourse on (May 30, 1991)

The food that we eat contains many metals like gold, copper, iron, etc. Iron content is more in leafy vegetables. Our food is responsible for the formation of lakhs of cells which constitute human body. So it is food that develops and strengthens our body. Take care that the food you eat helps you to maintain good health. Do not consume stale food. It is like poison.

- Bhagawan Sri Sathya Sai Baba
Discourse on (13th October 2002)

In order to attain purity of heart, you have to partake of sacred food. One who cooks food should have sacred feelings....Annam Brahma (food is God). Hence, it should be prepared with sacred feelings.

Mere physical cleanliness will not suffice, the mind also should be pure.

You should see to it that the vegetables used for preparing food are procured in a righteous manner. For example, husband brings vegetables from the market. He might have misused his position of authority and brought them without making

payment or the vendors themselves might have procured the vegetables by unfair means. When such vegetables are consumed, your mind gets polluted. You do not realize that the food you eat is responsible for the actions you perform. Unsacred food makes you do unsacred deeds.

Before partaking of food, you should pray,

Brahmarpanam Brahma Havir
Brahmagnou Brahmanahutam
Brahmaiva Thena Ganthavyam
Brahma Karma Samadhina.

If you pray with sacred feelings, the food gets sanctified.
Before partaking of food, chant the sacred Mantra. Then
no unsacredness would enter your heart.

— Bhagawan Sri Sathya Sai Baba
Discourse on 23rd Nov. 2002

Food Habits

Excessive intake of food results in obesity and, consequently,
Heart will be subjected to greater strain to pump blood.
Blood travels a distance of 12,000 miles in the body with each heartbeat
With increase in obesity, the circulation of blood and hence the functioning of heart will be
impaired.
Hence, one should exercise control over one's food habits. In fact that is what Vinayaka does.

— Bhagawan Sri Sathya Sai Baba
Source: From VINAYAKA CHATURTHI Discourse (12th September 2002)

RECIPES FOR NARAYANA SEVA AND OTHER EVENTS

Salad

Salad includes:

- 6 heads of lettuce (to be cut in 1 inch cube shape)
- 1 small red cabbage (shredded in the processor)
- 2 lbs of carrots shredded (many have bad teeth so please take time to shred the carrots)
- 8 - 10 tomatoes diced into small pieces (for same reason as above)
- 5 cucumbers (diced into small pieces, remember many have bad teeth & can not bite into big slices even though it may be easier to cut)
- 5 green bell pepper (diced into small pieces)
- Optional: Celery, Cauliflower
- Dressing: Italian (not ranch ...vinegar only-Wish Bone Italian)

Garden cheesy Casserole

Ingredients:

- 12 Cups uncooked White Rice
- 12 Cups Broccoli, cut in 1/2" bits
- 5 lbs Carrots cut in julienne strips
- 1 can of Spaghetti Sauce (6 lbs)
- 7 Cups Shredded Cheddar Cheese
- 7 Cups cottage cheese
- Little oil/Margarine
- Salt to the taste.

Method:

- Take 12 cups of uncooked rice & wash well.
- Add 18 cups of water to the uncooked rice.
- Cook the rice well in the rice cooker.
- Add a little salt and oil or margarine to the rice while cooking.
- Cook the vegetables separately until tender.
- Then mix the cooked rice, cooked vegetables, cottage cheese, shredded cheddar cheese & Spaghetti sauce in a foil tray.
- Keep a little of cheddar cheese aside to sprinkle on the top.
- Pre heat the oven & set it to 375 degrees and bake for 45 minutes.

Macaroni Bean Bake

- Medium Size Macaroni Shells - 3 lbs
- Vegetarian Baked Beans - 128 oz
- Green Bell Peppers - 8-10
- Onions - 8-10
- Spaghetti Sauce - 8 cups (3 Regular size bottles)
- Grated Mild Cheddar Cheese - 24 oz

- Cook macaroni per package directions.
- Cut veggies into small pieces, sauté and set aside.
- Mix cooked macaroni, baked beans, veggies, sauce and 3/4ths of the cheese.
- Sprinkle the rest of the cheese on top.
- Bake on 340 degrees for 30 minutes.

Shopping List:

- 2 Big packets of Macaroni shells (WALMART)
- 4 Big cans and 1 half size can of beans (WALMART)
- 3 Ragu sauce (SAMS)
- Big 32oz package of cheese (WALMART)
- Bell pepper 8
- Onion 3LBS.

