

Colorful spring menu



Baby spinach · Beet-and-celery turrets · Mashed potato with cilantro · Mungdal sauce

With the onset of spring, we shift into Kapha time. This is the time of year when body and mind start to relax and the metabolism slows down a little. Therefore, what we need especially now are foods that are easy to digest and give us a fresh start into spring. We have composed a Kapha-reducing menu for you that is easy to prepare. Colorful, slightly spicy and stimulating – just what Ayurveda recommends for the Kapha season cuisine!

Ingredients for 2 persons

Baby spinach

- 250 g baby spinach, washed
- 1 tablespoon of Ghee
- 2 ½ tsp black mustard seeds
- ½ tsp coriander seeds, mortared
- 1 tsp finely chopped ginger
- 100 ml coconut milk
- 1 tbsp chives, finely chopped

Preparation:

Heat the Ghee and first sauté the mustard seeds, then add and briefly roast the coriander seeds and the ginger. Add the spinach and slowly sweat everything. As soon as the spinach has collapsed, pour in the coconut milk. Allow everything to simmer down a bit. Season to taste with the spices and finally fold in the chives.

Mashed potatoes with cilantro

- large peeled, floury potatoes
- 1 small bunch of cilantro (coriander herb) finely chopped
- 1 tablespoon of Ghee
- approx. 100 ml coconut milk
- a little salt and nutmeg

Preparation:

Boil the potatoes in plenty of salted water. Drain the cooking water and mash the potatoes. Add the Ghee, coconut milk, cilantro and spices to the mashed potatoes. If the puree is too firm, add a little more coconut milk or Ghee.



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Beet-and-celery turrets

- small beet tuber
- 1 small celery tuber
- a little freshly-grated horseradish
- 1 tablespoon of Ghee
- some Garam Masala spice mix
- 1 tsp cumin seeds
- a little rock salt
- ½ tsp. turmeric powder

Preparation:

Wash the beet and boil in water with salt and cumin. Then peel, cut into slices and cut out rounds with a food ring.

Peel and slice the celery, also cut out rounds and boil in water with salt and turmeric.

Heat the Ghee and shortly sauté the Garam Masala spice in it. Sweat the beet and celery slices briefly on both sides.

Arrange the slices alternately to form a small tower. Decorate with horseradish as a topping.

Enjoy!

Mung Dal sauce

- ½ cup of yellow Mung Dal (i.e. stripped and halved Mung beans)
- 1-2 cups of water
- 1 tablespoon of Ghee
- ¼ tsp each of cumin seeds, turmeric, fenugreek seeds
- the juice of half a lemon
- a little salt
- ½ tsp finely-chopped chili pepper

Preparation:

After soaking the Mung Dal for half an hour, boil it in water until cooked and puree it well in a blender.

Now heat the Ghee, first roast the cumin seeds and fenugreek seeds well, then add turmeric and add everything to the Dal sauce. Season with salt and lemon. At the end add the finely chopped chili and serve.

For decoration we used edible flowers, herbs, Papadum and chili threads (with the baby spinach).

