cooking for your body type

everyday meals to suit your temperament

by Nasira Vallee and Rashid Bhikha
A PRODUCT OF THE IBN SINA INSTITUTE OF TIBB

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The art of food preparation has always been an integral part of my life. As Indian women we grow up with wonderful aromas and a sense of pleasing our families through the meals that we feed them. When I discovered the philosophy of Tibb medicine and introduced it into my kitchen, I had to learn, understand and appreciate that there is so much more to the foods we eat and prepare than we have grown accustomed to. I have come to the realisation, due to illnesses both minor and long term, affecting my loved ones that diet is the major factor in the maintenance of health. We cannot always control the other factors that determine our well-being, but we can control what we eat. That alone is empowerment enough.

I wish to express my sincere gratitude to everyone who has been involved in putting this book together. My mother Mariam, whose tried and tested recipes grace the pages of this book, and who is always our greatest teacher, advisor and inspiration.

To my father Rashid, who wrote everything except the recipes. Truly our mentor, whose dedication to this amazing art of healing, never ceases to amaze. Hakim Abdul Haq for his insight and wisdom and for assisting me throughout with the task of determining the ‘temperaments’ of all the ingredients and the final meals. Robyn Wilkinson for editing and re-editing and for putting everything together with elegance and an abundance of patience. Farhana Meeran, for the endless hours of typing and unwavering support of all our tasks at the Institute. My sister Nasima, for the endless hours of typing and unwavering support of all our tasks at the Institute. My sister Nasima, for aiding and assisting at every step, and for always being there. My sister Zaheera, without whom none of the pictures would have been possible. Thank you for all the help cooking, clearing and above all ‘styling’. My children, Naeem and Salma, for being angels each time I sat down to work on the book. My husband, Farhad, whose talent and determination shines through in every photograph. Thank you for always being so understanding and for your dedication to all your projects, particularly for this one that was such a challenge.

My gracious thanks to the Almighty from whom comes all good health and for having bestowed upon us everything from which we may gain sustenance, and for blessing our lives with prayer and faith.

To the readers, enjoy this book and use it to inform you about the temperaments of foods that you know and love. Above all: live wisely, pray, work hard, relax, enjoy your family, take part in sport, never stop learning and do a little bit of everything that will contribute to the fulfillment of your existence. Eat well and live life to its fullest.

Nasira Vallee
Johannesburg
May 2003
This book is dedicated to Galen, the ‘father’ of temperament, and to all the caregivers, homemakers and preparers of food who strive to ensure the good health of those they love, most often through the food they cook.
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“Leave your drugs in the chemists pot if you can heal the patient with food.”

HIPPOCRATES

Welcome to a new system of eating: a system that embraces who you are and makes specific allowances for your individual body type, personality, habits and temperament. This is no ordinary cookbook but a cookbook that includes a philosophy of health.

With food fast gaining recognition as one of the most important factors contributing to health, many people are looking to the ancient and natural systems of healing, particularly those from the East, as a guideline for healthy eating. This book embraces the healing wisdom as taken from Tibb medicine, a philosophy dating back centuries. According to Tibb philosophy, the food we eat profoundly influences our state of well being “Let food be your medicine,” says Hippocrates.

The chapters in this book are designed to give you an understanding of purposeful eating. The first deals with Tibb Medicine and the philosophy behind Tibb. The second enables you to identify your own personal temperament and the next speaks about digestion and elimination. After that, we explain the qualities and temperaments of food and how to match your meals with your temperament. Not only are we saying ‘you are what you eat’ but also, ‘according to what you are, is how you should eat’. Knowing your temperament and which food best suits your unique blueprint forms the basis of this book. This book is not aimed at people who want to lose weight, (although attaining optimum weight forms part of the benefits of well-being), but it is for the average householder who wants to balance the family’s meals by knowing each person’s temperament and providing meals to suit them.

Cooking procedures have been kept as close to the original Tibb philosophy as possible and ingredients such as fats and oils have not been eliminated as these are required to retain the correct quality of the meals. Remember that in a state of good health everything in moderation is not harmful and that it is better to have a little of something bad than too much of something good.

Also included are notes about our attitude to eating, household tips and keeping a harmonious kitchen. Four chapters of tried and tested recipes have been classified into different temperaments giving you a guideline of different meals best suited to your temperament. They have been adapted for delicious everyday eating using easily accessible South African ingredients. Finally a comprehensive glossary, conversion table and spice chart to complete your understanding of the art of eating. Use this book just for the delicious recipes or follow the philosophy and change your life.
Background:
Tibb medicine, also known as Unani-Tibb is a comprehensive healing system based on scientific data and taking every aspect of the individual into account. By knowing yourself, your personality, as well as the environmental and emotional factors that influence you – you are able to empower yourself by creating conditions that favour your disposition. Tibb has journeyed through many teachers, philosophers and countries with principles that can be traced to Greek, Egyptian, Arabic and Western Medicine. Unani is a Persian word for ‘Greek’, and Tibb an Arabic word meaning ‘Medicine’. Approaching health maintenance holistically, it recognizes the mental, emotional, spiritual and physical causes of illness or health, as well as the techniques of modern science and medicine. Rather than handing total responsibility for your health over to a doctor, Tibb believes that each individual should take responsibility and individuals can do this very effectively by choosing and regulating the type of food consumed.

Man and his Environment:
One of the greatest strengths that Tibb provides is the insight into the creation of man, his nature, constitution and his relationship to the environment. Teachings from many of the great philosophers like Hippocrates (the “father of Western medicine”) and Galen as well as the Arab physicians Rhazes, Ibn Nafoes and Ibn Sina or Avicenna dominate its philosophy and practice. Modern day use of this system is seen in countries such as India, Pakistan, Bangladesh and Sri Lanka. An important part of Unani-Tibb is the emphasis it places on primary health care and empowering individuals to take responsibility for their own well-being.

Four Elements:
Tibb philosophy is based on the theory that everything in the universe comprises of four elements symbolically represented by fire, air, water and earth. These elements have corresponding qualities of heat, moistness, coldness and dryness. Every entity in the universe be it mineral, plant, animal or man, contains these elements and qualities in specific ratios. Depending on the ratios of these elements every object, compound or living entity has a state of equilibrium that reflects the qualities of heat, moistness, coldness and dryness. This equilibrium of qualities is called ‘temperament’.

Temperament:
The overall temperament of the human being is hot and moist, which stands to reason, when we know that the body has an ideal temperature of 37ºC, and contains between 60-70% water. However, slight variations within this hot and moist condition, cause some of us to feel colder or hotter than others. What becomes interesting is that the temperament of an individual can be identified by observing the particular characteristics of physical appearance as well as the mental, emotional and spiritual attributes - body, mind and soul. Believe it or not, the differences in skin and hair texture, body type, emotional reactions and etc, offer important information about our personal temperaments.
As long as we are able to maintain an ideal temperament, health will prevail. Our body fluids, also known as humours, produced from the food and drink we consume, are responsible for maintaining the qualitative state of an individual’s ideal temperament. It is all as simple as knowing that illness results from the imbalance of humours and treatment involves correcting imbalances.

