



Harmony for Body, Mind and Soul

# Yoga in Daily Life Melbourne Easter Retreat 2017 Recipes

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*Much can be said about a yogic diet. We favoured vegetarian, mostly vegan, fresh whole foods. Retreat participants enjoyed helping with some prep for the meals. And there was a washing up roster. This 'karma yoga', selfless service, added to the holistic experience of integrating Yoga into our daily life. Cover image by Chie.*

Friday dinner:

## **Pumpkin & macadamia brown rice risotto**

Serves 6

3 cups pumpkin, diced into 3cm pieces	1 brown onion diced
3 tbsp macadamia nut oil	1 chopped garlic clove
2 tbsp garden herbs (ie sage, rosemary, thyme) finely chopped	360g brown rice
Sea salt & cracked black pepper to taste	½ cup macadamia nuts
2 litres vegetable stock	¼ preserved lemon, for garnish
	½ bunch kale or English spinach, finely chopped

Preheat oven to 180C. Toss pumpkin with a drizzle of the oil, half of the garden herbs, and salt & pepper. Roast in oven for 10 minutes, until just cooked. Remove from oven & set aside.

Place vegetable stock in a pot on the stove and bring to the boil. In a heavy based saucepan place remaining oil, onion, herbs and garlic and sauté until soft and fragrant. Add brown rice and half the roasted pumpkin and stir for another 2 minutes. Add approx 800ml of the heated stock. Bring to the boil, the cover and turn heat to a simmer. Check the rice and stir frequently, topping up with more stock as needed for 45 – 60 minutes.

While risotto is cooking, roast macadamias on a tray in oven until golden. Remove from oven and whilst hot, process half the nuts in a blender with half a cup of vegetable stock and season. This will make the macadamia cream to finish the risotto. Set aside.

Lightly crush remaining macadamias and set aside for garnish. Thinly slice preserved lemon rind and set aside for garnish.

Remove lid from rice, add remaining stock and kale / spinach (we used spinach), stirring until rice is cooked. Once ready stir in macadamia cream & seasonings. Fold through remaining pumpkin. Served with a little preserved lemon on top, fresh herbs of your choice and crushed macadamias.

Borrowed from [Gwinganna Lifestyle Retreat recipe book](#).



## Friday dessert: **Chocolate coconut bliss balls**

Makes 12

1½ cups finely shredded coconut, plus a little extra for garnish

3 tablespoons liquid honey (or sub maple syrup or coconut sugar for vegan)

3 tablespoons coconut oil, melted

½ teaspoon pure vanilla extract but I substituted this with 3 – 4 drops food grade peppermint essential oil. This was a good move!

½ cup good-quality, dark chocolate chips (or chopped, if you buy your baking chocolate in large bars)

Add the coconut, honey or maple syrup, coconut oil and vanilla to a food processor, and process on high until the mixture sticks together. Form 12 - 1 inch balls, pressing them firmly with your hands. Don't worry if some coconut oil squishes out, this is normal. Also, don't fret about making them perfect at this point, just get them to stick together. Place the coconut balls in the fridge to harden for at least 1 hour.

Gently melt the chocolate over very low heat. You could also use a microwave if you have one. Be very careful not to heat the chocolate quickly as it can burn, and the consistency will change.

Take the balls out of the fridge and roll them in your hands again if you want them to be perfectly round. You can press quite firmly on them at this point.

Working with one ball at a time, drop the ball into the chocolate and use a spoon to pour the chocolate over the ball so that it is completely covered in chocolate. Scoop the ball out of the chocolate using a fork and tap the fork on the edge of the pan to shake off any excess chocolate.

Put the ball back on the tray, using another fork if necessary to help slide the ball off the fork.

Continue until all the balls are covered in chocolate then sprinkle some coconut over top. I like these best from the fridge, but you can also keep them at room temperature.

Adapted from The Endless Meal

Saturday lunch: Creamy pesto pasta, steamed greens & rainbow salad

## **Creamy vegan pasta carbonara - pesto**

Serves 3 - 4

½ cup soaked and drained raw cashews

½ cup soaked and blanched slivered almonds

¼ cup toasted pine nuts, divided

½ tbsp white miso paste

2 teaspoons minced garlic

1 teaspoon Celtic sea salt

1 teaspoon Dijon mustard

1 cup filtered water

½ cup plus 1 to 2

tablespoons almond milk

1 ½ tbsp fresh lemon juice

Pinch of lemon zest

Freshly ground black, to taste

A cup or more of fresh basil

Cook the pasta according to package directions.

