

ANANDA®
— IN THE HIMALAYAS —
A DESTINATION SPA

GOURMET
AYURVEDA
RECIPES



In Ayurveda, healing comes from within as much as it does from outside.

Eating the right food that is fine-tuned to your specific body type or dosha determines your physical and mental wellbeing. Each dosha - Vata (energy of movement and the force governing all biological activity), Pitta (energy of digestion and metabolism) and Kapha (energy of building and lubrication) - has guidelines for food groups and ingredients depending on the balance or imbalance of its specific characteristics in each individual.

At Ananda, our specially curated menus are tailor-made to each dosha incorporating seasonal variations in cuisine as well as recommended styles of cooking. The six fundamental food categories of sweet, sour, salty, pungent, bitter and astringent are combined with the three macro nutrients of protein, fat and carbohydrates, all of which provide certain nutritional factors key to good health.

If health and gourmet strike you as an odd combination, the chefs at Ananda will prove you wrong! Each day brings a new set of personalized menus that showcase signature traditional and new world cuisine using farm fresh ingredients without artificial salts, colors, flavors or preservatives.

Welcome to the Ananda world of creative healthy cuisine.



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Palm Heart & Haricot Bean Salad

INGREDIENTS

FOR SALAD

Haricot beans/30 gm
Palm heart/30 gm
Cherry tomato/10 gm
Kalamata olives/10 gm
Capers/2 gm
Spring onion/10 gm
Mint leaves/5 no.

FOR HAZELNUT DRESSING

Hazelnut/5 gm
Lemon juice/5 ml
Olive oil/5 ml
Sugar castor/2 gm
Salt/1 gm
Black pepper/1 gm

METHOD

Blanch beans in boiling salted water and then cool it in ice water.

For tapenade, chop tomatoes, spring onions, olives and mint.

Mix together and season with salt and pepper.

For dressing, crush the hazelnut.

Whisk the olive oil and lemon juice together, add castor sugar, crushed hazelnuts and season with salt and pepper.

Marinate palm heart and beans in hazelnut dressing, garnish with capers and serve with olive tapenade.

NUTRITION PER SERVING: Calories from fat 27%; from carbohydrates 66%; from protein 7%



Star Anise Scented Beetroot Poached Pears

INGREDIENTS

Pears/60 gm
Sugar/10 gm
Star anise/2 gm
Beetroot juice/100 ml
Celery/10 gm
Raisins/10 gm
Salt/1 gm
Lemon juice/5 ml
Goat cheese/10 gm

METHOD

Boil beetroot juice with sugar and star anise.
Peel the pear, poach it in a beetroot solution for 30 minutes and then let it cool in the same.
Add lemon juice in this cold solution.
Make small galettes of goat cheese and pan sear it till it's golden in color.
Cook the raisins and celery with water and sugar until soft to make a relish.
Let it cool and then grind it roughly.
Serve poached pear with pan seared goat cheese and relish.

NUTRITION PER SERVING: Calories from fat 20%; from carbohydrates 71%; from protein 9%



Baked Asparagus Salad in Phyllo Pastry

INGREDIENTS

FOR PHYLLO PASTRY

| | |
|--------------------|-----------------------|
| Asparagus/30 gm | Salt/1 gm |
| Olive oil/2 ml | Black pepper/1 gm |
| Almonds/30 gm | Milk/70 ml |
| Water/100 ml | Phyllo pastry/1 sheet |
| Dry apricots/15 gm | |
| Rosemary/1 gm | |
| Sugar/10 gm | |

METHOD

Season the asparagus with salt, black pepper and olive oil.

Wrap the asparagus in phyllo pastry.

Bake the phyllo wrapped asparagus under salamander oven till it's crisp and golden in color.

Soak the almonds in water overnight.

Peel almonds, boil with milk, make a fine puree and add salt towards the end.

Cut apricots in small pieces and cook with water, rosemary and sugar till it's shiny and soft.

Serve the phyllo wrapped asparagus with almond puree and apricot relish.

NUTRITION PER SERVING: Calories from fat 35%; from carbohydrates 53%; from protein 12%



Himalayan Beetroot & Goats Cheese Salad

INGREDIENTS

FOR BEETROOT RAVIOLI

Boiled beetroot/30 gm

Goats cheese/24 gm

Sun-dried tomatoes/10 gm

Chopped olives/5 gm

Chopped prunes/10 gm

Basil oil/5 ml

Orange/20 gm

METHOD

Peel the boiled beetroot, slice very thinly and marinate with salt.

Mix goat cheese with finely chopped sun-dried tomatoes, basil oil, olives and prunes.

Peel oranges and take out segments.

Fill the beetroot slices with goat cheese mixture.

Arrange beetroot ravioli.

NUTRITION PER SERVING: Calories from fat 36%; from carbohydrates 45%; from protein 19%



Grilled Zucchini & Philadelphia Salad

INGREDIENTS

FOR ZUCCHINI

Yellow zucchini/40 gm
Green zucchini/40 gm
Philadelphia cheese/20 gm
Chopped mixed herbs/4 gm
Olive oil/2 ml
Salt/1 gm
Black pepper/1 gm

FOR SALSA

Chopped pineapple/20 gm
Chopped mint/2 ml
Olive oil/1 ml
Salt/1 gm
Black pepper/1 gm

FOR TOMATO PUREE

Red organic tomatoes/30 gm
Chopped onions/5 gm
Chopped garlic/2 gm
Salt/1 gm
Olive oil/1 ml

METHOD

Cut zucchini in ribbons and steam them.