Spaghetti & Sauce

Ingredients:

- Spaghetti- 7lbs (SAMS)
- Sauce - 3 Big cans (6 lb cans from Samsclub)

Method:

- Cook the spaghetti per package directions.
- After washing with cold water and draining, add olive oil.
- Make sure it does not clump.
- Heat the sauce well and add seasoning.
- Send it hot for serving

- **** Sauce and spaghetti should be sent separately.
- **** Make sure the quantity of the sauce is correct.

Vegetarian Chilli

Ingredients:

- 10-12 cups of uncooked White rice
- 10 Onions, chopped in chunks
- 10 Green Bell Peppers, chopped in chunks
- 2 Celery bunches, sliced
- 2Tbs Garlic powder
- 6cans Tomato Paste-16OZ
- 4Tbs Chilli seasoning
- 16 cans of 16 oz Vegetarian Chilli beans

Method:

- Cook the rice with a little salt and add oil so it does not stick.
- Rice should not be too soft or clumpy.
- Sauté in 1/2 cup oil, the chopped onions, green peppers, chopped celery, garlic powder and the chili seasoning.
- Add tomato paste.
- Stir well, add 2 quarts of water.
- Simmer for 15 mins.
- Add 16 cans of Chilli beans.
- Stir the contents well, and simmer for 30 mins on low heat.

Note: Do not discard the liquid from the chilli beans, use it to adjust the thickness of the chilli. Serve with rice.

Bean Salad

(Serves 4-6)

This is a delightful salad for summertime.

- One 16-ounce bag frozen French cut green beans
- One 16-ounce can black eyed peas
- 2 large ripe tomatoes, chopped
- 1/2 cup chopped parsley
- 4 entire scallions, chopped
- Juice of 2 lemons
- 1 Tablespoon vegetable oil
- Salt and pepper to taste

Steam and drain the green beans and allow them to cool completely. Drain and rinse the black eyed peas. Combine all ingredients and mix well. May be served chilled.

Rice and bean casserole

A vegetarian bean, rice, and cheese casserole

(Serves 4-6)

Ingredients

3 cups cooked pink beans
2 1/2 cups cooked brown rice
6 oz tomato paste
1 cup lowfat cottage cheese
1/4 cup chopped onion
1 cup milk
1/4 cup wheat germ
1 Tbsp. chopped parsley
2 cloves garlic
1 tsp. tamari soy sauce
1/4 tsp. ground nutmeg
1/4 tsp. basil
1/4 cup sesame seeds (or use less or more, to taste)

Procedure

Mix the beans, rice, tomato paste.
Blend the garlic, onion, milk, and soy sauce.
Combine everything but sesame seeds into a baking dish.
Shake the sesame seeds on top.
Bake at for 40 min.

Notes

Optional additions: 1/4 tsp. rosemary, 1 molasses, grated parmesan cheese on top.

Rating

Difficulty: easy.

Time: 15 minutes preparation (if rice is already cooked), 45 minutes cooking.

Precision: approximate measurement OK.

Lemon Rice

Serves 3

Preparation Time 25 Minutes

Contents: Rice

Ingredients

- 1 ½ cups of rice
- Salt to taste
- 2 tblspns of oil/ghee
- A pinch of asafoetida
- 2 dried red chillies
- 1 tblspn of split black gram (urad dal)
- 1 tblspn of split gram (chana dal)
- ½ tspn of fenugreek seeds (methi seeds)
- ½ cup of peanuts
- ½ tspn of mustard seeds (optional)
- 10-12 of curry leaves
- 3 tblspns of lemon juice
- ½ tspn of turmeric powder
- 1 tblspn of grated fresh coconut (optional)

Recipe:

- Pick, wash and soak rice for about thirty minutes. Drain and then boil in plenty of boiling salted water until almost done. Drain and keep aside.
- Heat oil/ghee in a shallow pan or a kadai. Add a pinch of asafoetida. Add dried red chillies broken into two, urad dal, chana dal and methi seeds. Cook until dals change colour to light brown.
- Add peanuts and mustard seeds. Let mustard seeds crackle, then add curry leaves. Mix turmeric powder in this. Stir fry for half a minute. Add cooked rice, salt and lemon juice.
- Garnish with grated coconut.
- You can use roasted or fried peanuts for this recipe.