Meanwhile, prepare the sauce.

Throw the cashews, almonds, 2 tablespoons of the pine nuts, miso, garlic, sea salt, mustard, onion powder, water, milk, and lemon juice into your blender, and blast on high for 30 to 60 seconds.

Add the basil & blend another 30 seconds or more until smooth and creamy.

Drain the pasta and return it to the cooking pot. Add the sauce (scrape it all out of the blender) and on a medium-low heat let the sauce thicken. This will take 2 to 3 minutes. Stir in the lemon zest and pepper. Serve, sprinkling with the remaining pine nuts.

**Garlic and Spice Note:** This sauce is meant to be family-friendly. Adults may want to boost the flavor with more garlic, Dijon, and black pepper.

**Milk Note:** Once the pasta has sat for a minute or two after serving, it will continue to thicken. Add another 1–2 tablespoons of milk or more if needed to thin, and stir through over low heat.

Adapted from The Blender Girl

## We served the pasta with green vegetables.

Lightly steamed broccoli & snow peas. Blanched asparagus & sweet peas.  
Mix all with a little coconut oil, salt & pepper.

### Rainbow salad

A mixture of:  
purple cabbage thinly sliced  
fennel thinly sliced  
red capsicum cut to matchsticks  
carrots cut to matchsticks  
Lebanese cucumber cut to match sticks  
Mixed green leaves

### Orange & honey dressing

Juice of 1 orange  
1 tbsp lime juice or white wine vinegar  
1 tsp honey (or a little more)  
1 tbsp macadamia nut oil or olive oil  
1 tsp sesame oil  
1tbsp wheat free tamari sauce  
Mix all together. Adjust quantities to taste. Toss in with the salad vegetables.

Saturday afternoon tea: **Carrot cake & icing** 12 servings

#### The Cake

2¼ cups (256g) flour (can also use gluten free flour)  
3 teaspoons baking powder  
1 teaspoon baking soda  
3 teaspoons cinnamon  
½ teaspoon nutmeg  
1 teaspoon salt  
½ cup (125g) applesauce  
1 cup almond milk  
2 teaspoons vanilla  
1 cup brown or coconut sugar  
½ cup (melted) coconut oil  
2 cups (240g) grated carrots, medium-packed

Preheat the oven to 350°F and grease a 9x13 baking pan.  
In a large bowl, whisk together the flour, baking powder, baking soda, cinnamon, nutmeg and salt.  
In a separate bowl, whisk together the applesauce, almond milk, vanilla, sugar and oil.  
Mix the dry ingredients into the bowl with the wet ingredients.  
Fold in the carrots and stir until just combined.  
Bake for 30 to 40 minutes or until a toothpick inserted comes out clean. Let cake cool completely before frosting.

#### The Icing

½ cup (58g) raw macadamia nuts (soaked, drained and rinsed)\*  
½ (68g) cup raw cashews (soaked, drained and rinsed)\*  
¼ cup almond milk  
¼ cup maple syrup  
2 tablespoons coconut oil  
1 teaspoon vanilla  
2 teaspoons fresh lemon juice  
½ teaspoon salt

Make the icing: combine all frosting ingredients into a high speed blender. Blend until very smooth for 1 to 2 minutes or more, scraping down the sides occasionally. You can add an extra tablespoon of almond milk if necessary to get your blade moving.  
Chill for at least 30 minutes before spreading. (It will firm up a bit).  
Store frosted cake in the fridge.

\*\*Soak your cashew and macadamia nuts for at least 3 to 4 hours, preferably overnight, then drain and rinse before using. Use a very high speed blender for this icing. You can also use a good quality food processor, but I recommend soaking the nuts overnight so that your icing will blend smoothly. From [Love & Lemons](#)

## Saturday dinner: **Carrot & amaranth gnocchi with coconut cream & green beans**

Yeah, there is an easter-y carrot theme happening!

Serves 5

### Gnocchi

300g carrots  
2tbsp extra virgin olive oil  
Pinch of sea salt and black pepper  
½ cup amaranth  
½ cup quiona  
2 cups filtered cold water  
½ cup brazil nuts, roasted  
6 sage leaves, chopped

Preheat oven 160C. To make gnocchi toss carrots in oil, salt & pepper and roast in oven for 15 minutes, or until tender. Remove from oven.

Rinse amaranth and quiona in a fine sieve, then place in a small saucepan with water. Cover & bring to boil. Reduce heat & simmer for 12 minutes, until water has been absorbed. Remove from heat.

