

Ayurvedic Cooking Demo: Veggie Fest

1. Multi-Dal Chila (Tridoshic Savory Crepe)



Beans/Dals

- 1 cup Split Yellow Mung Dal
- 1 cup Chana Dal
- 1/2 cup Urad Dal
- 1/2 cup Tuar Dal

Veggies

- 1 cup finely shredded Zucchini (excess water squeezed out)
- 1/2 cup finely chopped Spinach or Cilantro leaves
- 2 tbsp Grated fresh Ginger
- 1 tbsp minced Garlic

Spices

- 1 tsp Cumin seeds (ground)
- 1/2 tsp Turmeric powder
- 1 tsp Himalayan Pink Salt
- Optional: A pinch of Hing (Asafoetida) for digestion

Tools

- High-speed blender
- Non-stick griddle or cast-iron pan
- Spreader/ladle
- Whisk
- 2-3 Charcoal pieces
- 1 cup Ghee (for all cooking needs)



2. Tridoshic Millet & Mung Dal Khichadi

Beans/Dals

- 1 cup Split Yellow Mung Dal

Grains

- 1 cup Millet (rinsed well)

Veggies

- 1 cup finely diced Carrots
- 1 cup peeled and cubed Zucchini or Summer Squash
- 1/2 cup chopped fresh Cilantro (for garnish)

Spices

- 1 tbsp Ghee
- 1 tsp Cumin seeds (whole)
- 1/2 tsp Mustard seeds
- 1/2 tsp Turmeric powder
- 1 tsp freshly grated Ginger
- 1 tsp Coriander powder
- 1 tsp Himalayan Pink Salt

Tools

- Heavy-bottomed pot or pressure cooker
- Ladle/Spoon
- Grater
- Knife and Cutting board
- Whisk
- 2-3 Charcoal pieces
- 1 cup Ghee (for all cooking needs)

2. Shredded Veggie Stir-Fry



Veggies

- 1/2 cup Thinly sliced Onion
- 1/2 cup Grated Carrots

- 1 cup Shredded Cabbage
- 1 cup Very finely chopped Spinach
- 1 cup Chopped Bok Choy
- 1/2 cup Shredded Brussels Sprouts
- 1/2 cup Finely chopped Cauliflower florets
- 2 tbsp Shredded fresh Ginger
- 1 tbsp Minced Garlic
- Optional: 1-2 Green chilies, finely chopped

Spices

- 1 tsp Cumin seeds (whole)
- 1 tbsp Sesame seeds
- 1-2 tbsp Roasted Besan (Chickpea flour) for binding/texture
- 1/2 tsp Turmeric powder
- 1 tsp Himalayan Pink Salt

Tools

- Large Wok or heavy-bottomed sauté pan
- Spatula/Tongs
- Knife and cutting board
- Grater
- Whisk
- 2-3 Charcoal pieces
- 1 cup Ghee (for all cooking needs)

3. Ayurvedic Raita



Dairy

- 2 cups Homemade yogurt (made with organic milk)

Veggies

- 1/2 cup finely chopped Cucumber
- 1/4 cup fresh Cilantro, finely chopped

Spices

- 1 tsp Roasted Cumin (powdered)
- 1/2 tsp Crushed dry mint leaves
- 1/2 tsp Black Salt (Kala Namak)
- 1/4 tsp Himalayan Pink Salt

Tools

- Whisk
- Small mixing bowl
- 2-3 Charcoal pieces (for traditional smokey infusion)
- 1 cup Ghee (for heating/tempering if desired)

Crafted for Veggie Fest Presentation | Balanced for all Doshas

