

# **SKY TRAINING WEEKENDS UFTON COURT**



## **MANUAL of RECIPES MONTH BY MONTH**

## **MENUS and shopping lists by month.**

### **Standard meals**

#### **Friday evening**

Jacket potatoes

Hummus

Olives

Bread

Salads

Rice cakes

Fruit

### **Saturday and Sunday Breakfasts**

Porridge, raw

Muesli, with no milk added to it

Toast

Spreads (Peanut butter, marmite)

Fruit salad or stewed or baked fruits

Seeds

Soaked nuts

Pots of Yogi Tea to be made daily.

Golden Milk to be made for Sunday breakfast

Recipes are for 50 people so change accordingly.

The menus have all been designed to reflect a conscious yogic lifestyle.

The recipes are nutritionally balanced for each weekend and are designed to take the seasons into account for vegetables and fruit in order to try and reduce our carbon footprint, we also need to reduce our plastic waste. Avocados and bananas will therefore be purchased for treats not every week.

## October

### Saturday lunch

#### **Mung beans and Rice for 50**

10 cups mung beans  
24 litres water  
10 cups basmati rice  
4 cups diced ginger  
15 medium onions  
20 garlic cloves  
40 cups chopped vegetables  
40 tablespoons oil  
14 tsp turmeric  
4 tsp crushed red chilli  
4 tsp ground black pepper  
10 tsp coriander  
10 tsp garam masala  
10 tsp ground cumin  
4 tsp cardamom pods  
10 Bay leaves

Rinse beans, add to boiling water and cook until split

Rinse rice and add to beans

Add chopped vegetables

Heat oil in separate pan and fry onions, ginger, garlic and sauté, add spices and cook 10 minutes, stirring

Add all this to the beans and rice and continue to cook

Green Salad made with lettuce, massaged kale, celery, cucumber, spinach

Tomato salad with basil

Dressing with oil, garlic and lime

Garlic Bread, use oil and garlic

Mixed salad with peppers

### SATURDAY SUPPER

#### **Butternut Squash Soup**

10 squashes

3

10 bags sweet potato  
16 onions  
2 bags carrots  
2 large knobs ginger  
Black pepper  
6 tsp Turmeric  
8 litres stock

Roast the squash and scoop out the flesh, keep on one side  
Fry the onions and add finely chopped potatoes and carrots  
Fry until softened  
Then add ginger grated, turmeric, squash and bouillon  
Simmer until all cooked through  
Blend the soup, season to taste

## **SUNDAY LUNCH**

### **Lasagne for 50**

#### **Tomato Sauce**

18 carrots chopped small  
6 tins chopped tomatoes  
6 tins water  
1 tube tomato purée  
500g walnuts

Blend altogether and put on one side

#### **Cheeze sauce**

2 blocks vegan cheeze  
25 heaped tbsps. nutritional yeast  
14 tbsps. vegan butter  
15 tbsps. gluten free flour  
2.5 cartons oat milk

Blend together until creamy  
Before use heat on stove, whisking all the time, until thick and creamy

## **Lentil sauce**

1 kg red lentils, cook in boiling water until soft  
Olive oil to cook in  
Chop 15 red onions  
Add 10 crushed garlic cloves and stir well  
Add 6 chopped red peppers  
10 finely chopped courgettes

Fry all vegetables gently until softened and the onions become a golden colour  
Then add the cooked lentils and tomato sauce  
Stir through until heated

Heat the cheese sauce

Then layer  
A layer of lentil/tomatoes/vegetables  
A layer of lasagne...green lentil gluten free is very good  
A layer of cheese sauce  
Continue and sprinkle nutmeg on top  
Bake in oven 30-40 minutes

Green salad made with rocket, spinach, chopped runner beans, lettuce  
Carrot and cabbage salad finely chopped and mixed together with oil and black pepper