Process carrots, quiona, amaranth, nuts & sage in a food processor until combined. Roll teaspoons of mixture into small log shapes and place in a tray lined with baking paper. Bake for 10 minutes.

### Coconut cream & green beans

2tbsp coconut oil  
2 cloves garlic  
1 medium onion, sliced  
2 lemongrass stalks (white part) finely sliced  
1 long red chilli, sliced  
1 piece of fresh ginger, grated  
1 tsp ground turmeric  
1 tbsp fresh turmeric, grated  
Large pinch of sea salt  
4 kaffir lime leaves  
½ cup vegetable stock  
400ml coconut cream  
300g green beans, trimmed  
Thai basil leaves, coriander or Vietnamese mint to taste  
¼ cup raw cashews, toasted & chopped, for garnish

While the gnocchi is baking ...

Add oil to a pan and sauté onion, lemongrass, ginger, chilli, grated turmeric and a large pinch of salt. Saute for 5 minutes, then add ground turmeric and kaffir lime leaves.

Deglaze pan with vegetable stock, then add coconut cream. Bring to a boil then simmer.

Once the gnocchi is just about ready, add the green beans to the coconut cream sauce and cook a further 3 minutes. Add herbs and check seasoning.

Serve in bowls with gnocchi. Garnished with cashews & extra herbs.

Adapted from Gwinganna Lifestyle Retreat recipe book.

Sunday lunch was huge!

spinach pies, tomato chutney & baked sweet potato with rocket, feta and black olive – walnut relish

### Spinach pies

I used store bought frozen puff pastry. Once thawed I cut into quarters. Each pie was 1 quarter. Put 1 – 2 tbsps of the spinach mixture in the centre. Draw each corner together & seal at the top, then seal each side.

Brush with oil. Bake in 180C oven until the pastry is golden and cooked through. Approx 20 minutes.

Blanch or lightly fry the washed & cut spinach until it's wilted as much as it will go. This is important as it will release a lot of water in the process & you want to remove as much of the water as possible so the pastry does not go soggy.

I added a pinch of hing (ayurvedic alternative to onion & garlic that you can buy at Indian grocery shops) and Italian mixed herbs for flavour. Salt & pepper to taste. Instead of bread crumbs I used flaxmeal to absorb any extra spinach liquid and hold it together somewhat.

That's it ☺ This is a made up recipe by Gita ☺

I use this method of the little pies occasionally with any leftovers to give them a new life!

### Tomato chutney (served alongside the spinach pies) Yields approx 2 cups

3tbsp oil

½ tsp black mustard seeds

½ tsp cumin seeds

1 x 5cm piece of cinnamon stick

3 – 4 whole dried red chillies

½ tsp turmeric

3 ½ cups firm ripe tomatoes, peels & coarsely chopped (except I didn't peel mine)

¼ cup sugar (more or less – depends on the sweet or tartness of the tomatoes)

½ cup sultanas (optional)

½ tsp salt

Heat the oil in a large heavy frying pan over a moderate heat.

Sauté the mustard seeds in the hot oil until they begin to crackle. Add the cumin and cinnamon.

When the cinnamon darkens add the chilli & turmeric. Immediately add the chopped tomatoes and, stirring to mix, cook over a moderate heat for 10 minutes.

Add the sugar, sultanas & salt.

For a moist chutney, continue to cook for another 5 minutes. For a thick jam like chutney, cook for another 15 minutes until the chutney appears thick and glazed. Serve warm or cold.

From Great Vegetarian Dishes by Kurma dasa



## Baked sweet potato with rocket, feta and black olive – walnut relish

Serves 4 – 6

4 sweet potato (2kg), washed & dried. Keep the skin on. Cut into 1cm slices.

2 – 3 tbsp extra virgin olive oil

Sea salt & black pepper

300g Puy / French lentils

2 cups (80g) rocket leaves

200g dairy or almond feta

### Olive Walnut Relish

1 cup walnut pices, toasted

2 garlic cloves, grated

1 cup (30g) coriander leaves, roughly chopped

150g wrinkly black olives (or other black olives), pitted & roughly chopped

6tbsp extra virgin olive oil

Sea salt & black pepper

Juice ½ lemon

Preheat oven to 200C

Arrange sweet potato slices on a large baking tray, coat in oil and season well with S & P.

Roast for 20 – 25 minutes, or until tender.

In a large saucepan of cold water, add the lentils and bring to the boil over a high heat. Reduce the heat to medium and cook for 20 – 25 minutes, until just soft. Drain.