**Lifestyle Factors:**
We are all aware that life-style plays an important role in the state of our well-being. Tibb has a checklist consisting of six factors to consider when examining the relationship between you and your environment. Making sure that each of the following factors are given appropriate attention will help you to monitor the quality of your life.

**Environmental Air and Breathing:** considering the quality of air and whether breathing is shallow or deep. **Sleep and Wakefulness:** getting the right amount of undisturbed quality sleep, feeling alert during waking hours **Food and Drink:** are you eating food that sustains you, are you dehydrated? 

**Movement and Rest:** looking at exercise that is suited to your body, the pace of your life, do you rest sufficiently? **Elimination:** are you eliminating regularly? **Emotions:** do you express emotion appropriately?

Each of these six factors affect us qualitatively and either raise or lower heat, moisture, dryness and coldness. For example, weather is either hot or cold or moist or dry. Similarly; sleep increases moisture in the body, exercise produces heat.

**TEMPERAMENT IN FOOD**
The abovementioned qualities also exist in foods and drink: certain foods have the effect of cooling or heating the body while others may decrease or increase moisture in the body. Currently food groups are classified as follows:

- the conventional classification into proteins, fats, carbohydrates and minerals;
- foods that provide different amounts and rates of nutrition or energy;
- foods that boost the immune system;
- foods that are protein, neutral or starch in nature.

Tibb includes a further classification that takes into account the effect of food on the temperament. Foods that:

- Increase or decrease heat in the body
- Increase or decrease coldness in the body
- Increase or decrease dryness in the body
- Increase or decrease moisture in the body

In Tibb, each food type is classified as heating or cooling with levels of moisture or dryness. This classification refers to the inherent temperament associated with the foods and the effect they have on the temperament of the individual. For example milk is cold and moist whereas chicken is hot and dry. The concept of heating and cooling foods is linked to the effect of the foods on the body. Foods that are heating in nature will increase the rate of metabolism. Conversely, foods that are cooling in nature will reduce the body’s metabolic rate.

On the following page you will find food charts that contain heating and cooling foods with corresponding qualities of moistness and dryness.
### HEATING FOODS

<table>
<thead>
<tr>
<th>MEAT, FISH &amp; CHICKEN</th>
<th>WITH DRYNESS</th>
<th>WITH MOISTNESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken, lobsters, prawns, all small bird meat, Oily fish</td>
<td>Buck, goat, goose, lamb, liver, mutton, turkey,</td>
<td></td>
</tr>
<tr>
<td>VEGETABLES</td>
<td>Bitter gourd, celery, fenugreek, green pepper, garlic, leek, mustard, onion, parsley, red pepper</td>
<td>Artichokes, asparagus, chives, ginger, olives, spinach, squash, spring onions, sweet potato, turnips</td>
</tr>
<tr>
<td>FRUITS &amp; NUTS</td>
<td>Avocado, Grapes Cashews, hazel nuts, pecan nut, walnuts</td>
<td>Bananas, dates, guavas, mangoes, peaches, papaya, almonds, brazil nuts, pistachios, apricot kernels</td>
</tr>
<tr>
<td>GRAINS &amp; SEEDS</td>
<td>Chickpeas, fenugreek seeds, gram flour, mustard seeds, papad</td>
<td>Bread, bulgar wheal, flour, pasta, rye bread, sunflower seeds, wheat</td>
</tr>
<tr>
<td>DAIRY &amp; NON DAIRY PRODUCTS OILS</td>
<td>Eggs</td>
<td>Condensed milk, cheese, cream cheese, mothers milk (for babies), clarified butter, lecithin, castor oil, olive oil, sunflower oil</td>
</tr>
<tr>
<td>SPICES, HERBS &amp; SEASONING</td>
<td>Aniseed, cinnamon, cloves, celery seed (ajmo), garlic, lavender, mustard seeds, nutmeg, oregano, paprika, parsley, peri-peri, red chilli, rocket, rosemary, saffron, tarragon,</td>
<td>Bay leaves, black pepper, cayenne pepper, dill seeds, dried ginger, fennel, green masala, marjoram, mint, sage, salt, soya sauce, thyme, turmeric, watercress, white pepper,</td>
</tr>
<tr>
<td>BEVERAGES</td>
<td>Alcohol, Grape juice, Herbal teas</td>
<td>Green tea, hot water, juices (see fruit), Herbal teas</td>
</tr>
<tr>
<td>CONDIMENTS &amp; SPREADS</td>
<td>Chili sauce, mustard sauce, peri-peri sauce</td>
<td>Mayonnaise,</td>
</tr>
<tr>
<td>FLAVOURANTS</td>
<td>Pungent and bitter flavourants</td>
<td>Honey, molasses, sugar, salt</td>
</tr>
<tr>
<td>CONFECTIONARY &amp; DESSERTS</td>
<td>Biscuits, cakes, chocolate, liquorice, vermicelli</td>
<td></td>
</tr>
</tbody>
</table>

### COOLING FOODS

<table>
<thead>
<tr>
<th>MEAT, FISH &amp; CHICKEN</th>
<th>WITH DRYNESS</th>
<th>WITH MOISTNESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef, biltong (beef), crabs, fish, knuckles, mussels, ostrich, oysters, pork, snails, tripe, veal</td>
<td>Duck, rabbit</td>
<td></td>
</tr>
<tr>
<td>VEGETABLES</td>
<td>Brinjal (egg plant), brussel sprouts, cabbage, cauliflower, green beans, mushrooms, peas, potatoes, sauerkraut, sweet potatoes, tomatoes</td>
<td>Bean curd, beetroot, baby marrow, butternut, broccoli, carrots, cucumber, gem squash, Indian ghourd, lady fingers, lettuce, okra, patty pans, pumpkin, radish, sprouts, soya beans, tofu, turnips, zucchini,</td>
</tr>
<tr>
<td>FRUITS &amp; NUTS</td>
<td>(All sour fruits), apples, cherries, coconut, granadilla, grape fruit, lemon, lime, naartjies, oranges, plums, prunes, pomegranate, raspberries, strawberries, sultanas, peanuts</td>
<td>Apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, paw-paw, pears, pineapple, prickly pears, quince, spanspek, watermelon Macadamia nuts</td>
</tr>
<tr>
<td>GRAINS &amp; SEEDS</td>
<td>Barley, bean (all types), corn, cornflour, couscous, lentils, linseed, maize, mielie meal, mielies, millet, peas, popcorn, poppy seeds, samp sesame seeds,</td>
<td>Cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina, watermelon seeds, linseed</td>
</tr>
<tr>
<td>DAIRY &amp; NON DAIRY PRODUCTS OILS</td>
<td>Egg white, milk (sour), yoghurt, Coconut oil, corn oil, sesame oil</td>
<td>Coconut milk, cows milk, goats milk, buttermilk, butter. rice milk, soya milk Butter, margarine</td>
</tr>
<tr>
<td>SPICES, HERBS &amp; SEASONING</td>
<td>Basil, prunes, poppy seeds, tamarind,</td>
<td>Cardamom, coriander, cumin, vanilla</td>
</tr>
<tr>
<td>BEVERAGES</td>
<td>Sour fruit juices, tea (black), coffee, ice, sour milk</td>
<td>Glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos</td>
</tr>
<tr>
<td>CONDIMENTS &amp; SPREADS</td>
<td>Balsamic vinegar, peanut butter, pickles, tomato sauce, Worcestershire sauce, vinegar</td>
<td></td>
</tr>
<tr>
<td>SWEETENERS</td>
<td>Fructose, glucose, rose syrup</td>
<td></td>
</tr>
<tr>
<td>CONFECTIONARY &amp; DESSERTS</td>
<td>Custard, ice cream, rose syrup, sago</td>
<td></td>
</tr>
<tr>
<td>CEREALS</td>
<td>Cornflakes, mielie meal, millet</td>
<td>Pronutro, rice crispies</td>
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</table>
As can be seen from the above tables, all foods—meat, vegetables, grains, etc.—have qualities associated with them. If we add the concept of qualities to the food groups that we are familiar with, we can then see the relationship between proteins, fats, carbohydrates, minerals and qualities.