## **Seasonal Fruit**

Apples  
Blackberries  
Pears

## **November**

### **Saturday lunch**

#### **Lentil and vegetable dhal for 50**

3 kg lentils  
Olive oil  
20 onions  
20 carrots chopped small  
2 heads of celery chopped small  
12 leeks, chopped small  
20 parsnips chopped small  
40 garlic cloves  
28 tsps. grated ginger  
20 tablespoons curry powder  
8 tsps. ground cumin  
8 tsps. ground coriander  
4 teaspoons ground cayenne  
16 cans tinned tomatoes

Cook lentils in boiling water, until lentils split and vegetables soft.  
Heat oil, cook onions until soft, add garlic and ginger and cook until softening, add chopped vegetables and cook for a short while  
Add curry powder, cumin, coriander, cayenne and tomatoes, stirring until all blended.  
Add tomato and vegetables mixture to drained lentils  
Cook on top of stove for about an hour

#### **Serve with**

Rice  
Green salad made from chopped raw Brussel sprouts, watercress, kale, celery and grated apples  
Oil and lemon dressing

### **Saturday evening**

#### **Carrot and ginger soup for 50**

Olive oil  
20 onions  
6

10 bags carrots  
8 bags sweet potatoes  
16 tablespoons fresh ginger  
Bouillon and water, about 6 litres  
Cayenne pepper to taste  
20 teaspoons fresh lemon juice

Heat the oil, add onions and cook till soft, then add carrots, potatoes and ginger, cook for about 5 -10 minutes stirring all the while. Add broth and cayenne

Simmer and cook until vegetables soft  
Puree soup, add lemon, adjust seasonings and serve

Serve with:

Roasted and cubed potatoes tossed in oil, garlic and rosemary  
Roasted beetroot cut small and tossed in oil, maple syrup and grated fresh ginger  
Apple, celery and vegan mayonnaise salad

Crusty bread

## **Sunday lunch**

### **Beet bourguignon for 50**

15 tbsp olive oil  
10 onions, chopped  
20 cloves garlic, minced  
25 medium beetroots, peeled and chopped  
15 large purple carrots, sliced in large pieces  
10 tbsps. tarragon  
sea salt & pepper to taste  
1 tube tomato purée  
10 tbsp apple cider vinegar mixed with 10 cup water  
20 cups vegetable stock  
20 tbsps. cornflour, solved in 5 tbsp water  
20 tbsps. red currant jelly  
20 cups puy lentils, soaked and cooked.  
40 cups water  
Olive oil

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Heat the olive oil in a large saucepan over medium heat. Stir in onions and garlic, sauté until soft. Toss beets, carrots, tarragon, salt and pepper into the pan, cook for 5 minutes, stirring occasionally. Stir in the tomato purée, kombucha or vinegar, vegetable stock and bay leaves, let it simmer on low heat for 10 minutes, then pour into a casserole dish.

Preparing the Puy lentils: Rinse lentils under running water and soak for a couple of hours. Bring water to a boil, add lentils and lower to medium heat. Let simmer for 15 to 20 minutes, when almost done add salt and add to the casserole. I prepared the day before and kept in the fridge.

Place in oven on 130 to 140 and slow cook for 4 -5 hours.

Serve with:

Mashed potatoes, add oil and salt to mash

Roasted parsnips tossed in oil and maple syrup

Carrots braised in fennel, vegan butter and water, wrapped in foil and done in the oven.

## **Seasonal Fruit**

Apples

Pears

Cranberries

## **December**

### **Saturday Lunch**

#### **Ik Ong Kar Pie for 50**

##### **‘Lentil sauce’**

10 onions

Oregano or basil, 6 heaped tsp

Salt and pepper to taste

Gravy granules, 7 tbsps

15 cups Lentils soaked in water and bouillon

5 tins tomatoes

1 tube purée tomato

8



Fry onions, when lightly golden add herbs and salt and pepper,  
Then add lentils, tomatoes and tomato purée  
Stir, adding more water and seasoning to taste.