Tamarind Rice

Ingredients:

- 3 cups Rice
- 1 cup (100 gms) Tamarind
- 1/4 cup Chana dal (soaked)
- 1 tsp Urad Dal (soaked)
- 1/4 cup Peanuts
- 2 tsp Turmeric
- 2 tbsp Mustard seeds
- 1 tsp Jeera
- 1 tsp Hing
- 1 small bunch of Curry leaves
- 15 Red chilies
- 7 Green chilies
- 1/2 cup Oil
- Salt

How to make Tamarind Rice:

- Soak tamarind in water and extract thick juice out of it.
- Cook rice, add salt and a little oil and mix it well. Keep it separately.
- Now in a frying pan, take tamarind extract, add salt, turmeric in it and cook until it thickens.
- Add this cooked tamarind extract (according to taste) into the rice and mix well.
- Heat oil in a pan, add chana dal, green chilies, urad dal, peanuts, red chilies, curry leaves, mustard, jeera and hing and fry.
- As the ingredients turns brown and the mustard starts to splutter, mix all these to the above prepared rice.
- Now Tamarind Rice is ready.

Curd Rice

Ingredients:

- 1 cup boiled Rice
- 2 cups Yogurt (Curd)
- 2 tblsp Oil
- 1/4 cup Milk
- Finely chopped Coriander Leaves
- 1-2 Green Chilies
- 1 tsp Chana Daal
- 1 tsp Urad Daal
- 1 tsp Mustard Seeds
- 1 1/2 tsp finely chopped Ginger
- 2 tblsp desiccated Coconut
- 1/2 tsp Salt

How to make curd rice:

- In a saucepan heat 2 tablespoonful of oil.
- Add mustard seeds to the oil.
- When the mustard seeds start popping add chana and urad daal.
- After a minute, add in the ginger, coriander and green chilies.
- Saute them for a minute. Take the pan off the gas.
- Add in the rice.
- Mix the salt and desiccated coconut.
- Just before serving, mix all the ingredients with yogurt (curd) and milk.

MACARONI UPMA

Ingredients

- Macaroni - 2 cups
- Onion(medium) - 1 no (sliced vertically)
- Green chillies - 2 - 3 nos (slit vertically)
- Cabbage
- Carrots
- Mustard seeds - 1/2 tsp
- Curry leaves - 1 sprig
- Oil
- Salt - As reqd

Preparation Method:

- Cook macaroni in boiling water for 10 mins.
- Drain, rinse with cold water to cool and keep aside.
- Heat oil in a kadai or a pan.
- Add mustard seeds and when they splutter, add the sliced onions, green chillies & curry leaves and sauté, till the onions turn slightly brown.
- Add vegetables and cook for 1 minute on high flame.
- Add cooked macaroni and salt.
- Mix well and remove from fire.
- Serve hot.

Rava Upma with Vegetables

Serves: 4

Cooking time (approx.): 11 minutes

- 4 tablespoons ghee (clarified butter) / butter
- 1 cup(s) Rava (or quick cream of wheat)
- 1 teaspoon(s) each of mustard and cumin seeds
- 1 sprig(s) curry leaves
- 1 teaspoon(s) ginger chopped
- 2 green chilli(es) slit / chopped
- 2 onion(s) sliced finely
- 1 large tomato(es) chopped
- Chopped vegetables (like carrots) -1/4 cup
- 4 tablespoons coriander leaves
- 2 tablespoon(s) grated coconut if available
- 2 cup(s) hot water
- Salt to taste
- Fried cashewnuts to garnish

Preparation:

- Heat half of the ghee (clarified butter) in a pan. Fry rava, stirring continuously, to a golden color on medium / low level for about 2 minute(s). Keep aside.
- Heat the remaining ghee (clarified butter) in a pan. Toss in the mustard seeds followed by the cumin seeds and fry till the seeds splutter fully. Add the curry leaves, ginger, green chillies and onions. Stir fry on medium level for about 3 minutes or till the onions are transparent and soft.
- Add the chopped tomatoes and fry on medium level for about 3 minutes or till they are soft and cooked.
- Now add the vegetables and cook
- Add half of the coriander leaves (reserving the rest for garnishing) and fry briefly till they wilt.
- Mix in the rava and salt. Add the hot water to this and mix well. Add more hot water if the mixture is dry. Cover and cook on low heat for about 3 minutes or till the mixture is almost dry.
- Garnish with fried cashewnuts, grated coconut and finely chopped coriander leaves

TIPS:

- Ghee is very important to impart flavor to this dish. A combination of oil and ghee/butter can also be used.
- Green chillies can be increased if desired.
- It is better to heat more water than specified above in case it is required.

Simple Rava Upma

Ingredients

- 1 cup roasted sooji/rava
- 1 3/4 cups water
- Salt to taste
- 1/2 tsp ginger paste
- Few curry leaves
- Bit of asafoetida
- Finely chopped coriander leaves
- 2 tsp oil
- 1 tsp mustard seeds
- 1/2 tsp bengalgram dal
- 1/2 tsp blackgram dal
- 2 green chillies

Heat oil, add mustard seeds, bengalgram dal and blackgram dal. When it splutters, add curry leaves and green chillies. Add water, ginger paste and salt to it. When it boils, add the roasted sooji to it and cook on low flame covered for five minutes till it is cooked.