To make the relish, place the walnuts and garlic in a mortar and pound them with a pestle until you have a coarse mixture. Transfer to a bowl and stir in coriander, olives, oil, a big pinch of S & P. Slowly add the lemon juice and stir until well mixed.

To serve, combine the sweet potatoes with the cooked lentils, rocket, S & P and toss gently to combine. Crumble the feta on top & spoon the olive walnut relish over the top too.

From the [Arthur Street Kitchen Community Cookbook](#)





Easter Sunday afternoon tea: **Vegan chocolate mousse with raspberry chia jam**

Try googling 'aquafaba' (chickpea water) chocolate mousse & a lot comes up. Following is what I did. Serves 4 – 6.

Chocolate mousse

The juice from 1 can of chick peas in a bowl

¼ tsp cream of tartare (optional)

Beat with a hand mixer until it fluffs up to peaks that stand on their own

Melt 160g dark chocolate. Let it sit a moment to take the edge of the heat.

Gently fold the melted chocolate evenly through the aquafaba.

Spoon into whatever you are serving it in. Let it set 30 minutes in the fridge.

Raspberry jam.

1 cup raspberries + extra for topping (if they are frozen, then thaw them first)

2tbsp water

2 tbsp chia seeds

Combine 1 cup raspberries with water & blend. Put in a bowl and mix chia seeds evenly in. Let it sit for 30 minutes to thicken.

Spoon the raspberry jam even over the chocolate pudding. Add extra whole raspberries on top.





## Sunday dinner: **Tortilla Soup**

Serves 4

3 tbsp oil  
1 red onion, diced  
1 clove of garlic,  
crushed  
1 tsp cumin  
1 tsp chilli flakes  
1 tsp turmeric powder  
6 fresh roma  
tomatoes, quartered  
1 1/2 litre of veggie  
stock  
1 can of Chilli beans  
2 tsp oregano  
2 eggplants, smoked\*  
salt and pepper to  
taste  
1 avocado, peeled &  
sliced  
4 handfuls grated  
cheddar or feta  
cheese  
corn tortillas  
1 lime  
and last but not least,  
a handful of fresh  
coriander, chopped

\*Burn lightly oiled eggplants on stove-top turning them occasionally. When the skin has been totally destroyed, remove them from the flame and let them cool. Peel and discard the burnt skin, mush and save the smoked eggplant in a bowl.

Heat oil in a large pot.

Fry cumin seeds, onion, garlic, turmeric and chili flakes.

Add in the chopped tomato and fry it for few min.

Then add veggie stock, kidney beans and eggplant cover it and bring it to a boil.

Add the herbs and spices and make sure they dissolve into the broth.

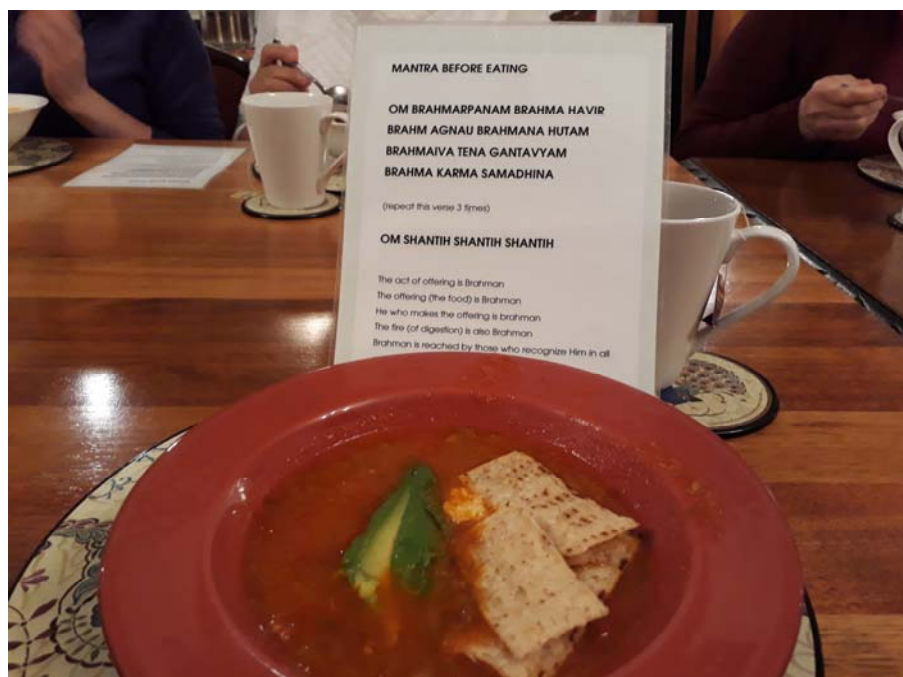
Let it boil for a good long time, the more it cooks the better the broth comes together. Give it an hour.

