

# Frank W. Lotz

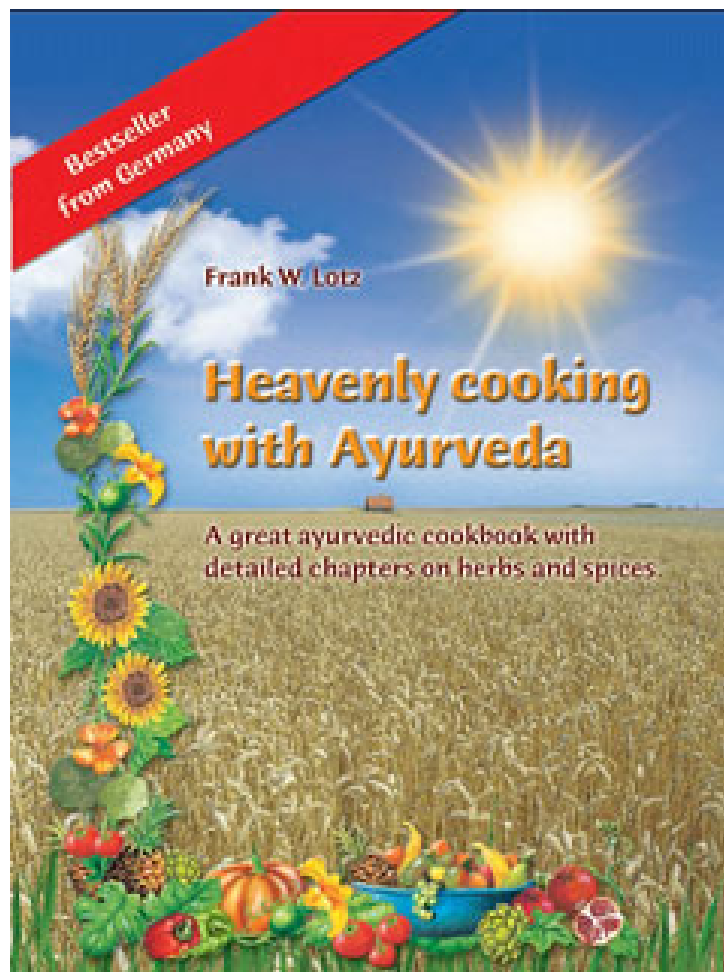
## Heavenly cooking with Ayurveda

Leseprobe

[Heavenly cooking with Ayurveda](#)

von [Frank W. Lotz](#)

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## Bad Ems "Sweet Valentina" Strawberry Sorbet



Time needed 20-25 Min.

V+ P- K-

### Ingredients for 4 persons:

300g ripe strawberries  
4 cups water  
6-8 Tbsp of brown cane sugar  
2 Tbsp of strawberry syrup  
Juice of an orange  
Juice of a lemon  
4 fresh mint leaves or lemon balm leaves  
1/2 tsp finely chopped ginger  
1 pinch cinnamon  
1 pinch cardamom  
4 Tbsp pearl sago (soaked)

### Tip:

You can also make raspberry sorbet using this recipe. Just substitute raspberries for the strawberries and use raspberry syrup.

Desserts

### Preparation:

Wash the strawberries and, according to their size, halve or quarter them. Mix in 2 tablespoons of sugar and the lemon juice. Put the rest of the sugar in the water and add the finely chopped ginger and the other spices. Boil until about half the water remains.

Now, using a hand whisk, stir in the sago and let it cook for another 15 minutes at medium temperature until it lightly thickens.

Then pour in the strawberry syrup and remove from the heat. After 2 minutes either put the strawberries in the liquid or pour the liquid over the strawberries.

Let it cool and decorate the dessert dish in a mandala form with whipped cream and mint leaves.

This delicious sorbet is ideal with Shrikhand, or just simply served with quark (soft, fresh cheese) or whipped cream.

## Avocado Salad with "Sita Yasmin Dip"



Time needed 30 Min.

V- P- K+

Salads & Raitas

### Ingredients for 4 persons:

#### Salad:

3 ripe avocados  
2 tangerines or 1 orange  
1 banana  
10 walnut halves  
2 tsp ghee  
1 Tbsp of brown sugar  
Juice of 1/2 lemon

#### Dip:

3 Tbsp crème fraîche or sour cream  
2 Tbsp of olive oil  
Juice of 1/2 lemon  
Juice of 1/2 orange  
1 Tbsp brown sugar  
1 Tbsp fresh parsley  
1 Tbsp fresh basil  
2 Tbsp crumbled oregano  
1/4 tsp black pepper  
3 pinches of cumin  
3 pinches of asafoetida  
Salt

#### Tip:

##### Special avocado dip for 2 people

Simply delicious!  
1 ripe avocado, juice from 1 lemon, 2 teaspoons brown sugar, some salt, 1 tablespoon sour cream, a few drops of olive oil, 2 teaspoons of fresh basil, 3 pinches of asafoetida, 4 pinches of black pepper. Chop the avocado into small pieces.  
Add all the other ingredients, and whisk until creamy.

