



## Ayurvedic Christmas menu

**Our unique dishes that harmonize body and soul - perfect for a festive season in harmony with the principles of Ayurveda. We hope you enjoy cooking and savoring them!**

### Ayurvedic Starter

#### Beet carpaccio



#### Serves for 4 persons:

- 2 beets
- Salt, sugar, pepper
- 20 g sunflower seeds
- 20 g pine nuts

- approx. 3 cm grated ginger
- 1 organic lime, zest and juice of one lime
- 1 tsp acacia honey
- 2 tbsp walnut oil
- small, slightly tart apple
- 1 persimmon fruit
- approx. 100 g sour cream
- approx. 50 g horseradish from the jar

#### Preparation:

1. Wash and clean the beet. Wear disposable gloves! Peel the tubers and cut or slice very thinly. Mix in a bowl with 1/2 tsp salt and 2 tsp sugar and chill for approx. 1 hour. The beet will now absorb water..
2. Toast the sunflower and pine nuts in a pan without oil. Sprinkle over 2 teaspoons of sugar and caramelize. Remove the seeds and leave to cool on a plate.
3. Peel and finely grate the ginger. Mix with the lime zest and juice, honey, salt and pepper. Mix well with the oil and some of the liquid extracted from the beet.
4. Wash and quarter the apple, remove the core and grate coarsely with the peel. Wash and



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- quarter the persimmon and cut into thin slices. Mix with a little dressing.
5. Arrange the beet slices, grated apple and persimmon creatively on the plate. Sprinkle with the roasted seeds. Drizzle over the dressing. Mix the sour cream with the horseradish and garnish the carpaccio with a teaspoon. Sprinkle with a little pepper with green herbs if required.

- 1 sprig of rosemary
- 1 thyme
- 1 tsp yellow mustard seeds
- 1/2-1 tsp cumin seeds
- Pepper and salt
- 1 tbsp ghee
- 3 tbsp olive oil
- 125 g goat's cheese or feta
- Green and black olives
- Garlic if required

## Main course

### Colorful vegetable tart

Mediterranean herbs with goat's cheese or feta - Greek style



A small Christmas menu with a touch of summer. Winter and Christmas time is oven time, so we have put together a delicious colorful vegetable tart, a perfect Christmas meal when time is a little short

### Ingredients for 4 people:

- Ready-to-bake shortcrust pastry to roll out from the chiller cabinet. Making your own shortcrust pastry is always better, but takes more time.
- 2-3 colorful peppers, green, red and yellow
- chickpeas
- 2 sweet potatoes
- 2 zucchinis
- 1-2 fennel bulbs
- 2 carrots or equivalent amount of pumpkin

### Preparation:

1. Soak the chickpeas overnight. On the day of preparation, cook for a long time until they are nice and soft. Use tinned chickpeas if you want it quicker (not Ayurvedic). Peel the garlic, remove the germ and chop finely. Puree the chickpeas, garlic, tahini, cumin and lemon juice with a hand blender, stir in the olive oil and season with salt and pepper. And the hummus is ready.
2. Wash the vegetables thoroughly. Peel the sweet potatoes and carrots. Peel the pumpkin as well. Cut the peppers, zucchinis, carrots and sweet potatoes into sticks, dice the pumpkin. If necessary, remove the outer leaves from the fennel, they are sometimes a little woody. Adapt the fennel to the cutting method. Pluck the needles from the rosemary and chop into small pieces. Remove the thyme from the sprig.
3. Grease a baking tin. Roll out the dough on a floured work surface to fit the baking tin, place in the baking tin and press firmly around the edges. Cut away any excess dough. Spread the dough with hummus, chill for half an hour.
4. Mix the vegetables with the herbs, season with salt and pepper. Heat the ghee in the pan, then add the mustard seeds and cumin, cover the pan so that the mustard seeds do not pop out. If you have vata churna (spice) to hand, add 1/2 teaspoon. Now add the carrots to the pan, they take longer to cook. Fry over a high heat for 2-3 minutes, tossing well a few times. Then add the rest of the vegetables, season a little more if necessary, mix everything together well



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- and sauté for a further 3 minutes with the lid closed.
5. Spread the vegetables from the pan over the tart and bake in a preheated oven at 180 °C/ convection oven for approx. 15-20 minutes, testing once in between.
  6. Now add the olives and feta over the vegetables and bake for a further 5 minutes. Once the vegetables are cooked, add a little olive oil to the vegetables.

### Sweet potato turrets

#### Ingredients for four people:



- 400-500 g sweet potatoes
- 1 sprig of rosemary
- 30 g vegetarian hard cheese
- ghee
- salt

#### Preparation:

1. Wash and peel the uniformly sized sweet potatoes. Cut into thin, round slices the size of the cavity of a muffin tin. Wash and dry the rosemary, remove the needles and chop very finely. Brush both sides of the sweet potato slices with liquid ghee and season with a little salt. Sprinkle the slices with Montellelo, vegetarian hard cheese (without rennet), together with the rosemary.

3. Preheat the oven to approx. 180 °C, fan oven. Arrange the sweet potato slices in a tower in the muffin tin. Bake in the oven for about 30 minutes.
4. This way of preparing the sweet potatoes is very tasty! Prepare a few more right away, they go like hot cakes.

## Dessert

### Shri Khand-Tiramisu

#### Joghurt-Mascarpone-Spekulativus-Cranberry



#### Ingredients:

- 500 g yogurt
- 150 g mascarpone
- Sharkara sugar (cane sugar)
- maple syrup
- 1 bowl of cranberries
- 150 ml sweet cream
- A few saffron threads or finely ground saffron
- 2 pinches of vanilla
- 1 tsp cinnamon
- 1 teaspoon cornstarch
- 2 pinches of finely ground cardamom
- 1 tsp rose water (if required)
- Juice of 3-4 oranges



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### Preparation:

1. Place a cheesecloth or tea towel on a sieve, hang the sieve in a saucepan and pour the yoghurt into the cloth. Leave the yoghurt to drain for a few hours, preferably overnight. Once the whey has drained from the yoghurt, the yoghurt will have a different consistency, reminiscent of cheese. The whey is not needed.
2. Wash the cranberries. Pour the orange juice into a saucepan. Add 1 teaspoon of cinnamon and anhydrous syrup. Bring the liquid to the boil. Simmer the cranberries over a low heat. Do not cook for too long, the cranberries should more or less retain their shape. Check again to see if the sweetness is right. Thicken a little with cornflour and leave to cool.
3. Dissolve the saffron threads in a little hot water. Or grind the saffron threads together with a little sugar in a coffee grinder to a fine powdered sugar.
4. Stir the orange juice and saffron sugar into the yoghurt and mix into a smooth cream. Now stir in the other ingredients, mascarpone, vanilla and rose water. I recommend using white Shrikara sugar, as it gives the yoghurt its beautiful bright color.
5. Whip the cream, add a little sugar if necessary and finally mix the whipped cream with the custard and fold in lightly. Shrikhand will have a wonderful airy, soft and delicate consistency. place the speculoos in a freezer bag.
6. Crumble the speculoos with a rolling pin and arrange in a glass. Using a piping bag, fill a glass about a third full with the cream. Place a layer of speculoos on top of the cream layers. Another small layer of cream. And top with the cranberries.

*Enjoy the preparation  
and bon appétit!*

*Your Maharishi Ayurveda Team*