Then:

Fry 4 more onions chopped small in olive oil and add  
20 carrots chopped into small pieces  
16 courgettes chopped into small pieces  
15 cloves garlic, minced  
Stir until onions are golden brown

Then add the lentil sauce

Then add

8 tins baked beans

2 tubes of tomato purée

Some more bouillon if needed with more water if needed, but don't make  
it sloppy

Adjust seasoning to taste

Place into 2 large baking dishes

Take about 20kg potatoes, peel, chop small cook and mash with olive oil  
and salt

Place on top of mixture and bake in oven 180 for about 30 minutes

## **Saturday evening**

### **Butternut and lentil curried soup for 50**

Olive oil

20 onions

10 butternut squash, roasted and flesh scooped out

10 garlic cloves

10 tablespoons fresh grated or chopped ginger

10 tablespoons medium curry powder

6 tins tomatoes

10 cups lentils

Bouillon and water

Black pepper

Heat oil, add onion, squash and garlic, stir, cover and cook about 10-15  
minutes

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Stir in ginger and curry powder  
Add tomatoes, lentils, broth and pepper. Bring to boil then reduce heat  
and simmer until vegetables tender  
Puree and add more water if necessary

Serve with Crusty bread  
Jacket potatoes and walnut pate

### **Walnut pate for 50**

10 cups walnuts  
20 cloves garlic  
1 and 1/2 cups olive oil  
1 and 1/2 cups water

Blend altogether but add the water last, you may need more or less,  
depends on walnuts and thickness of oil.

### **Sunday Lunch**

#### **Vegetable Curry for 50**

##### **Curry paste made with:**

2 tsp ground coriander  
2 tsp turmeric  
1 tsp paprika  
2 tsp ground cumin  
1 tsp fenugreek  
1/2 tsp mustard powder  
1 tsp dark brown sugar  
4 tbsps. desiccated coconut  
2 tbsp coconut oil melted  
2 tsp Garam masala  
1/2 tsp. cinnamon  
1/2 tsp. cloves  
1/4 tsp. nutmeg  
1/4 tsp. caraway  
1 tsp. dried chilli flakes  
6 tbsps. oil  
1/2 cup of water

Or use curry powder. Turmeric, coconut and coconut oil

Blend altogether well and put in one side.

You can make a large batch and keep in a jar in fridge for up to a month

## **Vegetables**

20 carrots, medium

5 large onions

10 cloves garlic

15 parsnips

15 leeks chopped

2.5 kg chopped white potatoes

2.5 kg sweet potatoes

5 heads of celery

5 large cartons tomato passata, 509g

1 tube tomato purée

3 knobs fresh ginger grated

Make the curry paste by blending all spices with 3 tbsp olive oil

Chop all the vegetables very small into bite size pieces.

Roast the following vegetables in oven 180 degrees as follows:

Carrots, mix 2 tsp of hot curry powder with olive oil and pour over carrots in roasting tin

Sprinkle cumin seeds and add ginger to pour over parsnips and roast in oven

Cover sweet potatoes in olive oil mixed with chilli flakes and garlic granules to your taste

Celery chop very finely

Roast in oven until cooked, doesn't take long as chopped small.

Boil potatoes chopped small for about 15-20 minutes

Fry the onions and garlic until lightly brown

Add curry paste and stir well

Stir in all the cooked vegetables, tomato passata and purée

Add water to the pot to keep well covered vegetables

Season with pepper and salt to your taste.

Cook for 1 hour followed by simmering for 4 hours

Serve with rice  
Salad of watercress, cabbage, celery, pears, grated carrot  
Garlic oil dressing

## **Seasonal Fruit**

Apples  
Pears

## **January**

### **Saturday lunch**

#### **Lentil Dhal for 50**

##### **Curry paste made with**

1/2 cup water  
6 tbsps. olive oil  
12 tsp turmeric  
1/2 tsp paprika  
2 tsp cumin  
2 tsp coriander  
1/2 tsp mustard powder  
2 tsp crushed cardamom  
2 knobs ginger grated  
1/2 tsp cinnamon  
1/2 tsp cloves  
1/2 tsp nutmeg  
4 tbsps. tamarind paste  
2 cloves garlic, crushed  
2 tbsp chickpea flour

Mix and blend well together

Can make larger amounts and store for up to a month

##### **For the Dhal**

6 large onions  
12 medium leeks  
Garlic powder to taste, approximately 8tsps.  
8 tins coconut milk  
5 large cartons tomato passata, 509g  
2 tubes tomato purée  
2 kg red lentils  
Water about 1 litre to start

Cook the lentils in boiling water until they turn soft, mushy and a yellow orange colour. Drain well and set on one side.

