

Ideas and Recipes



For a Lacto-Vegetarian Diet



Circle of Good Will

The *Circle of Good Will* stands up for the furtherance of right relations between men and towards the environment and nature. In this the bases are the teachings of timeless wisdom. In modern times these were given to the world especially through the works of H. P. Blavatsky, Alice A. Bailey, Helena Roerich among others. In recent years the work of Dr. Ekkirala Krishnamacharya and Dr. K. Parvathi Kumar (The World Teacher Trust) made the wisdom teachings accessible to people in a modern form. They are the foundation of our work.

The *Circle of Good Will* works especially for the spiritual synthesis between East and West. With our website, and our Round-Letters we would like to give inspiration and encouragement to put one's own findings into daily practice.

All activities of the Circle of Good Will are honorary and free of charge. They are partly supported by friends through donations. Within the realms of our possibilities we also support activities of other groups and persons who engage in furthering right human relations.

If interested, we like to give you informations about further aspects of our work (see also the last side of the brochure).

The aphorisms in this booklet are from lectures of Dr. K. Parvathi Kumar.

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Circle of Good Will

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Content

<i>Totally without theory doesn't work...</i>	4
<i>And now set to work!</i>	8
- <i>Vegetables</i>	8
- <i>Garnishings</i>	9
- <i>Salads</i>	12
- <i>Vegetable proteins</i>	13
<i>Milk and more</i>	17
<i>Sweets with a difference</i>	21
<i>Vegetarian menu proposals without eggs and cheese</i>	27
<i>Index of recipes</i>	29
<i>Round-Letters and activities of the Circle of Good Will</i>	31

„Ideas and Recipes“ can also be downloaded as pdf-file from our website, www.good-will.ch.



Totally without Theory doesn't work

Select food that suits you, that energises you; make it tasty and enjoy eating it.

Vegetarianism and vegetarianism are not just the same. Everybody cooking in a vegetarian way develops his or her own recipes and likings. A well composed, tasty diet promotes the inner balance and well-being, but also health. The “Ideas and Recipes” of the booklet in hand developed from everyday cooking. They are inspired by a Western cuisine, but also by the fundamentals of the dietetics of Ayurveda, the Indian science of a long and healthy life.

The ovo-lacto-vegetarian diet differs clearly from the “Indian” vegetarianism (which by the way is available in the airplane as “Asian vegetarian meal”). With this diet you abstain from eggs and all matured cheese, but not from fresh milk, yoghurt, butter and ghee (purified, boiled butter). Basically it is very simple: The vegetarianism according to Ayurvedic principles avoids all that is old, dead or fermented or smells.

Not wanted are:

- Meat
- Fish
- Eggs
- Alcohol
- Vinegar
- Hard cheese, preserved cheese (for example the so-called fresh cheese like Philadelphia)
- Onions
- Garlic
- Canned foods
- Frozen food, also ice cream
- Carbonated mineral water (the carbonic acid is added for preservation)
- Soft drinks like Coke or Sprite
- Coffee

Interestingly most of these foods have an acid-forming effect in the body.

Meals which are older than 3 hours, are kept warm, or are warmed up are also considered to be no longer vital. After 3 hours the process of decomposition begins. Therefore any warming-up is left out. With a little practice the cook soon learns to cook only as much as the family really eats. If the eye isn't always precise enough, you can take kitchen scales. In India the food which is left is just given to a poor on the road...

The same is true for hot drinks: You should drink them hot and freshly prepared, after cooling down they are no longer wholesome. Any standing water, be it hot or cold, very quickly absorbs the negative vibrations from the surrounding.

Desirable are:

- Fresh source water
- Fruit juice
- All fresh fruits
- All fresh vegetables and herbs; those who have grown at the surface are preferred to those grown under the earth (exception: carrots are o.k.)
- All kinds of pulses, especially the different kinds of soybeans
- All grains (rice, wheat, millet etc.)
- Milk, curd, yoghurt, ghee, butter, buttermilk, fresh cheese (for example paneer)
- Oils which have a neutral smell (for example sunflower, sesame, thistle and corn germ oil)

The Protein Question

*The dishes marked with * are explained in the recipe part.*

How do I get enough protein, if I do without cheese and eggs? And anyway most of the available meat substitutes like for example vegetarian frankfurters are canned foods and/or contain eggs and garlic.

The most well-balanced meal consists of rice*, vegetables, dal* and some yoghurt*. It comes from the age-old vegetarian tradition of India, and you have your fill in an agreeable way without overeating yourself. You can literally feel how the protein contents of the different components complement and strengthen each other. The synergetic effect is particularly created when pulses and grains are eaten together.

Dal are peeled, split pulses, which are cooked to a soupy pulp. There is dal from soybeans (urid and mung dal), from chickpeas (chenna dal), red lentils among others. Red lentils are peeled and therefore have the shortest cooking time: Split lentils 10 min., whole lentils 20 min. As a matter

of principle salt pulses only when they are cooked, as salt impedes softening.