- **Protein**—Overall quality of Dryness, but with degrees of heat or coldness, and the least amount of moistness
- **Fats**—Overall quality of Heat, but with degrees of moistness, and the least amount of dryness and coldness
- **Carbohydrates**—Overall quality of Moistness, but with degrees of heat and coldness, and the least amount of dryness
- **Water**—Overall quality of Cold and Moistness.
- **Minerals**—Overall quality of Cold and Dryness.

This leads us to the fact that not only are we affected by the quantity of food we consume but by the specific qualities of the food as well.

*When selecting food, two questions need to be asked:*

1. What is your temperament in relation to the temperament of the food?
2. What food is appropriate for your age, season, and climate

A balanced diet that includes heating and cooling foods is absolutely essential for the maintenance of good health. The philosopher Galen points out that, *"The throat destroys more than the sword doth"*

When we consume nutrients in excess of the body's needs or its ability to digest, an imbalance of humours will result. What's more, undigested food can lead to plethora, a feeling of fullness or satiety, in which food accumulates without being eliminated. In order to metabolize food and stimulate enzyme activity effectively, correct body heat is necessary. Research by Dr Edward Howell (1985), (a leading authority on enzyme activity in food digestion) confirms the view held by Tibb on the metabolic efficiency of food and digestion. His research shows that when spices such as ginger, cumin and cinnamon—the heating spices—are consumed, the body dramatically increases the production of digestive enzymes. This action facilitates digestion and improves elimination.

According to Tibb, 'heating' foods and spices:

- Increase the production of digestive enzymes
- Increase cellular metabolic functioning
- Result in the complete assimilation of micronutrients with a minimum of metabolic waste
- Achieve and maintain a complete metabolic digestion

The typical western diet of beef and fish, (overall dryness) yoghurts, pastas and salads, (overall cold) invariably increases the cold and dry qualities within the body. Cold and dry qualities are opposite to the hot and moist temperament typical of the human body. Not unexpectedly, 'lifestyle diseases' such as diabetes, obesity, arteriosclerosis, osteo-arthritis and osteoporosis conditions develop by long-term adherence to the typical Western diet. According to Tibb, most of the serious diseases arise from an excess of cold and dry foods aggravated by a lack of body heat.
This chapter will help you establish which temperament you have. Once you have done that, you can follow the food charts and match the temperament of your food to compliment your individual temperament. Eating in accordance with your temperament offers a host of benefits some of which include increased digestion, new levels of energy and a heightened feeling of well-being. Recognising the individual as unique, Hippocrates said, “It is more important to know what sort of person has a disease, than to know what sort of disease a person has.” So many of us walk around with aches and pains and exhaustion, developing diseases and chronic conditions early on in life. Most of us accept this as a normal part of life. Overcoming this may be as simple as changing eating patterns and employing the right attitude.

There are four distinct body types or temperaments as identified by Tibb medicine:

- Sanguinous
- Phlegmatic – also termed serous
- Melancholic – also termed atrabilious
- Bilious – also termed choleric

To give you a basic understanding we have included the following poem that identifies the key personality traits of the four temperamental types:

God could have made us all sanguinous.
We would have lots of fun but accomplish little.
He could have made us all Melancholics.
We would have been organized and chartered but not very cheerful.
He could have made us all Bilious.
We would have been set to lead, but impatient that no one would follow!
He could have made us all Phlegmatics.
We would have had a perfect world but not much enthusiasm for life.
We need each temperament for the total function of
The body. Each part should do its work to unify
The action and produce harmonious results.

[Florence Littauer]

It is obvious that each of us is a combination of all four personality or temperamental types, resulting in a dominance of one with the sub-dominance of another, less of the third and the least amount of the fourth temperamental type.
DOMINANT AND SUB-DOMINANT TEMPERAMENTS

The four temperaments, with their associated qualities, can be positioned as follows:

Each of us has a dominant (primary) temperament as well as a sub-dominant (secondary) type. Your sub-dominant will be either to the left or right of your dominant. As it is in nature, extremes do not usually exist together in harmony and so you won’t find the two opposites together of say, a hot and moist (sanguinous) dominant with a cold and dry (melancholic) sub-dominant. What is possible, is to have an almost complete blend between two temperaments as in the case of the sanguino-phlegmatic. If you look at the diagram above you will see that the temperament of sanguinous is hot and moist and of phlegmatic, cold and moist with a quality of moistness common to both.

FURTHER NOTES ON TEMPERAMENT

If you have any confusion in identifying your temperament, use the following pointers to guide you.

- Each of us is a combination of all four temperaments but with a dominance of one.

- It is quite common to feel that you could almost fit into another of the temperaments; we call this the 'sub-dominant' temperament.

- A true reflection of the physical appearance is determined by one's appearance in the early twenties. Be aware that medication and certain drugs, such as cortisone can cause facial swelling; others may decrease or increase appetite.

- Do not confuse habits with tendencies or preferences. A person may be inclined to acquire certain habits because of circumstances. These can be misinterpreted as preferences. For example, because ice is almost always served with cold drinks, you may believe that you like ice, on reflection cold drinks may not be your preference.

- Personality traits should be identified when one is relaxed and away from environmental factors that can alter personality.

- When evaluating personality traits, consider how other people see you, especially those who know you well such as family and friends. For example, someone that usually has a calm nature might get incredibly angry when seriously provoked. This outburst does not automatically categorize this person as having a bilious temperament (known to be short-tempered).