Finely chop onions and fry in olive oil with the garlic powder.  
Add the chopped leeks and fry until lightly browned  
Add the curry paste  
Add the coconut milk, tomato passata and puree

Place lentils into pot  
Pour over the sauce and stir well

Cook all morning checking water levels and topping up if necessary

Serve with rice, mango chutney and pitta bread cut into fingers

## **Saturday supper**

### **Potato and peanut soup for 50**

Olive oil  
20 onions  
20 sticks of celery  
5 bags sweet potatoes  
5 bags white or red potatoes  
Bouillon and water 64 cups approx.)  
2.5 jars peanut butter  
Cayenne pepper  
60 tablespoons of crushed unsalted peanuts

Heat oil, add chopped onions and celery, cook till soft  
Add potatoes and broth and bring to boil, then turn down and simmer  
until vegetables tender  
Puree soup  
Blend 8 cups of soup with peanut butter and return to pot, season with  
cayenne pepper  
Add crushed peanuts and serve

Serve with a green salad made with  
Massaged kale, spring onions, chopped celery, diced green apples,  
pumpkin seeds  
Dressing with Oil, lemon juice, garlic, tarragon

Garlic bread made with oil and garlic

## **Sunday Lunch for 50**

### Shepherds' Pie with nuts

10kg white potatoes  
6 large leeks  
30 carrots  
15 medium onions  
16 sweet potatoes  
1.5 kg walnuts  
10 tins tomatoes  
Dried basil  
Bouillon  
1 tube tomato purée  
Olive oil

Chop walnuts finely  
Peel, chop and boil white potatoes  
Peel and chop all vegetables into bite size pieces  
Fry onions in olive oil  
Add vegetables and basil  
Stir well  
Add chopped nuts  
Add tomatoes, purée and water for a thick consistency  
Cook until cooked through  
Place in large baking dish  
Spread mashed potatoes on top  
Bake in the oven at 180 degrees for 45 minutes- 1 hour.

Serve with

Brussels sprouts roasted in coconut oil  
Carrots baked in oil and fennel  
Mashed swede, mash with vegan margarine, vegan milk and black pepper

### **Seasonal Fruit**

Apples  
Pears

## **February**

### **Saturday lunch for 50**

#### **Mung beans and Rice for 50**

10 cups mung beans  
24 litres water  
10 cups basmati rice  
4 cups diced ginger  
15 medium onions  
20 garlic cloves  
40 cups chopped vegetables  
40 tablespoons oil  
14 tsp turmeric  
4 tsp crushed red chilli  
4 tsp ground black pepper  
10 tsp coriander  
10 tsp garam masala  
10 tsp ground cumin  
4 tsp cardamom pods  
10 Bay leaves

Rinse beans, add to boiling water and cook until split

Rinse rice and add to beans

Add chopped vegetables

Heat oil in separate pan and fry onions, ginger, garlic and sauté, add spices and cook 10 minutes, stirring

Add all this to the beans and rice and continue to cook

Served with

Cabbage and carrot coleslaw with vegan mayonnaise

Spring onions

Beetroot roasted in oven with oil and ginger

### **Saturday supper**

#### **Pea and spinach soup for 50**

5 chopped onions  
5 large bags frozen peas  
16



8 large bags fresh spinach  
8 heaped tbsps. bouillon  
Fresh mint  
Salt and pepper to taste  
Oil

Gently sauté onion, add peas and spinach, stir and add 5 litres boiling water and fresh mint, salt and pepper.  
Simmer for 20 minutes, do NOT over cook

Blend together  
Serve with lettuce, celery, spring onion, pear and apple salad  
Crusty bread and hummus

## **Sunday Lunch**

### **Vegetable curry for50**

10 bags potatoes, sweet or white  
Olive oil  
20 onions  
40 cups vegetables, a mix of carrots, celeriac, celery and parsnips  
40 garlic cloves  
30 tsps. grated ginger  
25 tablespoons curry powder  
10 tsps. ground cumin  
10 tsps. ground coriander  
5 tsps. ground cayenne  
Bouillon and water  
10 cans tinned tomatoes

Fry onions in oil until soft  
Add all spices and ginger and blend in well  
Add vegetables and chopped potatoes and coat in oil and spices  
Add bouillon and water and bring to boil  
Turn down heat, simmer and cook until vegetables tender  
Add tomatoes and check for seasoning  
Serve with basmati rice, mango chutney and pitta bread cut into fingers.