But we don't want to mutate to Indians, and thus there also are alternatives from other cultures: From Japan tofu (from soybeans) and seitan* (wheat protein), from India paneer* (made with fresh milk). Better known are the balls made from popped soy flour, also called soy meat* (available in Indian or health food shops). From the Arab area comes humus*, a spread made from chickpeas and tahin (sesame cream). In Macrobiotics (Japan) wholemeal rice together with azuki-beans (red soy beans) are considered as a protein bomb.

Most recommendable are all kinds of soya and soy products, since they are the only kind of pulses and protein source with a base surplus and which don't create uric acids when eating. With the time excessive acid deposits in the joints among others and causes pain. There are yellow, green (mung), red (azuki) and black (urid) soybeans (whole, split, split and peeled [dal]), tofu, soy flour, soy milk, soy yoghurt etc. To avoid genetically manipulated soya, look for bio quality (health food shop).

Nut cream (especially almond cream) are also good protein suppliers.

You can also enrich many dishes like bread, sauces, soups or pancakes with soy flour. Chickpea flour is also possible and binds very well, but is considered as less highly nutritive.

Granted, the planning of the meals needs a bit more brains than just to fry up a fried egg or a raclette, but "practice makes perfect" applies also here, and with the products mentioned above you can prepare very tasty, nourishing meals.

Whole foods and bio

Most valuable are those foods which have been changed or treated as little as possible, so for example whole rice, wholemeal bread, whole wheat pasta, unsulphonated dried fruits, sugarcane juice, thickened pear juice, cold-beaten honey, cold-pressed oils, raw milk etc.

Likewise biological or bio-dynamical (Demeter) products and vegetables should be preferred, since the chemicals of the conventionally grown products accumulate in our body.

Each person and family has to find out individually his or her compromise between grain-picking and junk food: With some people wholemeal causes winds, others don't want or cannot afford the more expensive biological food, or it is too far away, or the children go on strike with the oh so healthy food. To nourish a family is a creative act, in which there is always something changing. And very important: The food must be tasty, otherwise the aversion against it prevents a good digestion!

All our efforts for a healthy diet shouldn't make us forget that our outer way of life constitutes only a third of our health. The other two are our feelings and thoughts. If stress and frustration gnaw at us, we undermine our health, no matter how healthy we nourish ourselves. With a positive attitude towards life we can deal better with all our difficulties.

That's all nice and good, but it's a lot of work!

The work of the housewife and particularly the cook is extremely important for the well-being of her family. It's at least building up of the bodies of her children for their lives. Perhaps this knowledge helps the mother to take upon herself the additional effort with love and joy. Love is the most important ingredient with cooking, the eaters also take in this, not only the nutrients, and are nourished by it psychically.

About the indications of quantity

Do you also belong to the cooks who on principle only let themselves inspire by the recipes and in any case never weigh out "375 g or 13 oz. of cleaned carrots" or "10 g/.35 oz. of flour"? Therefore the indications of quantity are only given accurately with certain recipes. The readers certainly are experienced cooks; otherwise there are enough basic cook books.



And now set to work!

One can cook thoughts of goodwill into the food and serve.

Vegetables

Eggplants with breadcrumbs

- eggplants
- vegetable broth
- herb salt
- (wholemeal) breadcrumbs
- oil

Cut big eggplants crosswise into 2 cm/0.80 inches thick slices, divide small one's longwise in halves, cut off a bit of the skin at the outside, so that a face can be spread with breadcrumbs. Cook in a little vegetable broth, not too soft, let it drain, re-salt it on one side. Turn it in breadcrumbs (sticks also without flour and egg) and fry light brown in oil.

Lemon Kohlrabi

Doesn't take long

- kohlrabi
- vegetable broth
- lemon juice
- (fresh) peppermint
- ghee

Cook soft fine-planed kohlrabi in a little vegetable broth. Season with lemon juice and chopped peppermint, add some ghee.

Cauliflower Curry

- 1 tablespoon of oil
- 1 tablespoon of brown mustard seeds
- 1 teaspoon of cumin

- 1 teaspoon of ground coriander
- 1 teaspoon of curcuma (yellow root/turmeric)
- ½ teaspoon of dried ginger
- as you like pepper or fresh chillies or chilli powder

- chopped cauliflower
- water
- salt or granulated clear soup

- crème fraîche
- raisins

Give the mustard seeds and the cumin into the rather hot oil, cover it up, as the mustard seeds now begin to bounce. Take the pot from the cooker and wait, until the seeds have stopped bouncing. Add the seasonings, heat again while stirring, add the cauliflower, mix well and steam for a moment. Add some water, salt, cook to soft. Just before serving fold in some crème fraîche and a few raisins, heat up again.

In the original Indian cuisine no crème fraîche is used with vegetable dishes. There are still much more seasonings than used in this recipe, they are newly composed for each dish. Work out your own “house blend”.

Garnishings

Oven Potatoes

- mealy cooking potatoes
- (corn germ) oil
- herb salt
- perhaps sesame, poppy or caraway

Peel potatoes, cut big ones to 1 cm/0.40 inches thick slices, divide small ones longwise in halves. Spread on a baking tray, spread sparingly some oil with a brush, bake at 200° /392° F for about 15 min. Salt.

Or divide nearly same size potatoes unpeeled longwise in halves, put with the skin side on the tray, oil, dredge with sesame, poppy or caraway, salt, bake (about 25 min.).