In reality, we are all a composite of the four temperament types. The different proportions of each temperament are what give us our personality.
Fill in the following chart as accurately as possible to find out how your temperament is made up.

1. Working from left to right, read the description after each category and tick the one that best describes you. Don’t be alarmed if more than one description fits, think carefully and you will probably find that one is slightly more accurate than the other. If you are unable to make a choice in a particular category, ignore the category.

2. Once you have worked through the chart, count how many ticks you have in each column working from top to bottom.

3. The column that you have recorded the most ticks is your dominant temperament. The column with the second most ticks will be your subdominant temperament. Knowing your dominant and subdominant temperament will enable you to determine the qualities associated with your temperament.
### CHARACTERISTICS

<table>
<thead>
<tr>
<th>SANGUINOUS</th>
<th>PHLEGMATIC</th>
<th>BILIOUS</th>
<th>MELANCHOLIC</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>QUALITIES</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hot &amp; Moist</td>
<td>Cold &amp; Moist</td>
<td>Hot &amp; Dry</td>
<td>Cold &amp; Dry</td>
</tr>
<tr>
<td><strong>FRAME &amp; GAIT</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medium to Large</td>
<td>Medium to Large</td>
<td>Medium to Lean</td>
<td>Thin / Bony</td>
</tr>
<tr>
<td>More Muscle</td>
<td>frame</td>
<td>Firm Stride</td>
<td>Quick / Anxious Pace</td>
</tr>
<tr>
<td>Macho Stride</td>
<td>More fatty tissue</td>
<td>Small to Moderate</td>
<td>Small, Sunken Eyes</td>
</tr>
<tr>
<td>Moderate to Large</td>
<td>Slow Pace</td>
<td>Eyes</td>
<td></td>
</tr>
<tr>
<td>Eyes</td>
<td>Moderate to Large</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Eyes</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>COMPLEXION &amp; SKIN</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Texture</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Redish to Shiny</td>
<td>Whitish / Pale</td>
<td>Warm, Dry</td>
<td>Dry, Rough, Cold</td>
</tr>
<tr>
<td>Moderate in Softness and Moistness, Warm</td>
<td>Cool, Moist, Soft</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CLIMATIC PREFERENCES</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prefers Cold, Dry</td>
<td>Prefers Hot, Dry</td>
<td>Prefers Hot, Moist</td>
<td>Prefers Hot, Moist</td>
</tr>
<tr>
<td>conditions</td>
<td>conditions</td>
<td>conditions</td>
<td>conditions</td>
</tr>
<tr>
<td>Winter and Autumn</td>
<td>Summer and Spring</td>
<td>Winter and Rainy</td>
<td>Summer and Rainy Weather</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Weather</td>
<td></td>
</tr>
<tr>
<td><strong>FOOD &amp; DRINK</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Healthy Appetite</td>
<td>Slow, Steady Appetite</td>
<td>Good Appetite</td>
<td>Irregular and Variable</td>
</tr>
<tr>
<td>Moderate to Excessive thirst</td>
<td>Low thirst</td>
<td>Excessive thirst</td>
<td>Appetite and Thirst</td>
</tr>
<tr>
<td>Prefers Cold Drinks</td>
<td>Can Skip Meals</td>
<td>Cannot Delay Meals</td>
<td>Prefers Hot Drinks</td>
</tr>
<tr>
<td></td>
<td>Prefers Hot Drinks</td>
<td>(Becomes irritable)</td>
<td></td>
</tr>
<tr>
<td><strong>HEALTH PROBLEMS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hypertension</td>
<td>Phlegm Related Disorders</td>
<td>Stress and Anxiety</td>
<td>Gas Related Disorders</td>
</tr>
<tr>
<td>Diabetes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SLEEP PATTERNS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Moderate to Deep</td>
<td>Heavy</td>
<td>Low but Sound</td>
<td>Interrupted and</td>
</tr>
<tr>
<td>6 to 8 Hours</td>
<td>At Least 8 Hours</td>
<td>5 to 6 Hours</td>
<td>Irregular</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Tendency towards</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Insomnia</td>
</tr>
<tr>
<td><strong>SPEECH</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Clear</td>
<td>Slow</td>
<td>Sharp</td>
<td>Fast</td>
</tr>
<tr>
<td>Moderate to Loud</td>
<td>Soft</td>
<td>Talkative and Loud</td>
<td>Soft</td>
</tr>
<tr>
<td><strong>PERSONALITY TRAITS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carefree</td>
<td>Introverted</td>
<td>Born Leaders</td>
<td>Introverted</td>
</tr>
<tr>
<td>Persuasive</td>
<td>Calm</td>
<td>Resourceful</td>
<td>Philosophical</td>
</tr>
<tr>
<td>Sociable</td>
<td>Accommodating</td>
<td>Energetic</td>
<td>Logical</td>
</tr>
<tr>
<td>Talkative</td>
<td>Patient</td>
<td>Outspoken</td>
<td>Analytical</td>
</tr>
<tr>
<td>Outgoing</td>
<td></td>
<td>Dominant</td>
<td></td>
</tr>
<tr>
<td>Optimistic</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>EMOTIONAL TRAITS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Playful</td>
<td>Shy</td>
<td>Irritable</td>
<td>Anxious</td>
</tr>
<tr>
<td>Cheerful</td>
<td>Self-contained</td>
<td>Impatient</td>
<td>Sceptical</td>
</tr>
<tr>
<td>Excitable</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MENTAL ACTIVITY</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Balanced</td>
<td>Cool Minded</td>
<td>Critical</td>
<td>Restless</td>
</tr>
<tr>
<td>Calm Response</td>
<td>Laid Back</td>
<td>Decisive and Sharp</td>
<td>Enquiring and Philosophical</td>
</tr>
<tr>
<td></td>
<td>Minded</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Total ticks:…………………………..**

Now that you have chosen your dominant and subdominant temperament, examine the qualities associated with your unique self.
Qualities associated with temperament

What is the combined quality associated with the temperament of an individual, taking into account his/her dominant and sub dominant temperament?

If an individual has a dominant temperament of Sanguinous (Hot & Moist) and a less dominant Phlegmatic (Cold & Moist), then the resultant quality associated with that temperament will be somewhere between hot and moist and cold and moist. This depends on the extent of the dominant temperament (indicated by X in the diagram below):

As moistness is the common quality between Hot and Moist and Cold and Moist, this person’s ideal qualitative states will have a dominant quality of moistness, followed in turn by heat, then coldness, and finally the least quality of dryness.

Changes to this ideal qualitative state will have a negative influence on the individual’s health. As moistness is the dominant quality associated with this individual, changes in the level of moistness (and more particularly, excess of moistness) will negatively affect this individual the most and fastest. On the other hand, an increase in the quality of dryness (which is the least in concentration), will be beneficial for this individual.