Baked apples with raisins for afterwards

Core apples, fill centres with raisins and agave, bake in oven for up to an hour

## March

### Saturday lunch

#### Lentil loaf for 50

##### Ingredients

12 tablespoon olive oil  
12 small white onions diced  
12 parsnips peeled and diced  
25 carrots, peeled and diced  
30 cloves garlic, finely minced  
12 teaspoons dried thyme  
5 teaspoons dried rosemary  
5 teaspoons ground coriander  
5 teaspoons smoked paprika  
6 tsps. salt  
3 tsps. freshly ground black pepper  
30 cups vegetable stock  
2.5 kg green lentils  
16 cups grated sweet potato  
12 cups rolled oats  
1 tube tomato purée

##### Instructions

Preheat oven to 350F 180C and lightly oil a large pyrex dish.

Heat the oil in a large pot.

Add the onions, parsnip and carrot. Cook, stirring frequently, until the onions are soft and clear, about 5-6 minutes. Add the garlic to the pot and cook, stirring constantly, for 2 more minutes.

Add the thyme, rosemary, coriander, smoked paprika, salt, pepper, stock, lentils, and sweet potato to the pot. Bring the mixture to a boil and then reduce heat to low. Cover the pot and simmer until lentils are very tender, about 30 minutes. Remove the pot from heat.

Stir the oats and tomato purée into the pot. The oats will absorb most of the remaining moisture in the lentil/sweet potatoes, and the mixture will become thick. Taste and adjust salt and pepper as needed.

Press the mixture into a loaf pan. Cover with foil and bake at 350F for 20 minutes, then remove the foil. Bake for another 20 minutes, or until the loaf is firm.

Allow the loaf to cool for 15 minutes before slicing and serving.

## **Serve with**

Roast potatoes  
Roast parsnips  
Steamed or lightly sautéed spring greens

## **Saturday supper**

### **Leek and potato soup for 50**

#### **Ingredients**

15 tbsps. olive oil (or preferred oil)  
10 tbsps. vegan butter  
10 small onions, diced  
30 large leeks, cleaned well & thinly sliced (white & light green part only)  
50 medium potatoes, peeled and chopped  
30 cloves of garlic, minced  
10 teaspoons salt, more to taste  
Fresh ground pepper, to taste  
15 teaspoons dried thyme  
8 teaspoon dried rosemary  
5 teaspoons ground coriander  
50 cups vegetable stock  
16 bay leaves  
8 tablespoons fresh lemon juice (optional)  
10 cups canned coconut milk (or any unsweetened plant-based milk)

#### **Instructions**

Make sure leeks are washed well first.

Heat the oil, butter and salt in a large pot over medium heat. Add the leeks & onion, sauté until softened, about 5-6 minutes.

Add the potatoes, garlic, thyme, rosemary, and coriander. Sauté for 2-3 minutes.

Add the vegetable broth, bay leaf, salt, and pepper. Raise heat so it starts to simmer. Now reduce heat to a low simmer and cook for about 15-20 minutes, or until the potatoes are tender.

Remove from heat and remove bay leaves. Stir in the coconut milk and optional lemon juice. Taste for seasoning and add more to taste.

Using an immersion blender, blend until smooth and creamy. You can also use a regular blender and carefully blend in batches. Before blending, set aside a few pieces of potato for the garnish.