A kind of **French Fries** are made, when the potatoes are cut to little sticks (for this there exists also a cutting machine), oiled and fried for 15 min. Salt.

Risotto

The vegetarian variation without chicken broth, white wine, onions and mushrooms

- 1 part risotto rice (a round-grain rice)
- olive oil
- approx. 4 parts of vegetable broth
- saffron

Steam the risotto rice in olive oil to transparent, add broth to it, cook to soft. Colour yellow with saffron at the end.

Variation Vegetable Risotto: At first steam in hot oil finely sliced celery and carrots or fennel, before the rice is added. At the end add cream at discretion.

Chapati

The Indian flat bread without yeast. Chapati flour contains a part of most fine-ground durum wheat.

Per person calculate 1 - 2 chapatis. Per chapati:

- 50 g/ 1.75 oz. chapati-atta (special flour from an Indian shop) or unbleached flour
- ¼ teaspoon of salt
- water
- perhaps ghee

Knead the flour with the water and salt to a smooth bread dough. Give it some rest, form to little balls and with a rolling pin roll it out to round flat cakes on some flour. Dust off the unnecessary flour. Don't pile up the raw chapatis, otherwise they will stick together. Fry at medium heat in a coated or a cast iron pan without shortening on both sides until the dough gets bubbles. Once the pan is hot, it takes 3 min. per chapatti. At discretion spread some ghee.

Chapatis are good garnishings for sauce vegetables. In India the vegetables are picked up by hand with the flat bread.

Rice

- 1 part rice
- approx. 4 parts water
- salt

Wash the rice thoroughly, until the water flows off clearly. Soak for 15 min. in clear water, let it drain for 15 min. This makes the rice assimilate some water and later doesn't stick together any more. Now bring to boil in the salt water and let it simmer for approx. 15 min., until the rice has assimilated the water. For the last minutes make use of the rest warmth of the hotplate.

This makes a marvellously light, grainy rice. This kind of preparation is not suitable for parboiled rice, but only for normal white or brown long-grain rice.

Pancakes (Omelettes), Spätzli (Pasta), Waffles without Eggs

The chickpea resp. soy flour replaces the egg protein. The soy flour doesn't bind, it serves just as a protein source. With the chapati-atta the pancakes succeed really light.

- Milk water
- 2 parts of flour, 1 part chickpea flour (binds excellently) or chapati-atta resp. unbleached flour and per person 1 tablespoon soy flour
- salt

Mix milk water with some salt and so much flour until the desired thickness is created.

Pancake: viscid dough, needs a little bit more time during baking, until it solidifies and also doesn't stick together as well as a dough with egg. But with a little knack and a non-stick pan you can prepare quite passable pancakes. Variation: Make the dough a little thicker and add per person half a grated small apple. Cook in oil (if the dough was too liquid, it now doesn't stick together any more because of the apples) and serve with cinnamon sugar. It has always been a favourite dish for children.

Waffles: Prepare a little bit thicker than a pancake dough, perhaps sweeten slightly. Cook in a waffle iron.

Spätzli (Pasta): Prepare the dough so that it doesn't flow any more when stirring and that the whisk nearly keeps standing in it. Pass it through a Spätzli-strainer into boiling salt water. Let boil until the Spätzli come up (2-3 min.), and no longer, because they quickly get squashy. Pour off through a sieve.

It might be that the chickpea flour and also the soy flour cause wind with sensitive persons.

Sour Cream Sauce (Mustard Sauce, Curry Sauce)

A simple basic recipe, which can be varied through the different spices. It is done consciously without the usual browning of the flour in butter (roux) in order to make the sauce more easily digestible.

- flour
- water
- (herb-) salt or granulated broth
- crème fraîche
- perhaps curry
- or ground mustard seeds (no mustard of commercial quality, contains vinegar)
- ghee

Boil the water with so much flour, that the desired thickness is created. Let it simmer a bit. You can also add some vegetable cooking water. Crème fraîche (for 200 ml/6.8 fluid oz. liquid 2 - 3 tablespoons), salt or broth and add the spices at discretion, heat once again. Give a careful dose of the mustard seeds, otherwise the sauce becomes bitter. Add some ghee just before serving.

Salads

Sweet Carrot-Apple-Salad with Sunflower Seeds

for 4 persons

- 4 medium-size carrots
- 2 small apples
- 3 tablespoons of sunflower seeds

Sauce

- 3 tablespoons of crème fraîche
- approx. ½ lemon juice
- 1 tablespoon thickened pear juice
- 1 tablespoon of mild oil

Mix the ingredients for the sauce, add into it the rasped apples and carrots and the sunflower seeds.

With raw carrots you should always give some oil, because only this way the vitamin A of the carrots can be broken down.

Salad Sauce without Vinegar

Salad sauces get very tasty, if you replace the vinegar with lemon juice.

- 1 part lemon juice
- salt or liquid seasoning
- 2 parts of oil (cold-pressed)
- crème fraîche at discretion

Mix.

Vegetable Proteins

Dal

Indian legume dish for 4 persons. If you leave away the chillies, it is hardly hot, but really well-seasoned. Either use a dal from the Indian shop (for example urid or mung dal), or yellow peas or a kind of lentils (take red ones if it should be quick), see foreword.