In other words, in the example above, excessive intake of foods with hot and moist qualities and to a lesser extent cold and moist qualities, will have the greatest negative effect on this individual whereas foods from a cold and dry category as well as to a lesser extent hot and dry category will have the least negative impact.
Now that you have an understanding of temperament and the qualities associated with temperament, as well as the qualities of foods, let us look at the link between foods and the temperament of an individual. From the four temperamental types there are eight combinations of dominant and subdominant temperamental types. It is possible to match appropriate food with each different combination.

Any food with qualities similar to the qualities associated with your temperament will result in an excess of that particular quality and so will negatively influence your health. For example, a bilious person (hot and dry) will be most negatively affected by foods from the hot and dry category and the least negatively affected by foods in the cold and moist category. This negative influence will be enhanced in conditions where extra heat and dryness is prevalent from environmental factors for instance in summer when conditions are hot and dry.

This explains the underlying principles of why some foods agree with certain individuals and not others. On page 18-19 you will find four charts that list foods that will increase the qualities associated with the different temperaments, eg the chart that refers to Hot and Dry Foods lists foods that increase hot and dry qualities and will therefore aggravate an individual who has a dominant bilious temperament. The other charts relate to the other three dominant temperamental types.

To summarise: individual health requires the maintenance of the ideal qualitative state associated with the individual. The qualities inherent in food and drink can alter this ideal qualitative state. Therefore eating according to your body type is essential for the maintenance of your state of well-being.
# HOT AND DRY FOODS
FOOD AND DRINKS THAT INCREASE HOT AND DRY QUALITIES AND AGGRAVATE THE BILIOUS TEMPERAMENT

<table>
<thead>
<tr>
<th>MEATS</th>
<th>chicken, lobsters, prawns, all small bird meat, oily fish</th>
</tr>
</thead>
<tbody>
<tr>
<td>VEGETABLES</td>
<td>bitter gourd, celery, fenugreek, green pepper, garlic, leek, mustard, onion, parsley, red pepper</td>
</tr>
<tr>
<td>FRUITS</td>
<td>Avocados, grapes</td>
</tr>
<tr>
<td>NUTS</td>
<td>cashews, hazel nuts, pecan nuts, walnuts</td>
</tr>
<tr>
<td>GRAINS &amp; SEEDS</td>
<td>chickpeas, fenugreek seeds, gram flour, mustard seeds, papad</td>
</tr>
<tr>
<td>DAIRY PRODUCTS</td>
<td>Eggs</td>
</tr>
<tr>
<td>OILS</td>
<td>mustard oil</td>
</tr>
<tr>
<td>SPICES, HERBS &amp; SEASONING</td>
<td>aniseed, cinnamon, cloves, celery seed (ajmo), garlic, lavender, mustard seeds, nutmeg, oregano, paprika, parsley, peri-peri, red chili, rocket, rosemary, saffron, tarragon, fenugreek</td>
</tr>
<tr>
<td>DRINKS</td>
<td>Alcohol, Grape juice, Herbal teas (see Herbs)</td>
</tr>
<tr>
<td>FLAVOURANTS</td>
<td>pungent and bitter flavourants</td>
</tr>
<tr>
<td>CONDIMENTS &amp; SPREADS</td>
<td>chili sauce, mustard sauce, peri-peri sauce</td>
</tr>
<tr>
<td>CONFECTIONARY &amp; DESSERTS</td>
<td></td>
</tr>
<tr>
<td>CEREALS</td>
<td></td>
</tr>
</tbody>
</table>

# HOT AND MOIST FOODS
FOOD AND DRINKS THAT INCREASE HOT AND MOIST QUALITIES AND AGGRAVATE THE SANGUINOUS TEMPERAMENT

<table>
<thead>
<tr>
<th>MEATS</th>
<th>buck, goat, goose, lamb, liver, mutton, turkey</th>
</tr>
</thead>
<tbody>
<tr>
<td>VEGETABLES</td>
<td>artichokes, asparagus, chives, ginger, olives, spinach, squash, spring onion, sweet potato, turnips</td>
</tr>
<tr>
<td>FRUITS</td>
<td>bananas, dates, guavas, mangoes, peaches, papaya</td>
</tr>
<tr>
<td>NUTS</td>
<td>almonds, brazil nuts, pistachios, apricot kernels</td>
</tr>
<tr>
<td>GRAINS &amp; SEEDS</td>
<td>bread, bulgar wheat, flour, pasta, rye bread, sunflower seeds, wheat</td>
</tr>
<tr>
<td>DAIRY PRODUCTS</td>
<td>condensed milk, cheese, cream cheese, mothers milk (for babies)</td>
</tr>
<tr>
<td>OILS</td>
<td>clarified butter, lecithin, castor oil, olive oil, sunflower oil</td>
</tr>
<tr>
<td>SPICES, HERBS &amp; SEASONING</td>
<td>bay leaves, black pepper, cayenne pepper, dill seeds, dried ginger, fennel, green masala, marjoram, mint, sage, salt, soya sauce, thyme, turmeric, watercress, white pepper</td>
</tr>
<tr>
<td>DRINKS</td>
<td>green tea, hot water, juices (see fruits), Herbal teas (see Herbs)</td>
</tr>
<tr>
<td>FLAVOURANTS</td>
<td>honey, molasses, salt, sugar</td>
</tr>
<tr>
<td>CONDIMENTS &amp; SPREADS</td>
<td>mayonnaise</td>
</tr>
<tr>
<td>CONFECTIONARY &amp; DESSERTS</td>
<td>biscuits, cakes, chocolate, liquorice, vermicelli</td>
</tr>
<tr>
<td>CEREALS</td>
<td>all bran flakes, bran, honey smaks, muesli, nutri-k, nutrific, oats, puffed wheat, taystee wheat, weetbix</td>
</tr>
</tbody>
</table>
### Cold and Moist Foods
**Food and Drinks That Increase Cold and Moist Qualities and Aggravate the Phlegmatic Temperament**

<table>
<thead>
<tr>
<th>Category</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEATS</td>
<td>duck, rabbit</td>
</tr>
<tr>
<td>VEGETABLES</td>
<td>bean curd, beetroot, baby marrow, butternut, broccoli, carrots, cucumber, gem squash, indian ghourd, lady fingers, lettuce, okra, patty pans, pumpkin, radish, sprouts, soya beans, tofu, turnips, zucchini</td>
</tr>
<tr>
<td>FRUITS</td>
<td>apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, pawpaw, pears, prickly pears, quince, spanspek, watermelon</td>
</tr>
<tr>
<td>NUTS</td>
<td>macadamia nuts</td>
</tr>
<tr>
<td>GRAINS &amp; SEEDS</td>
<td>cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina, watermelon seeds, linseed</td>
</tr>
<tr>
<td>DAIRY PRODUCTS</td>
<td>coconut milk, cows milk, goats milk, buttermilk, butter, rice milk, soya milk</td>
</tr>
<tr>
<td>OILS</td>
<td>Butter, Margarine</td>
</tr>
<tr>
<td>SPICES, HERBS &amp; SEASONING</td>
<td>glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos</td>
</tr>
<tr>
<td>DRINKS</td>
<td>fructose, glucose, rose syrup</td>
</tr>
<tr>
<td>FLAVOURANTS</td>
<td></td>
</tr>
<tr>
<td>CONDIMENTS &amp; SPREADS</td>
<td></td>
</tr>
<tr>
<td>CONFECTIONARY &amp; DESSERTS</td>
<td>custard, ice cream, rose syrup, sago</td>
</tr>
<tr>
<td>CEREALS</td>
<td>pronutro, rice crispies</td>
</tr>
</tbody>
</table>