20

Serve with cabbage, carrot, spring onions and apple salad  
Oil dressing with lemon and oil  
Crusty bread

### **Sunday lunch for 50**

Roast vegetables, seasonal are beetroot, carrots, parsnip, leeks,  
Roast sweet potato wedges

### **Solstice Soup, from Yogi Bhajan on 3HO for 50**

20 cups potatoes sliced  
5 cups celery sliced

20 cups onions sliced  
1 cup raw minced garlic  
1 cup cooking oil  
10 tbsps. chilli powder  
5 tbsps. turmeric  
5 tbsps. cumin  
3 tbsp. coriander  
Pinch of cayenne  
Salt

#### **Directions:**

Layer the vegetables in a large pot with the potatoes on the bottom. Fill with water and add salt. Bring to a boil and cook until vegetables are tender. Meanwhile, sauté the chilli powder, turmeric, cumin, coriander, and cayenne in the cooking oil and then add to the soup. Add garlic at the end before serving.

Salad of radishes with a tangy Tahini and lemon and garlic dressing  
Grated beetroot and carrot in lemon juice with sesame seeds sprinkled over

### **Seasonal Fruit**

Rhubarb, buy some unseasonal fruit in this month, maybe bananas because shipped not flown.

## **April**

### **Saturday lunch**

#### **Lentil and spinach casserole for 50**

25 bunches spring onions  
Juice and zest of 12 limes  
14 large bags of spinach  
25 leeks  
6 packs fine green beans  
10 tbsps crushed cardamom pods  
10 tbsp fennel seeds  
3 kg green lentils, cooked until soft

Chop onions and beans into small pieces and fry in oil  
Add spices  
Add lentils and stir well  
Add lime juice  
Add water to cover  
Cook in oven 180C  
Before serving stir in the spinach to wilt.  
New potatoes  
Spinach rocket and watercress salad  
Roasted beetroots with oil and garlic  
Cabbage and carrot coleslaw with oil

### **Saturday supper**

#### **Watercress soup for 50**

##### **Ingredients**

50 potatoes  
25 onions  
25 cloves of garlic  
olive oil  
6 litres organic stock  
50 bunches of watercress

##### **Method**

Peel and roughly chop the potatoes, onions and garlic.

In a large saucepan, heat a little olive oil, then sauté the potato, onion and garlic until the onions are translucent.

Add the stock and simmer until the potato is soft. Chop and add the watercress and simmer for a further 3 to 4 minutes.

Using a hand blender, liquidise the soup until smooth.

Serve with:

Crusty bread and hummus

## **Sunday lunch**

### **Tarka Dhal for 50 recipe courtesy of Jamie Oliver**

4 kg red lentils

15 tsps. turmeric

10 tbsps. vegan butter

15 tsps. cumin seeds

10 small onions, finely chopped

20 cloves garlic, finely sliced

10 fresh green chillies, finely sliced (remove seeds if you want to keep the heat down)

10 tsp garam masala

10 tsp ground coriander

2 large knobs of fresh ginger, finely grated

5 bottles passata

Place the lentils in a pan and cover with enough cold water to come to around two inches above their surface. Bring to the boil and reduce to a simmer. Stir in the turmeric and 5 tbsps. vegan butter. Cover and leave to cook gently.

In a small frying pan, dry-fry the cumin seeds over a medium heat until toasted and fragrant.

Remove from the pan and set to one side.

Melt 5 tbsps. of butter in the same frying pan and gently fry the chopped garlic, onion, chillies and the garlic, when it is golden, mix in the toasted cumin seeds garam masala and ground coriander, then add the passata.

Remove from the heat until the lentils are completely softened.

Give the lentils a good stir. Add more water as necessary (you will be surprised how thick they can get over just a couple of extra minutes cooking), and then mix in the aromatic fried mixture.

Serve the Dhal with Basmati rice, and pitta bread

seasonal green salad with rocket, spinach, spring onions, massaged kale and an oil and lime dressing.

## May

### Saturday lunch for 50

**Sweet potato masala.** Yogi Bhajan 1994 'The process of self-healing is the privilege of every being. Self-healing is not a miracle. Self-healing is the genuine process of relationship between the physical and the infinite power of the soul'.