- 4 handful of dal
- water

Masala (mixed spices)

- 1 tablespoon of oil
- 1 tablespoon of black mustard seeds
- 1 teaspoon of cumin
- 1 teaspoon of ginger powder or fresh, ground ginger
- 1 tablespoon of ground coriander
- 1 teaspoon of ground curcuma (turmeric)
- ¼ teaspoon of asafoetida (hing)
- at discretion fresh or ground chillies

- 1 tomato or some spinach/mangold
- salt
- some ghee

Wash the dal thoroughly, cover with water and cook for approx. 45 min. (under pressure 15 min.), until it decomposes. Yellow peas soak first.

Prepare the masala in a second pot: Heat up the oil at medium heat, add the mustard seeds and the cumin and cover it. Wait until the mustard seeds start popping up. Take the pot from the cooker and wait until they don't pop up any longer. Take off the cover and add the other spices. Stir. Pour in the soft dal, cut in the tomato or add the washed spinach, salt, if necessary add water up to the desired thin-bodied consistency and briefly boil it up once again. At the end round off the flavour with a little ghee.

Lentil Soup with Vegetables

Quick stew

- red split lentils (are cooked in 10 min.) or red whole lentils (take 20 min.)
- broth
- vegetables
- potatoes, rice or noodles without egg
- ghee

Wash the lentils well and put on the stove in cold water. As soon as they are cooking, add soup concentrate and vegetables as you like (carrots, kohlrabi), potato pieces or rice or noodles. Let it cook until the lentils decompose. Add some ghee at the end.

Humus

In Greece and Turkey it belongs on the starter plate and is dipped up with bread. Prepared a little bit thicker we can use it as a spread.

The relation of chickpeas to tahin can be measured out according to your taste. The garlic is left away here.

- 2 parts of very well cooked chickpeas
- hot water
- 1 part of tahin (sesame mush)
- olive oil
- lemon juice
- salt

Mash the chickpeas with hot water to a thick paste. Mix in tahin, olive oil, lemon juice and salt. Thin down with water up to the desired consistency. Season to taste.

From the point of nutrition physiology soy beans are considered to be more valuable than chickpeas. It is worth an experiment to prepare the

humus with mung or urid dal. During cooking the dal decomposes better than the whole soy beans, the cooking time is much shorter and soaking can also be left out. It is also worthwhile for a better digestion to cook the pulses with some cumin, coriander and asafoetida (hing).

You can also use chickpea or soy flour. Cook with water into a thick mush for 15 min., let it cool down a bit and mix in the rest of the ingredients. Thus the humus becomes very soft and fine.

Seitan

A wheat protein product from Japan

Wheat flour contains among others protein and starch. With this recipe the starch is washed out for the most part, the protein remains. A tasty alternative for tofu. Though it gives some work, it is worthwhile doing it from time to time!

Gives 8 medium size portions.

- 1250 g/ 44 oz. unbleached flour
- water
- 1 litre/ 34 fluid oz. broth

- oil
- liquid seasoning

Prepare from the flour with water a bread dough without salt and yeast. Leave it for 30 - 60 min. in a big bowl covered with ample warm water. This resting time is indispensable, because otherwise the starch comes much more difficult out of the dough. Now starts a phase of about 10 min. kneading and rinsing. Knead the dough under constantly flowing lukewarm water and press it through the fingers. First it will decompose into crumbs, later it gradually combines to a spongy form. Strain several times the cloudy water through a big sieve (otherwise the dough pieces block the drain). Even if the clump sticks together continue rinsing until the water runs down fairly clear. Now add the seitan-to-be as a round loaf into the boiling broth and let it simmer with low heat for 1 hour. In a steam pressure pot it takes 20 min. Pour off into a sieve and let it cool down and solidify a bit before further use.

Cut it into slices or cubes, season with liquid seasoning and fry it crispy in oil at medium heat. The liquid seasoning better penetrates into the porous seitan than granulated seasoning. Though it has been cooked in a salty broth, it still has a very mild taste of its own.

Soy Balls (Soy Meat)

Per person:

- 1 handful of soy balls or granulate (Indian or health food shop)
- hot broth
- perhaps oil

Variation 1: in Sour Cream Sauce

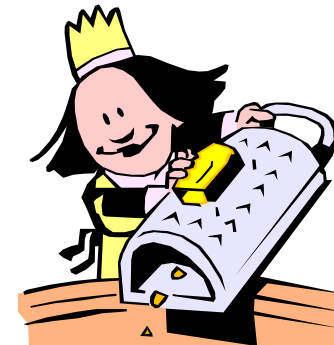
Boil down the balls in so much boiling broth that they are covered with it. They now swell quite quickly to double size. Give into one of the cream sauces and boil up once again.

Variation 2: Fried

Give the balls into a pot with so much of hot broth, that they are covered with it. Boil down the water with medium heat, afterwards add some oil and sear the balls a little bit.

Variation 3: As Vegetarian „Sauce Bolognese“

Don't take balls, but granulate and add it directly into a tomato or vegetable sauce, let it stand a while, ready.