Add finely chopped coriander leaves and serve with chutney/sambar.

Eggless Fruit Cake

Ingredients:

- 27oz Supreme sponge flour
- 12 oz butter or margarine
- 3 tins condensed milk
- 3 teaspoons baking powder
- 18 fluid ounces water
- 3 teaspoons vanilla essence
- 12 oz luxury mixed fruit

Method

- Preheat the oven
- Line and grease a 12 inch square cake tin
- Sieve flour and baking powder together
- Add remaining ingredients and beat well until completely blended
- Turn into the lined tin and cook for 1 hour on gas mark 4
- Do not open the door for the first 45 minutes
- The cake will be cooked when a knife inserted into the mixture comes out clean. If it is not done, cook for a further 15 minutes.
- When it is cooked and turn out onto a cooling rack, removing the greaseproof paper - do not leave this in the cake tin.

OTHER RECIPIES

SAI PROTEIN FOOD

This is highly nutritious food at a very low cost. It contains a good amount of protein, calcium, iron and other nutrients. Can be used where famine strikes and whenever there is a problem of anemia or under-nourishment-whether at home or in the slums.

Ingredients :

- Whole wheat 400 gms
- Mung lentils. 300 gms
- Ground nuts (peanuts) 100 gms
- White til (sesame seeds) 100 gms
- Gur (jaggery) 200 gms
- Cardamom (elaichi) few pods
- Dried ginger
- Optional - Pure ghee (clarified butter) for roasting wheat

Preparation:

Dry roast whole wheat (or add ghee which increases the nutritive value considerably) adding cardamom. Roast mung, ground nuts (peanuts), til (sesame) and dried ginger - separately.

Dry grind all roasted ingredients when cool. Add jaggery. Makes 12 to 15 servings of very nutritious food. This can be eaten dry or made into a porridge by adding to boiling water.

Alternatives for home use - do not add cardamom and gur (jaggery) to the mixture. Make the ground mixture into a soup adding a seasonal vegetable, sea salt and pepper to taste. Gur to be eaten after the soup as dessert!

FLU RASAM

This is a soup which tastes so good you don't have to wait to get flu to have it. During flu however it makes the patient feel really refreshed. It is easy to digest and removes kapha (mucous) from the body.

A. Ingredients for the Rasam powder:

- Equal quantities (say 1 tablespoon) of each of the following :
- Whole black pepper balls,
- Whole coriander seeds,
- Cummin seeds
- Toor daal (arhar)

Preparation of the rasam powder:

Dry roast separately the above ingredients. Dry grind to a slightly rough textured powder. Store in a jar. Will keep for weeks.

B. Ingredients for the rasam (soup)

(To serve 4)

- Ball of tamarind the size of a big lemon
- 1 tablespoon rasam powder (see recipe above)
- 1/2 tsp. turmeric
- Salt to taste
- 2 pinches of asafoetida
- 1 tsp. mustard seeds
- 1 tsp. cumin seeds
- Small bunch coriander leaves
- Few curry leaves
- 1" piece ginger finely chopped
- 6 cups of water
- 1 1/2 tablespoon ghee (clarified butter)

Preparation of the rasam (soup)

- Soak tamarind in 1 cup of water. Extract the juice. Add this juice to the remaining water and keep to heat.
- Meanwhile add to this, rasam powder, a pinch of asafoetida, turmeric, ginger, salt and half the curry leaves. Bring to a boil. Reduce heat and allow to cook for 20 - 30 minutes (until the raw smell of the rasam powder disappears).
- In a small vessel heat the ghee. Add mustard seeds. When they stop spluttering add cumin, 1 pinch asafoetida and remaining curry leaves. Turn off the heat, give the spices 10 seconds to cook in the ghee; then add to the soup. Garnish liberally with fresh green coriander leaves. (Coriander leaves are a good way to pacify Pitta dosha -in this case fever).
- May be had as an appetizer or soup or eaten with softly cooked rice. Top the soup/rice mixture with 1/2 tsp ghee (good to remove the heat from the body if there is fever).

Variation when eating for taste:

Add green chillies and 1/2 cup boiled tur (arhar) dal to the the ready soup just before adding the ghee/mustard seed garnishing.

Recipe Resources: North Dallas Sai Center, Sai Madrid and Sanathana Sai Sanjeevini