### Cold and Dry Foods
**Food and Drinks That Increase Cold and Dry Qualities and Aggravate the Melancholic Temperament**

<table>
<thead>
<tr>
<th>Category</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEATS</td>
<td>beef, biltong (beef), crabs, fish, knuckles, mussels, ostrich, oysters, pork, snails, tripe, veal</td>
</tr>
<tr>
<td>VEGETABLES</td>
<td>brinjal (egg plant), brussel sprouts, cabbage, cauliflower, green beans, mushrooms, peas, potatoes, sauerkraut, tomatoes</td>
</tr>
<tr>
<td>FRUITS</td>
<td>(all sour fruits), apples, cherries, coconut, granadilla, grape fruit, lemon, lime, naartjies, oranges, pineapple, plums, prunes, pomegranate, raspberries, strawberries, sultanas</td>
</tr>
<tr>
<td>NUTS</td>
<td>Peanuts</td>
</tr>
<tr>
<td>GRAINS &amp; SEEDS</td>
<td>barley, beans (all types), corn, cornflour, couscous, lentils, linseed, maize, mielie meal, millet, millet, peas, popcorn, poppy seeds, samp, sesame seeds</td>
</tr>
<tr>
<td>DAIRY PRODUCTS</td>
<td>egg white, sour milk, yoghurt</td>
</tr>
<tr>
<td>OILS</td>
<td>coconut oil, corn oil, sesame oil</td>
</tr>
<tr>
<td>SPICES, HERBS &amp; SEASONING</td>
<td>basil, prunes, poppy seeds, tamarind</td>
</tr>
<tr>
<td>DRINKS</td>
<td>sour fruit juices, tea (black), coffee, ice, sour milk</td>
</tr>
<tr>
<td>FLAVOURANTS</td>
<td></td>
</tr>
<tr>
<td>CONDIMENTS &amp; SPREADS</td>
<td></td>
</tr>
<tr>
<td>CONFECTIONARY &amp; DESSERTS</td>
<td></td>
</tr>
<tr>
<td>CEREALS</td>
<td>cornflakes, mielie meal, millet</td>
</tr>
</tbody>
</table>
The temperament of every food is determined by the dominance of qualities such as hot, dry, cold and moist. These qualities are inherent and don't necessarily refer to the temperature of the food but to the effect of foods on our metabolic rate.

Although individual ingredients have specific temperaments, meals are usually made up of a number of different ingredients and all these ingredients work together to determine the temperament of the meal. This book divides meals into the different temperament types making it easier to know which meal best suits you. The foods have been classified into recipes of hot and moist, cold and dry, cold and moist and hot and dry.

Storing prepared food alters its temperament, as does the temperature at which food is served. Processing food ingredients can also change the temperament as in the case of dairy products where the temperament can change from hot and moist to cold and moist.

Below is a table that lists the eight combination temperamental types (dominant and subdominant), the associated qualities, overall dominant quality and the recommended food/recipes for each temperament. The recommendation is from A-D where column A is most recommended and column D the least recommended.

### YOUR SUMMARY GUIDE TO HEALTHY EATING

<table>
<thead>
<tr>
<th>TEMPERAMENT DOMINANT/ SUBDOMINANT</th>
<th>ASSOCIATED QUALITY</th>
<th>OVERALL DOMINANT QUALITY</th>
<th>EAT MOSTLY FROM A</th>
<th>EAT MORE OF B</th>
<th>EAT LESS OF C</th>
<th>EAT THE LEAST OF D</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bilious/Melancholic</td>
<td>Hot &amp; Dry to Cold &amp; Dry</td>
<td>Dry</td>
<td>Cold &amp; Moist</td>
<td>Hot &amp; Moist</td>
<td>Cold &amp; Dry</td>
<td>Hot &amp; Dry</td>
</tr>
<tr>
<td>Bilious/Sanguinous</td>
<td>Hot &amp; Dry to Hot &amp; Moist</td>
<td>Heat</td>
<td>Cold &amp; Moist</td>
<td>Cold &amp; Dry</td>
<td>Hot &amp; Moist</td>
<td>Hot &amp; Dry</td>
</tr>
<tr>
<td>Melancholic/Bilious</td>
<td>Cold &amp; Dry to Hot &amp; Dry</td>
<td>Dry</td>
<td>Hot &amp; Moist</td>
<td>Cold &amp; Moist</td>
<td>Hot &amp; Dry</td>
<td>Cold &amp; Dry</td>
</tr>
<tr>
<td>Melancholic/Phlegmatic</td>
<td>Cold &amp; Dry to Cold &amp; Moist</td>
<td>Cold</td>
<td>Hot &amp; Moist</td>
<td>Hot &amp; Dry</td>
<td>Cold &amp; Moist</td>
<td>Cold &amp; Dry</td>
</tr>
<tr>
<td>Phlegmatic/Melancholic</td>
<td>Cold &amp; Moist to Cold &amp; Dry</td>
<td>Cold</td>
<td>Hot &amp; Dry</td>
<td>Hot &amp; Moist</td>
<td>Cold &amp; Dry</td>
<td>Cold &amp; Moist</td>
</tr>
<tr>
<td>Phlegmatic/Sanguinous</td>
<td>Cold &amp; Moist to Hot &amp; Moist</td>
<td>Moist</td>
<td>Hot &amp; Dry</td>
<td>Cold &amp; Dry</td>
<td>Hot &amp; Moist</td>
<td>Cold &amp; Moist</td>
</tr>
<tr>
<td>Sanguinous/Bilious</td>
<td>Hot &amp; Moist to Hot &amp; Dry</td>
<td>Heat</td>
<td>Cold &amp; Dry</td>
<td>Cold &amp; Moist</td>
<td>Hot &amp; Dry</td>
<td>Hot &amp; Moist</td>
</tr>
<tr>
<td>Sanguinous/Phlegmatic</td>
<td>Hot &amp; Moist to Cold &amp; Moist</td>
<td>Moist</td>
<td>Cold &amp; Dry</td>
<td>Hot &amp; Dry</td>
<td>Cold &amp; Moist</td>
<td>Hot &amp; Moist</td>
</tr>
</tbody>
</table>

A-D: For optimum health and in particular in times of illness conditions, column A will be most preferable to follow whereas column D the least preferable.
Now that you have established your temperament and are ready to eat foods from your chosen food as appears in the charts or recipes, bear in mind that all the ingredients used in a recipe will influence the final temperament of the dish. Don't be confused if a hot and dry ingredient is found in a recipe of a cold and moist dish. It is possible that the effect from the combination of ingredients will override the quality of the individual ingredient. Take chicken dishes as an example, whilst you will find the ‘drier’ chicken meals listed as hot and dry, chicken curry has an overall temperament of hot and moist. This is because of the extent of ‘moist’ ingredients in the curry that influence the final quality of the meal. This may seem confusing in the beginning, but with time and through experience, you will get a better understanding and awareness of foods and their effects on you and your family.