While it simmers, slice up the avocado, prepare the tortillas and chop the cilantro. Then place them all in bowls on the table, with the shredded or crumbled cheese.

When the broth is done it should be a warm red color slightly sweet and spicy. Now it's time to add the lime. Cut the lime into quarters and squeeze half of it into the pot. This will brighten the flavors and make it sing.

Now we're ready to serve. Let your guests build their own bowls, starting with a few tortillas, a sprinkle of cheese, and a bit of avocado and cilantro. Then pour some soup over it and watch it all melt into a delicious and satisfying Mexican(ish) stew.

Original recipe by Swami Gopal Puri



Monday lunch on a Sri Lankan theme: Beetroot curry, mallung, roasted chickpeas & salsa.

## Sri Lankan beetroot coconut curry

Serves approx 4

I cheated here. My fruit & vege place sell premixed spices and I used that.

So just gently fry the spices, add coconut cream. Bring to boil & add beetroot. Gently cook until tender. Add coriander leaves before serving.

This recipe we had on a past retreat & it was awesome!

4 beetroots peeled and chopped to match sticks

1 x 200g can of coconut cream

1 small onion finely chopped. Though I used hing instead

1 cloves of garlic – I used hing instead

1 thumb of ginger

1 tsp of cumin seeds

1 tsp of fennel seeds

1 tsp mustard seeds

1 tsp of coriander seeds

5 cardamom pods

2 star anise

2 tsp of garam masala

3 dried chillies (or less depending on taste)

oil

Coriander leaves

Salt

Roast all the spices (apart from the garam masala and cardamom) until they are aromatic but not burnt, be a little careful here as it's easy to burn the spices. Then pound to a dust in a mortar and pestle or spice blender.

Sauté the onion / leek until soft then add the chopped garlic and cook for a few minutes. Then add the grated ginger and breathe deeply. A few minutes later throw in all the spices including the garam masala. Allow to mingle and cook.

Pour in the coconut cream and then add the beetroot along with the dried chillies and cardamom.

Bring to the boil & then turn down the heat. Let it simmer until the beetroot is tender.

Taste for spice levels and seasoning and adjust accordingly with some chopped fresh chillies, salt, pepper and a little extra spice if required. Depending on the beetroot, sometimes this dish will taste sweeter or less so, so you can add a little sugar or a splash of white vinegar to balance the flavours if not quite right.

At the last minute, stir through some chopped coriander and serve.

## Sri Lankan mallung with Chinese broccoli

Serves 3 – 4 as a side dish.

½ tsp black mustard seeds  
6 – 8 curry leaves fresh or dried

½ tsp cumin seeds

½ tsp ground turmeric

1 small chilli chopped or ground chilli to taste

¼ cup shredded coconut

Salt to taste

1 bunch Chinese broccoli

After washing the broccoli, cut the hard very end of the trunks off. Then chop or really its slicing the rest starting from the trunk up to the leaves. Trunks approx 3mm thick & leaves 5mm thick.

In oil sauté black mustards seeds until the crackle. Add cumin and curry leaves. When they start to go dark add chilli & turmeric, then immediately add the chopped trunks and stir fry them up for a minute or so. You would like them to have some crunch when served.

Then add the leaves and continue to cook until they are wilted. It will only take another minute, not more than 2. While stirring add the coconut & salt. Serve. I'm tempted to squeeze some lime or lemon on, but its not the Sri Lankan thing 😊

## Sri Lankan salsa

1 lebanese cucumber, diced

¼ small red onion finely diced

1/8 cup fresh coriander leaves roughly chopped

Juice of 1 lime

½ long green chili finely chopped

S & P to taste

Mix together

## Spicy roasted chickpeas

I used from a can. If you use dried ones then soak overnight. Cook until tender.

Either way, make the chocolate mousse for dessert!

Dry the chickpeas off a little by sitting them on a clean tea towel.

Put in a bowl with a little oil. Add spices of your choice (premix is ok). I'd recommend turmeric, cumin & chili powder as a base. Mix it evenly over the chickpeas.

Put baking paper over a baking dish. Evenly lay out the spiced chickpeas. Bake at 180C for 15 minutes. Baking time can vary if you want softer or dryer chickpeas.



Curious kookaburra ...  
maybe hoping to be vegetarian in his next life?

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