Milk and more

You can improve the quality of your thought by improving the quality of the food and vice versa.

Yoghurt

It's worth making yoghurt oneself, if fresh untreated milk is available (tastes very well), if you prefer a mild yoghurt or if you consume great quantities (cheaper).

- 950 ml/32.3 fluid oz. untreated or commercial quality pasteurised milk
- 50 - 100 ml/ 1.7 - 3.4 fluid oz. whole milk yoghurt

Boil up the milk and cool it down to lukewarm. In a cold bain-marie it is faster and doesn't overuse the fridge. The milk has to be so warm that you can stand it well with the finger for about 10 seconds, but it shouldn't feel tepid.

Sometimes you don't stand next to the milk and it is suddenly already too cold. Another method to get the right temperature is the following: Boil up 600 ml/20 fluid oz. of untreated milk (to be left out with pasteurised milk) and let it cool down to fridge temperature. Add 350 ml/12 fluid oz. of boiling milk; now the temperature is more or less right.

Add the yoghurt. The first time take a yoghurt from the shop (100 ml/3.4 fluid oz.). The milder the starting yoghurt, the milder the final product. See that if possible the yoghurt doesn't contain milk powder (preserved!). The next times you can continue with your own yoghurt (50 ml/0.22 fluid oz.) When it gets too sour, make a new start with freshly bought yoghurt.

Now the yoghurt-to-be must have 2 - 4 hours heat. For this there are two possibilities: Fill the milk into a thermal coffee pot, or put with glass bottles (with a wide neck, for better cleaning) into the oven at smallest possible temperature (lukewarm).

It is a little tricky to get the right moment, when the yoghurt is ready. It should be solid, but best not yet separate whey (then it is more sour). Then either there was too much "vaccination yoghurt" in it or it has become too hot, or it was too long warm. If it doesn't solidify, the contrary was the case...

The process of souring now has to be stopped by putting the finished yoghurt immediately into the fridge. It is advisable to fill it out of the thermal coffee pot, otherwise it merrily goes on souring in the fridge.

You must like to do experiments and be patient, until you have found out quantities, heat and times with "your" raw products.

You can expect as prize a marvellously creamy, mild yoghurt, which tastes much better than a product from the shop.

Ghee

The ghee (purified butter) plays a prominent role in Ayurvedic cooking. It „lubricates the brain cells“ and refines the subtle bodies. In India it is poured in melted form out of a jug over the finished dish, over here it can be simply used for seasoning vegetables, soups and rice/noodles etc. A day's portion should be 3 teaspoons, the body cannot assimilate more. It is *not* used for cooking or frying, for this you take oil.

Yields 2 - 2 ½ 325 ml/10 fluid oz. glasses of ready-made ghee

- 1 kg/35 oz./2.2 pounds unsalted butter

Melt the butter in a pot and let it simmer on a low heat for about 40 Min. During this take off the protein foam coming up in ample amounts in the beginning. A little rest of it doesn't come up and consolidates to small solid, brown grains in the end; a sign that the ghee now is ready. At the same time the butter should be completely clear. Another sign: The sound caused by the water still contained in the butter stops. Bottle through a sieve strainer into screw glasses.

In the fridge ghee keeps for 6 month, even in India without fridge for 4 weeks!

Use the protein foam for vegetables or garnishings, if the rather sweet taste doesn't bother, or smuggle it into a curd flaky pastry or into the caramel-nut cookies. The foam goes bad after 3 or 4 days, so use it up quickly or deep-freeze it just this once.

Paneer

The homemade Indian cream cheese for frying. An exquisite alternative for tofu which is pleasantly filling.

Yields 4 smaller or 3 bigger portions:

- *1 ½ l/6.3 cups of fresh untreated milk (it is not good with the commercial quality pasteurised, homogenised milk, the cheese gets crumbly and dry)*
- *½ - ¾ lemon (juice)*
- *oil*
- *herb-flavoured salt*

Boil up the milk, take from the hotplate. While continuously stirring add so much lemon juice until the milk is clearly flaking. The initially little cheese crumbs become flakes which stick a bit together. The whey becomes greenish and separates clearly from the cheese. Now pour the whey and the cheese into a big sieve and let the whey drain off, see that the whey drains off alongside the cheese, otherwise the cheese sticks less well afterwards. Shower it briefly with cold water, so that no lemon juice remains any longer in the cheese. Form the still hot mass to an oval ball with the help of a spoon and the sieve. The loose flakes begin to stick together to a firm cheese. Let it get cold in the sieve. In the fridge the cheese solidifies so much that afterwards it can be cut into slices.

Fry in a little oil at medium heat (it quickly sears!), season with herb-flavoured salt.

Curd Butter

The fat-reduced butter totally without emulsifiers and codified numbers

- *125 g/4.5 oz. butter*
- *150 g/5.25 oz. curd of full-cream milk*

Put the butter and the curd in an oven-proof bowl for a quarter of an hour into the oven at 100° C/212° F, until the butter is melted. The secret is that curd and butter must have the same temperature. Mix with a whisk, a well-bound, whitish mass should come about. If the butter swims on the top as little golden dots, it is still too hot, let it cool down. Put in a cool place. The result is an easy-to-spread “diet butter”, where you hardly feel the difference to normal butter.