*Once again, remember, that in a state of good health everything in moderation is acceptable.*

**Mixing of Foods**

Current ideas in therapeutic dieting advocate that proteins and carbohydrates should not be mixed in the same serving. Traditionally, Tibb discourages eating many dishes and tastes at the same meal. *For example*, milk products should not be eaten at the same time as sour foods. This combination interferes with the digestive process, and causes flatulence and bloating. In addition, fish should not be eaten with milk or milkshakes. Indeed, milk (as a large portion) should be avoided at any meal.

**Temperature of Foods**

The temperatures of food and drink are also important to consider. Consuming foods and drinks at a temperature close to body temperature (37°C) is optimum and will have the least amount of negative effect. Drinking iced drinks, especially in winter will aggravate many conditions.

**Water**

To maintain the optimum 70% moisture content, one of the body's most important needs is for water. Water plays an important role in the process of food digestion, nutrient metabolism, and elimination of waste products. It also ensures proper circulation of blood and lymph. Virtually every function of the body, from cell division to food digestion to tissue synthesis requires adequate moisture levels. In this light, the importance of maintaining an ideal moisture content becomes self-evident. Our bodies are capable of dealing with an excessive water intake but aren't able to handle an inadequate water intake. In fact, illnesses such as kidney stones, dryness of the skin and dehydration result from low water intake. An adequate intake of water helps to reduce raised blood pressure and high levels of cholesterol, uric acid and glucose.
DIGESTION AND ELIMINATION

According to Hippocrates, the relationship between an individual and the environment is a dynamic process of consuming and retaining what is necessary to support life, and then efficiently eliminating the waste that has accumulated.

This very process involving digestion and elimination is often one of the most neglected areas in healthcare. We know that ineffective digestion and elimination are responsible for most of our modern day illnesses. We also know that the majority of our energy is used to digest and eliminate food and drink. With this in mind it’s surprising that the Western world doesn’t give more attention to maintaining and facilitating these systems.

Most traditional healing systems encourage the use of digestive herbs and spices, and advise regular expulsion in the form of enemas or laxatives. They recognize that the accumulation of toxins is the biggest contributory cause of illness and that many of our diseases originate from the malfunction of the digestive and eliminatory systems. Tibb subscribes to the traditional philosophy that the stomach is the home of all illnesses. It also believes that each of us has a self-regulating, healing intelligence that is forever at work balancing our systems, absorbing nutrients and throwing out waste. By limiting what we consume and ensuring effective elimination, we can assist this intelligence or “the doctor within” to keep us in good health.

Elimination is a term that describes all natural functions in which waste products are removed from the body. This includes waste expelled from the colon, from the bladder, through the lungs and also functions like coughing, sneezing, nasal mucus, vomiting, flatulence, menstruation, earwax and ejaculation.

If waste products accumulate and aren't expelled on a regular basis they begin to putrefy and become toxic. Foods not suitable to the individual, such as junk food and processed foods, as well as poor eating habits, create a strain on the digestive system and impede effective elimination. We use the analogy of the home to explain. If we allow all our garbage to pile up without ever emptying it, it doesn't matter how much we disinfect and scrub the house, cockroaches, maggots and other unwanted elements will wipe out the effects of cleaning. The colon is no different, no matter what medication you take, unless you clean out the garbage, health cannot be restored. Excess toxins in the system place great burdens on the liver, kidney and the lungs eventually causing serious damage to these important organs and overcoming the body's ability to maintain health. Invariably toxins or abnormal humours that invade the bloodstream or tissues can cause illnesses associated with tissue or organ damage and even cancers.

The digestive process also requires adequate water for efficient functioning. The reabsorption of water from the digestive tract takes place in the colon. This process of reabsorption results in a film of matter accumulating on the sides of the colon. Normal peristaltic movement does not remove this accumulation, which in turn, impedes not only subsequent reabsorption but becomes a reservoir for toxic accumulation. Over a period of time when the digestive tract is bombarded with food that isn’t easy to digest or that contains a lot of waste matter the body will employ more drastic measures to ensure effective elimination. This may include fever, to “boil away” the impurities, diarrhoea, vomiting, sweating and frequent urination.

As mentioned before the human body is a very complex system completely integrated and interdependent. If a person is suffering from a headache or has mouth sores, the link between this and a toxin-filled colon may not be apparent or even explored, but in Tibb this link as the cause is clearly identified.
The body has many levels of dealing with abnormal physiological functions, from built-in repair and screening mechanisms, to sophisticated levels of interception by the immune system. Specific treatments and corrective measures to keep the colon clean include the use of laxatives, fasting, diuretics and saunas. Eating in accordance with your body type and following metabolic principles will facilitate digestion and the elimination process in a natural and therapeutic way. In fact elimination can only be efficient if and when all the metabolic functions are in order.

**Guidelines for assisting this process include:**

- Eating foods that are easily digestible such as fruit and vegetables and avoiding foods like meat and fish that take more energy and time to digest.
- Using natural digestive aids in cooking such as ginger, or drinking teas such as peppermint or green tea after a meal.
- Improving metabolic function through the use of herbs and spices like cumin, cinnamon, ginger, garlic, turmeric and black pepper.
- Ensuring that elimination of both urine and stools is never suppressed and that the colon should be emptied daily.
- Taking a mild natural laxative regularly at least every 2 – 4 weeks.
- Drinking water to flush out the kidneys and to improve the flow of blood in the vessels.

“The effective digestion, assimilation and elimination of lifestyle factors constitute health.”
[ Hippocrates]

**DIET AND ILLNESS CONDITIONS**

Although eating in accordance with your body type will keep the body in balance and provide the optimum conditions to remain healthy, if the body has succumbed to an illness certain guidelines can be followed to help the body recover. In other words you may need to temporarily adjust your eating plan to accommodate an illness condition. The fundamental philosophy is that of balance and if the body's natural balance is upset, illness will occur.