Mix cheese and herbs.

Season the steamed zucchini with salt pepper and olive oil.

Apply cheese on one side of the grilled zucchini and roll them.

For salsa, mix all the ingredients and chill before serving.

For tomato puree, saute onion and garlic in a pan. Blanch, peel and deseed the tomatoes.

Add tomato to onion and garlic.

Blend tomato mixture and strain for a smooth puree.

NUTRITION PER SERVING: Calories from fat 54%; from carbohydrates 29%; from protein 17%



Whole Wheat Spaghetti with Soy Bolognese

INGREDIENTS

Whole wheat spaghetti/80 gm

Soy bolognese/80 gm

Salt/20 gm

Chopped parsley/2 gm

Chopped garlic/3 gm

Chopped onion/3 gm

Olive oil/5 ml

FOR SOY BOLOGNESE

Chopped carrot/20 gm

Chopped onions/20 gm

Chopped celery/10 gm

Chopped tomatoes/30 gm

Soya nuggets (soaked
and minced)/50 gm

Olive oil/5 ml

Tomato puree/50 gm

Bay leaf/1 no.

FOR GARNISH

Basil sprig/1 no.

Artichokes/20 gm

METHOD

To make soy bolognese, heat oil in a pan, add chopped garlic, tomatoes, celery, carrots and bay leaf. Saute for a few minutes.

Mince soaked soya nuggets and add to the pan. Cook for 2 minutes.

Now add finely chopped tomatoes and tomato puree and cook.

Add salt and a little water. Cook for 5 minutes to make a thick soy bolognese sauce.

Keep the sauce aside.

Boil whole wheat spaghetti in salted water till cooked and drain excess water.

Heat oil in pasta pan, add onions, garlic and saute it.

Add the soy bolognese and cook for 1 minute, add a little water to achieve sauce consistency.

Add the boiled spaghetti to sauce and toss the pasta.

Adjust seasoning of pasta and finish with finely chopped parsley.

Garnish the pasta with grilled artichoke and basil leaves.

NUTRITION PER SERVING: Calories from fat 6%; from carbohydrates 79%; from protein 15%



Coconut Flavored Vegetable Stew with Lentils & Cumin Tempered Rice

INGREDIENTS

FOR COCONUT FLAVORED VEGETABLE STEW

Carrot/10 gm
French beans/10 gm
Radish/10 gm
Turnip/10 gm
Green peas/10 gm
Coconut milk/20 ml
Oil/2 ml
Mustard seeds/1 gm
Curry leaves/1 gm
Turmeric/1 gm
Salt/1 gm
Cumin powder/1 gm
Coriander powder/2 gm
Onion/5 gm

FOR LENTILS

Yellow moong lentils/30 gm
Mint/5 gm
Onion/5 gm
Tomato/5 gm
Garlic/2 gm
Salt/1 gm
Cumin seeds/1 gm
Cumin powder/1 gm
Coriander powder/1 gm
Oil/5 ml

CUMIN TEMPERED RICE

Rice/30 gm
Salt/1 gm
Cumin seeds/1 gm
Coriander green/2 gm
Oil/2 ml

METHOD

FOR STEW

Dice all vegetables, heat oil in a pan, crackle the mustard seeds. Add curry leaves and onions and saute for 2-3 minutes.

Add vegetables and saute, add spices and saute. Add coconut milk and water and cook till vegetables are soft.

FOR LENTILS

Wash and boil lentils.

Heat oil in a pan, crackle cumin seeds, saute onions and garlic till golden brown.

Add chopped tomatoes and spices, add salt. Mash tomatoes.

Add boiled lentils and water and cook on slow flame.

FOR RICE

Heat oil in a pan, crackle cumin seeds, add boiled rice to the pan and toss.

Garnish rice with chopped fresh coriander.

NUTRITION PER SERVING: Calories from fat 27%; from carbohydrates 57%; from protein 16%



Japanese Style Vegetable Stew

INGREDIENTS

Shallots/20 gm
Red pumpkin/20 gm
Sweet potato/potato/10 gm
Carrot/10 gm
Turnip/10 gm
Scallions/5 gm
Water/300 ml
Sake/5 ml
Mirin/5 ml
Kikkoman soy sauce/5 ml
Brown sugar/2 gm
Light soy sauce/1 ml
Udon noodles/20 gm

FOR GARNISH

Gari/5 gm

METHOD

Dice all the vegetables.
Mix water, sake, mirin, sugar, kikkoman soy and light soy in a pan and add diced vegetables to it.
Boil the vegetables till they're soft.
Boil the noodles in salted water to cook and strain.
To serve, put cooked noodles in a bowl and top with vegetable stew.
Garnish with gari.

NUTRITION PER SERVING: Calories from fat 6%; from carbohydrates 84%; from protein 10%