Mayonnaise Substitute

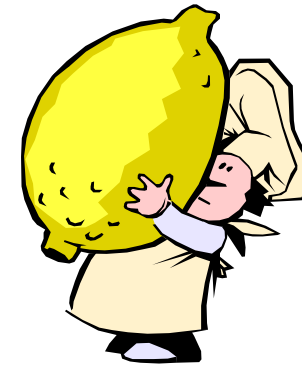
- *2 parts of crème fraîche*
- *1 part almond cream*
- *salt*
- *perhaps curry or other spices*

Mix. For asparagus, artichokes, raw cauliflower salad, potato salad etc. For salads dilute with a little yoghurt.

Curd Cream

- *curd of full-cream milk*
- *milk*
- *homemade vanilla sugar* or a wholesome sweetener*

Mix the curd with so much milk that the desired consistency comes about, sweeten.





Sweets with a difference

We should know what to eat, when to eat, how much to eat and how to eat. Many people know this, but it doesn't help them, because they do not practice what they know. We should learn to practice.

The ready-made cakes and pastries available in the shops mostly contain eggs. The following recipes you can easily prepare yourself with a reasonable effort.

Laddus Special

Need some time

Delicious Indian chocolates, totally without cocoa and very nourishing. One laddu is enough, and the hunger for sweets is satiated.
Yields 12 -16 pieces

Step 1

- 100 g/3.5 oz. butter
- 110 g/4 oz. chickpea flour (gram flour, Indian shop)

Step 2

- 3 tablespoon of unpeeled sesame seeds (peeled have less flavour, but also do)
- 2 tablespoon of split almonds
- 2 tablespoon of pine nuts
- 1/2 teaspoon of ground cinnamon
- 1/4 teaspoon of ground cardamom

Step 3

- 4 whole, dried, small-diced apricots
- 60 g/2.1 oz. of icing sugar

Step 1

At first the chickpea flour has to be roasted well done together with the butter. The best is to work with two hot plates: One is on lowest heat (grade 1 of 6), the other on medium heat (grade 4 of 6).

Melt the butter on the hotter plate. Sieve the chickpea flour into it and mix it with a whisk. The slightly plump mixture should not dissolve, but also not be stiff. After a few seconds the gap left by the whisk on the bottom of the pot should close again. Oddly enough the butter chickpea-flour mixture behaves each time differently, in spite of weighing it out. So you add some flour or butter as required. Wait until the dough gets frothy on the hotter plate. Change to the less hot plate and let it simmer for 10 minutes (timer!) while stirring it now and then. Regulate the heat so that the mixture always bubbles, otherwise the chickpea flour doesn't get done. If the heat is too intense it burns before it is done.

Step 2

Change again to the hotter plate and add the sesame seeds, almonds, pine nuts and ground spices. Make it simmer, (the hotter plate can now be switched off), change the pot to the less hot plate and let it roast for another 5 minutes. So the added seeds and nuts also get pretty crunchy.

Step 3

Take the pot from the plate and mix in the dried apricot cubes. Sieve in the icing powder and best mix it in with a spoon, since the mass now gets thick. Cool it down to lukewarm (not colder, otherwise you can't form them well) and form to little balls. If the future laddus dissolve a bit, chocolate moulds give them the necessary stability. Keep in a cool place or in the fridge.

It is better to prepare the laddus all at once and not to interrupt the roasting process. Somehow they tasted less crunchy after "telephone interruptions"...

Of course you can also make experiments with other nut mixtures, for example with poppy seeds, cashew or walnuts, coconut flakes, or other dried fruits like dates. Or replace the icing powder totally or partly by wholesome sweeteners. In the original recipe only chopped nuts and coconut flakes are added to the butter and chickpea flour mixture (besides icing powder).

Curd Flaky Pastry

For apple strudel, nut rolls, savoury snacks etc.

- 150 g/5.25 oz. of butter or half butter, half ghee-remains
- 200 g/7 oz. of flour
- 1 teaspoon of salt
- c. 100 g/3.5 oz. of full-cream milk curd

Mix the butter with the flour and the salt to little crumbs. Add that much curd that a soft, elastic dough is created. Chill a little before processing.

Nut Rolls

Yields 8 little rolls

- 250 g/8.75 oz. of flaky pastry or homemade curd flaky pastry (½ recipe)

Filling

- 100 g/3.5 oz. of ground hazel nuts or almonds
- 2 tablespoons of homemade vanilla sugar* or normal sugar
- 1 teaspoon of cornstarch or egg substitute (available in health food shops)
- 2 tablespoons of orangeat
- 1/4 teaspoon of ground cardamom
- 1/2 teaspoon ground cinnamon
- crème fraîche
- milk

Icing

- icing powder
- lemon juice

Roll out the flaky pastry to a great rectangle, cut into 8 square pieces of the same size.

Mix the ingredients to a filling with so much crème fraîche and milk that a slightly plumb dough is created. Distribute the filling evenly on the dough pieces. Spread some water on the rims of the dough pieces, fold them over the filling and press together (with the fingers or a fork).

Bake at 200° C/392° F c. 15 minutes light brown. Still hot brush over with the icing.

