



MAHARISHI AYURVEDA

HEALTH CENTRE BAD EMS

Since 1992



Recipe for apple-raisin crumble with orange-saffron mousse

Pies and sweet pastries are popular in western culture, so much so that it's hard to imagine doing without them. But in Ayurvedic cuisine, baked foods are unknown – and with good reason: The baking process solidifies the structure of the molecular connections and therefore, the body needs more digestive power to disassemble the food. If Agni, the digestive fire, does not work properly, or if baked food is eaten frequently, poorly metabolized food components may turn into "Ama". Ama is the Ayurvedic term for undigested metabolic residues that clog the subtle channels in the physiology, which may lead to diseases.

You want to eat your cake and yet avoid Ama? Our chef René Sundag has been thinking creatively how to reconcile our taste for pastries with Ayurvedic dietary principles. Here is what he came up with: an apple-raisin crumble with little dough and plenty of fruit. Because of this different ratio, the dish is much easier on the digestion; serving it warm will further help ensure full metabolization.

Enjoy!

Ingredients for 2 persons:

- 4 medium-size apples
- 50 g raisins
- 1 lemon
- Pinches of: sugar, turmeric, cinnamon, star anise, vanilla powder, ground cardamom
- 1 tablespoon of Ghee

For the crumble dough:

- 50 g wheat flour
- 25 g cane sugar
- 30 g Ghee

For the saffron-orange mousse:

- 100 ml coconut milk
- Juice and grated peel of an (organic) orange
- 3-4 saffron threads
- 1 tablespoon of cornstarch
- 1 teaspoon of sugar

© Maharishi Ayurveda Health Centre Bad Ems



MAHARISHI AYURVEDA

HEALTH CENTRE BAD EMS

Since 1992



Recipe for apple-raisin crumble with orange-saffron mousse

Preparing the apples

Peel and core the apples and cut into thin slices. Drizzle with lemon juice. Mix the slices well with sugar, turmeric, cinnamon, star anise, vanilla powder and ground cardamom.

Soak the raisins in hot water for about 10 minutes, drain the water and add the raisins to the apple slices.

Grease a casserole dish with Ghee. Arrange the apple slices in the dish.

Preparing the dough

Work the flour, sugar and Ghee into a smooth dough. Knead the dough into coarse crumbs with your hands and crumble the topping over the apples.

Preheat the oven to 180 degrees Celsius. Bake the apple-raisin crumble for 25–30 minutes.

Saffron-orange mousse

Boil the coconut milk together with the orange's juice and grated peel, sugar and saffron. Stir the cornstarch with water (or orange juice, if you like) until it's smooth and pour it into the boiling liquid. Let it boil again briefly. When the desired consistency is achieved, remove from heat.

Dressing the crumble

Serve the crumble, warm but not hot, on a plate. Froth the saffron sauce well with a blender and pour it on the plate next to the crumble. Garnish the plate according to the season, e.g. for Christmas: cinnamon, star aniseed, powdered sugar, pomegranate and winter fruits.

Recipe and picture: René Sundag



© Maharishi Ayurveda Health Centre Bad Ems