



MAHARISHI AYURVEDA

HEALTH CENTRE BAD EMS

Since 1992

Fried **BANANA PURIS** with MANGO CHUTNEY



During winter, Vata Dosha increases and we find we crave sweet and heavy food. This is quite natural, because an elevated Vata is best pacified by sweet, sour and salty. Here's a scrumptious recipe that satisfies the craving without being too hard to digest, so you can in fact enjoy it all year 'round whenever your Vata Dosha is playing up.

Ingredients for 2 persons:

1. Mango chutney:

- 1 tbsp. of Ghee
- ½ tsp. each of fennel and aniseed (whole)
- a small cinnamon stick, chopped
- a pinch of turmeric
- 1 tbsp. of cane sugar
- 1 tbsp. tablespoon of fresh ginger, minced
- 1 ripe mango: ¾ of it diced, ¼ in wedges
- 1 orange: one half pressed for juice, the other half cut in thin slices for decoration
- a pinch of rock salt
- a little freshly chopped mint or peppermint

Preparation:

Heat the Ghee, lightly roast the fennel, cinnamon and aniseed in it and sprinkle with sugar. When it starts to caramelize, add the ginger, mango cubes and orange juice. Allow the mixture to boil down a little. When the chutney has slightly thickened, add a very small pinch of salt and the mint or peppermint.

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Fried banana puris with mango chutney

2. Banana puris

- 2 ripe bananas
- 2 tsp. cane sugar
- 2 tbsp. water
- 1 tbsp. Ghee
- 150g spelt flour (630)
- 25 g Kichererbsenmehl
- ¼ tsp. baking powder
- a pinch each of turmeric, cardamom, salt, and ground star anise
- Ghee, coconut oil or rapeseed oil for frying

Preparation:

Mash the bananas with sugar, water and Ghee. Mix the flour with the spices.

Knead the mixture of the mashed bananas and the flour into a smooth dough. If the dough should be too dry, add some more water or Ghee; if the dough is too wet, mix in a little more flour.

Enjoy!