Fresh from the oven the rolls taste best.

Caramel-Nut Cookies

On the basis of a short pastry

Short Pastry

- 75 g/2.6 oz. of sugar
- 50 g/1.75 oz. of ground (perhaps peeled) almonds
- 100 g/3.5 oz. of butter or half protein foam (from the ghee production), half butter
- 175 g/6.2 oz. of flour
- 1 teaspoon of baking powder
- 25 g/0.85 oz. of homemade vanilla sugar*
- 2 tablespoons of orangeat
- 1/4 teaspoon of ground cardamom (can be left out)
- 1/2 teaspoon of ground cinnamon
- c. 100 g/3.5 oz. of full-cream milk curd

Icing

- icing powder
- lemon juice

Let the sugar caramelize together with the almonds in a pot at medium heat (grade 4 of 6) while stirring continuously. Take from the plate and let the butter melt in the hot mass. The butter can be replaced half with the protein foam cropping up at the ghee cooking. It is not recommended to take more, because of its quite sweetish-penetrating taste. Let it cool down a bit, afterwards add the flour with the baking powder, the orangeade and the spices and mix it to a dry, crumbly mass. Add so much curd that a soft, elastic dough is created. Chill a little. Roll out directly on anti-adherent baking paper to an approx. 8 mm/0.3 inches thick square. Bake light-brown at 200° C/392° F for 10 - 15 min. Still hot brush over with the lemon icing (mix icing powder with lemon juice to a slightly plumb, but easy to spread mass) and cut into squares or rhombics.

Wholemeal Sesame Cookies

The organic variation of the caramel nut cookies

- 75 g/2.6 oz. of jaggery (dried cane sugar or coconut sugar juice, Indian shop) or another wholemeal sweetener
- water
- 75 g/2.6 oz. of unpeeled sesame
- 75 g/2.6 oz. of butter or half protein foam (from the ghee production), half butter
- 75 g/2.6 oz. of dinkel (a kind of wheat) or wholemeal wheat flour
- 75 g/2.6 oz. of unbleached flour

- 1 teaspoon of baking powder
- 2 tablespoons of curd

Boil up the jaggery with water until it dissolves, boil down to a thick syrup. This step is left out with liquid sweeteners like honey or thickened pear juice. Roast the sesame at medium heat without shortening until it lightly browns and starts to smell. Add the butter and let it melt. Add the jaggery syrup and mix in the flour with the baking powder. Knead the mass with the curd, form a roll and let it cool down. Cut off 7 mm/2.5 inches thick cookies and bake for 10 min. at 200° C/392° F.

Roasted Almonds and Hazelnuts

Caution! It is difficult to stop eating.

- Sugar
- some homemade vanilla sugar*
- Ground cinnamon
- Ground cardamom (not too much)
- water
- almonds or hazelnuts or fifty-fifty

Put so much sugar into a pot that the bottom is well covered. Add the spices and so much water that a syrup is created. Boil up until the sugar has diluted. Add so much nuts that they cover the bottom of the pot. Let it cook at medium heat while stirring continuously. This heat must not be too big, since the nuts only get crunchy with this slow roasting. The sugar gets more and more thick until after approx. 10 min. it wraps up the nuts with a white, dry coat. Continue roasting a little, until the sugar starts caramelising, i.e. each nut shines half. If it caramelises too much, it gets easily bitter. Take the nuts immediately out of the pot and let them cool down.

Homemade Vanilla Sugar

Excellent in (homemade) yoghurt, on milk rice or for cakes

- 1 vanilla pod
- c. 500 g/ 1.10 pounds of sugar

Cut the vanilla pod into two pieces, divide longwise in halves and scratch out the seeds. Give the sugar together with the pods and seeds into a screw glass, mix it. After a few days the sugar takes on the flavour of the vanilla. It can be refilled several times until you feel that the flavour exhausts.

Spice Tea

On the basis of rooibos (red bush) tea.

- scraped out seeds of 6 cardamom capsules
- ½ cinnamon stick
- 6 cloves
- perhaps a few fresh ginger slices
- 1 l/4.2 cups of water
- 1 teaspoon of rooibos tea
- c. 250 ml/ 1 cup of milk
- 2 tablespoons of honey

Boil up the water with the spices and let it simmer for approx. 20 min. Add the rooibos tea, continue boiling for 5 min., add the cold milk, bring to the boil. At the end sweeten with honey and strain through a sieve.

A warming winter tea, which also takes away the hunger a little bit.





Vegetarian Menu proposals without Eggs and Cheese

It is recommended that we eat in a clean and serene place, where silence and purity prevails. Eat in quietude and with a pleasant attitude.

Warm Main Meals

At discretion supplement with a starter and/or a dessert. The dishes marked with * are described in the booklet.