Ready!

#### Preparation:

Halve the avocados. Remove the stone and the skin. Immediately sprinkle lemon juice on the peeled and cut avocado, so that it does not oxidise and turn brown. Peel the banana and tangerines. Cut the banana into 1cm thick slices. Cut the tangerine in the middle with a sharp knife and slice into pieces. Heat the ghee in a frying pan, add the walnut halves and lightly roast them. While they are still in the frying pan, sprinkle brown sugar over them. Quarter the avocados lengthways and add the cut fruit to them.

Put the oil, creme fraiche and the orange and lemon juices in a bowl. Add the spices, herbs and sugar. The herbs should be washed, dabbed dry and finely chopped before use. Put 1/4 teaspoon of cumin in a frying pan and lightly roast, without using fat. Then chop it up and add salt to the dip. Whisk thoroughly until it is soft and creamy.

Arrange the avocado and fruit nicely on a salad plate and pour the dip over it. Decorate it with pieces of walnut and parsley.



## Radha Rani Fennel in piquant Mango Sauce

### Vegetable Dishes

Preparation time 45 mins.

V- P- K+

#### Ingredients for 2 persons:

2 fennel bulbs  
1 ripe mango or a tin of mango slices  
1 tsp brown cane sugar  
Juice from one orange  
1 Tbsp finely chopped smooth parsley  
1/2 cup water  
1-2 Tbsp sour cream or cream  
2 tsp ghee  
1 red or green pepper  
1/4 tsp brown mustard seeds  
1/4 tsp cumin  
1/4 tsp coriander  
1/4 tsp cardamom  
1/4 tsp cinnamon  
1/4 tsp star anise  
1/4 tsp turmeric  
2 pinches asafoetida  
3 pinches black pepper  
Saline salt and 1 pinch rock salt

#### Tip:

Ayurveda considers fennel to be a sattvic vegetable.



#### Preparation:

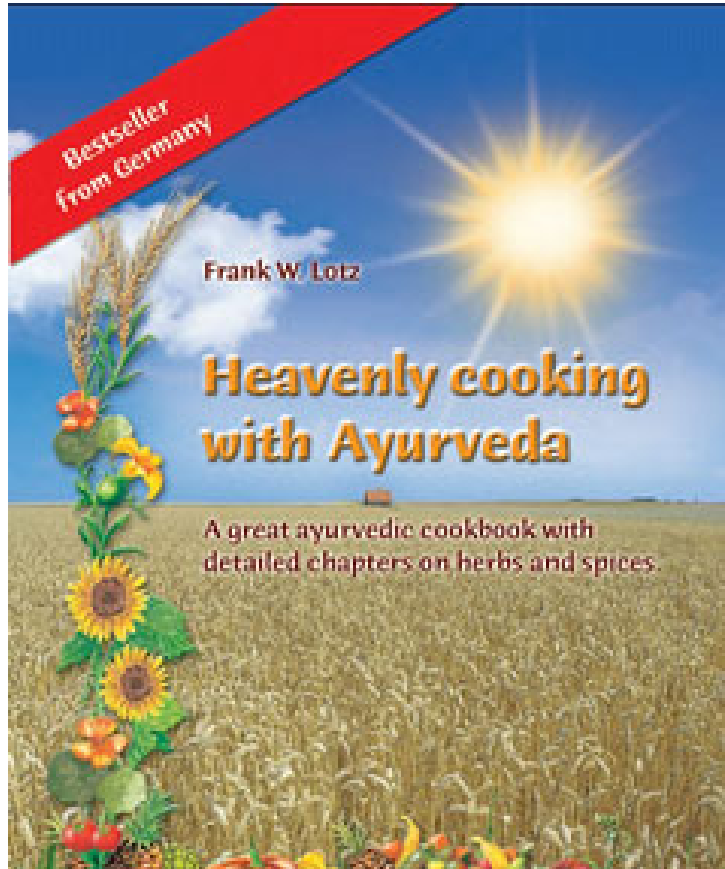
Clean the fennel, remove the two harder outer leaves, then wash and cut into quarters.

Heat the ghee in a deep pan and lightly fry the spices. Put in the fennel, add a little water, then put the lid on the pan and cook at a low heat.

Wash the mango and cut the flesh into small cubes. Add the orange juice and sugar and then use the mixer to puree it. Pour it over the fennel, stir, and cook until it is ready.

Finally, add the saline salt and rock salt to taste. Decorate the plate with smooth parsley. Mix in 1 -2 tablespoons of cream or sour cream to refine the flavour.

Then serve with rice and chapatis for a simple but tasty midday or evening meal.



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## [Heavenly cooking with Ayurveda](#)

A great ayurvedic cookbook with detailed chapters on herbs & spices

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