Bake 20kg of sweet potatoes for 1 hour at 350 degrees and peel before they cool. Brown in 2 cups oil (or more - whatever it takes to keep it from sticking). 28 medium onions sliced. 1 kg of peeled ginger, sliced and pulverized in the food processor

Then add and sauté:

10 tsps. salt, 8 tsps. Pepper, 12 tsps. Basil, 4 tsps. Cayenne, 6 tsps. Tarragon, 6 tsps. fenugreek (ground into a powder), 24 tsps. Turmeric, 2 bulbs garlic - you can leave the cloves whole

Add 24-30 cups of water and let the whole thing cook down for up to 3 hours,

Mix it all together and serve with coconut yogurt, crusty bread and green salad with lettuce, peppers, rocket, spinach, spring onions, watercress.

Fresh strawberries after

### Saturday supper

#### Red lentil soup for 50

25 tsps. olive oil  
25 cups finely chopped onions  
30 cloves minced garlic  
25 tsps. ground cumin  
25 tsps. ground coriander  
50 cups vegetable stock  
2 kg dried red lentils (rinse before using)  
25 carrots finely chopped  
12 bunches fresh parsley chopped  
6 lemons juiced  
Salt and Pepper to taste

24



3 tsp of dry red chilli flakes

Sauté the onions and garlic in the olive oil until onions are translucent.

Add the cumin and coriander to the onions, stir for another minute.

Stir in the vegetable stock, the lentils, carrots, parsley, and chilli flakes.

Increase the heat and bring to a boil.

Reduce the heat, cover and simmer, stirring occasionally, until the lentils are tender (about 30 minutes).

Remove from heat, add the lemon juice, salt, and pepper. Serve hot.

Coleslaw with cabbage, carrots and vegan mayonnaise

Lettuce, rocket and spinach salad with oil and garlic dressing

Crusty bread

## **Sunday lunch**

### **Marrow parcels for 50**

25 large marrows, cut into rings with centre scooped out

25 onions

1 .5 kg mixed nuts chopped

600g oats

10 slices bread, turned to breadcrumbs

Vegan butter

10 tsps. marmite

Boil the marrow rings and then place in a large baking dish.

Make the nutmeat by:

Chopping and frying the onions in the vegan butter

Add the marmite and stir well

Add the flour and stir well

Quickly add the nuts, oats and bread, stir well then add water to ensure a thick consistency.

Spoon the mixture into the marrow and bake in oven for about 30 minutes.

### **Serve with**

New potatoes

Peas

Spring greens steamed

### **Seasonal fruit**

Strawberries

Rhubarb

## **June**

Retreat, students to cook

## **July**

Cook in the kitchen for level 2 and 1

If not choose recipes using seasonal vegetables

Aubergine

Beetroot, broad beans, broccoli, carrots, cauliflower, courgettes, cucumber, French beans, Fennel, Kohlrabi, runner beans, samphire, squash, chard, tomatoes, watercress

Gooseberries, raspberries, strawberries, black currants, blueberries, cherries, rhubarb.

## **September**

Cook in the kitchen for level 2 and 1

If not, then recipes using

Aubergine, beetroot, broccoli butternut squash, cauliflower, carrots, celery, courgettes, chicory, cucumber, kale, kohlrabi leeks, lettuce, man get out, marrow, onions, parsnips, peas, peppers, rocket, runner beans, spinach, spring greens, spring onions, sweet corn, chard, tomatoes, watercress, wild mushrooms, pumpkin

Blackberries, raspberries, pears, plums, damsons, rhubarb

## **Golden Temple Milk**

1 1/3 litres water

5 litres soya milk

3 tsp turmeric

20 tablespoons almond oil

Honey

Boil turmeric and water

Boil milk with oil

Add water mixture and milk together, add honey to taste

## **Yogi Tea**

14 litres of water

80 slices root ginger

120 cloves

100 cardamom pods, cracked

26

100 black peppercorns  
20 sticks cinnamon  
40 teabags (black tea) Or 10 teaspoons  
Honey to taste  
Add milk if desired

Bring water to boil, add spices  
Cover and continue to boil 15-20 minutes  
Remove from heat and add black tea, let it steep few minutes