- *Fried tofu slices*
*Green beans or lemon kohlrabi**
*Risotto**
- *Soy meat* with sour cream sauce**
Leek vegetables
*Chapati**
- *Spaghetti (without eggs) bolognese with granulated soy meat*
*Eggplants with breadcrumbs**
- *Chickpeas with curry sauce**
Fried bananas
*rice**
- *The „Indian Dish“*
*Dal**
*Cauliflower curry**
*Rice**
*Yoghurt**
- *Lentils with mustard sauce**
Fennel vegetables
Millet

- *Fried Paneer**
Ratatouille
Couscous or bulgur
- *Fried seitan**
Broccoli
French fries from the oven (Oven potatoes)*
- *Fried seitan* or paneer**
Steamed tomatoes and zucchini
Mashed potatoes



Index of Recipes

Caramel-nut-cookies 24
Carrot and apple salad 12
Cauliflower curry 9
Chapati 10
Curd butter 19
Curd cream 20
Curd flaky pastry 23
Curry sauce 12
Dal 13
Eggplants, with breadcrumbs 8
French fries 10
Garnishings 9
Ghee 18
Humus 14
Laddus special 21
Lemon kohlrabi 8
Lentil soup with vegetables 14
Masala (spice mixture) 13
Mayonnaise substitute 20
Menu proposals 27
Milk products 17
Mustard sauce 12
Nut rolls 23
Omelettes 11
Oven potatoes 9
Pancakes 11
Paneer 19
Rice 11
Risotto 10
Roasted Almonds and
Hazelnuts 25
Salads 12
Salad dressing without vinegar 13
Seitan 15
Sour cream sauce 12
Soy balls (Soy meat) 16
Spätzli (pasta) 11
Spice tea 26
Sweets 21
Vanilla sugar, homemade 25
Vegetable proteins 13
Vegetable risotto 10
Vegetables 8
Waffles 11
Warm main meals 27
Wholemeal sesame cookies 24
Yoghurt 17



GOOD WILL GOOD INTENTION GOOD THINKING GOOD ACTION GOOD LIVING

A vegetarian diet has to do with Good Will, for with a meatless diet we contribute to avoid violence against animals.

Good will is not good intention. A good intention may be the beginning, but this alone is not enough. Neither good wishing and desiring. We have to develop the required skills and to train our minds. We have to act in an intelligent and determined way. Good will has to be efficient, not impractical and starry-eyed unrealistic.

Good Will becomes much more powerful through cooperation and group work than by acting as individuals, but every work meaning something good for society is a work of Good Will. Already the will to serve is an act of Good Will. Here the purity of intention is very important: The will to serve is not the will to power.

For Good Will right knowledge is needed. Knowledge about what is good and what is else but good. Whoever wants to be a worker of Good Will has to acquire this knowledge. He or she must know what goes on in society and on the planet, and must not be busy only with his/her own little life. Television, internet and the written media help us to become well-informed, even though there are many useless or even destructive things. Of course it is up to us to choose.

Introducing the element of Good Will into society creates changes for good. Especially through persons with influence and through *the right use of money*. Businessmen and -women are also people with hearts, who can use their resources to initiate acts of Good Will. All of us have a certain influence and financial means, even if they are small. We inspire through our own example. It doesn't matter in which field of life we are active. One suggestion is to use 10 percent of one's income (the biblical "tenth") and of one's time for acts of Good Will.

It is helpful to ask yourself daily how much time you have used for Good Will.

Acts of Good Will give energy. Those who believe that they have no time, should think how much energy they rob from themselves through scattered activities and thoughts.

We too can achieve much good with right determination. Let us therefore make efforts to contribute thoughts and deeds of Good Will to life - with patience, love and compassion. But also with perseverance and stamina.

Round-Letters of the Circle of Good Will

The following round-letters are published regularly in German, English, French and Spanish, via mail or e-mail:

„**Full Moon Round-Letters**“ (monthly at full moon, since Leo 2000); contains some thought about the quality of the respective time and short remarks from the wisdom teachings for pondering upon.

„**Good Will in Action**“ (quarterly, at the signs of the fixed cross, together with the Full Moon Round-Letter)

Published up to now:

- No. 1: Fundamentals of a Spiritual Education
- No. 2: Money and Good Will
- No. 3: The Value of Service
- No. 4: Food and Drink
- No. 5: Body and House

„**Fundamentals of spiritual Life**“ (3 times a year, at the fiery signs of the zodiac, together with the Full Moon Round-Letter)

Published up to now:

- No. 1: Yoga - The Path of Synthesis
- No. 2: Rhythmical Living
- No. 3: Working with Sound

All round-letters of the *Circle of Good Will* are free of charge. The texts as well as further informations are regularly published on our website www.good-will.ch in German, English, French and Spanish.

Further Activities

In the area of Berne we run:

- regular meditation and study groups (among others at Full Moon)
- Yoga-asanas-groups for children as well as for mothers (yoga exercises help to keep the spine elastic and to stimulate the vital energy.)

We respond to questions, in the field of the Wisdom Teachings. We also cooperate with other groups, particularly with those of the World Teacher Trust.

Guter Wille ist ansteckend !

Good Will is contagious !

¡ La Buena Voluntad es contagiosa !

La Bonne Volonté est contagieuse !

**The cook is more important
that what has been cooked.**

**Where food is cooked and
served with love, there
health is restored.**

**No food material, however
rich it is, is a good substi-
tute to love.**

**Hence food cooked with love
in pure, serene and sacred
environs is the food of first
grade.**

Dr. K. Parvathi Kumar