Illness can be further aggravated by a diet that may not be appropriate for that particular condition. Imbalances are often caused by inappropriate lifestyle choices and so can be rectified by making more appropriate choices especially when it comes to eating correctly. Correct food and drink will have a positive effect in healing illnesses and will facilitate the healing process - especially in acute conditions. In chronic conditions, the appropriate diet will not only reduce the symptoms, but can also assist in the reversal of structural damage (both tissue and organ).

By knowing which illness conditions are aggravated by which qualities, one can follow a different eating pattern whilst in recovery to speed up the healing process. The following chart details a variety of illness conditions and illustrates the best eating plan for that condition. Should your temperament require you to eat foods with a cold and moist temperament under normal conditions but you are suffering from arthritis, it is recommended that you eat food with a hot and dry or hot and moist temperament in order to bring the body back into balance and create the best conditions to recover from this condition. (see chart overleaf)
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ENJOYING YOUR COOKING EXPERIENCE

1. Be aware of your mood and demeanor before entering the kitchen. It is not advisable to cook whilst in a bad mood. Thinking angry thoughts about the traffic jam you were stuck in can give your guests indigestion. Send loving thoughts to the people you are preparing food for.

2. Regard your kitchen as a sacred place, play relaxing and soft music, change into clean clothing and wash hands.

3. Clean dishes and surfaces as you cook, chopping, cutting and cleaning ingredients beforehand.

4. Arrange all your spices, pots, oils and ingredients so that they are easily accessible, this will minimize stress during cooking.

5. Don’t stand for too long during preparation. Bring a comfortable chair into the kitchen that can be used whilst chopping ingredients.

6. Drink lots of water while cooking, this will neutralize digestive juices that are generated from cooking smells, and will prevent dehydration from the heat in the kitchen.

7. It is not advisable to taste or smell the food too much, as this will spoil the appetite. Drinking water will help prevent the need to taste the food.

8. Plan your day so that cooking fits into your routine. It may suit you to cook all the food for the day in the morning. Try not to cook food the day before as the nutritional quality is diminished when food is reheated.

9. Use imagination and creativity to prepare meals. Sometimes excessive planning can decrease enjoyment and turn cooking into a chore.

10. Consider the specific tastes, body types and preferences of each person sharing the meal. Cook food that takes everyone into consideration.

11. Take a moment to separate the cooking experience from eating.

12. Take the weather into account when choosing what to cook.

13. Update your kitchen regularly. Using different colours according to the season will add a fresh approach. Green is recommended for summer, orange or maroon for winter, purple or pink for autumn and yellow or red for spring.

14. Try and make your kitchen a peaceful place, light a candle to honour the cooking process and keep the television, telephone and other distractions outside.
Recipes with a cold and dry temperament

If you have a dominant sanguinous temperament you may well be extroverted and outgoing. Eating from the cold and dry section will balance your wild side and tone down your party animal. This means eating lots of salads and not so many desserts and sweets.

Browsing through these recipes will give you a general idea of the types of eating patterns that are going to best suit you. Take note, if you find fewer desserts and sweets than the other sections, it may just be that you are not meant to have a sweet tooth. Sometimes we find that the foods that aren't good for our particular type are foods that we naturally avoid. Meanwhile we have an abundance of seafood and beef dishes that are certain to tempt you. Bon Apetit!

Recipes from this section are ideal for the following temperament types:

TEMPERAMENT
DOMINANT/SUBDOMINANT
Sanguinous /Bilious
Sanguinous / Phlegmatic

And to a lesser extent:

TEMPERAMENT
DOMINANT/SUB DOMINANT
Bilious /Sanguinous
Phlegmatic /Sanguinous
CROUTON SALAD

Ingredients

- 5 slices of brown bread
- 2 tomatoes or handful of sundried tomatoes, cubed
- 2 English cucumbers, cubed
- 2 bell peppers, cubed
- Lettuce leaves of choice, roughly chopped
- Lemon juice to taste
- Salt
- 1½ tbls olive oil
- Sesame seeds
- Dash of black pepper and paprika

Croutons

1. Carefully cut the bread into ± 1.5 cm blocks or squares
2. Heat oven to 100°C
3. Sprinkle the olive oil on a baking sheet, toss with the cut bread and then dry in the oven for one hour until crisp

Salad

1. In a salad bowl, place lettuce leaves at the bottom
2. Toss tomatoes, cucumbers and peppers over lettuce
3. Make light dressing with olive oil, sesame seeds and lemon juice and drizzle over contents in the bowl
4. Just before serving toss in croutons and sprinkle with salt, pepper and paprika

Preparation time: 15 minutes
Baking time: 1 hour
Serves: 4 - 6 people

BEETROOT

Ingredients

- 5 beetroots, boiled until soft, then grated
- 3 tbls brown or white sugar
- 1½ tsp salt
- ¼ cup white vinegar
- 1 medium onion, chopped
- ½ tsp white pepper

Method

1. Combine all of the above and serve chilled
2. Store in refrigerator and use when required for up to two weeks

Preparation time: 45 minutes
Serves: 4 - 6 people
COLESLAW

**Ingredients**
- 1 medium cabbage, finely sliced
- 4 medium-large carrots, grated
- 1 onion, sliced
- 175ml mayonnaise or trim
- Salt to taste
- Pinch of sugar
- 1 green apple - peeled and grated
- Freshly ground black pepper
- Parsley sprig
- Handful of pecan nuts (optional)

**Method**
1. Toss all the ingredients in a salad bowl
2. Fold in the mayonnaise
3. Sprinkle salt, sugar and pepper
4. Garnish with parsley and sprinkled nuts

Preparation time: 10 minutes
Serves: 4 - 6 people

ROCKET AND MACADAMIA SALAD

**Ingredients**
- 1 ½ cups rocket leaves, coarsely chopped
- 2 cups lettuce leaves of choice, roughly broken
- Handful of sprouts
- ± 12 black olives
- 1 cup sundried tomatoes
- 1 medium onion, cut into rings
- 1 cup chopped macadamia nuts
- 1 medium avocado, thinly sliced
- 1 cup sliced and roasted peppers (mix yellow, red and green)

**Salad**
1. Form a bed of lettuce and rocket leaves on a large flat salad platter
2. Arrange roasted peppers on lettuce
3. Follow with tomatoes, olives, onion rings and sprouts
4. Top with sliced avocado's
5. Lastly, sprinkle chopped macadamias
6. Drizzle with salad dressing of choice and serve

**Peppers**
To roast peppers: slice into 2cm chunks, drizzle with olive oil and coarse salt, place under grill until slightly golden

Preparation time: 15 minutes
Serves: 4 people

cold and dry
THREE BEAN SALAD

Ingredients

1 tin **baked beans**
1 tin **butter beans**
1 tin **sugar beans/kidney beans** or blanched **green beans**
1 medium **onion**, finely sliced
1 **green pepper**, deseeded and cut into squares
1 **green apple**, cored and cut into squares
1 bunch **coriander**, leaves only
1 tsp **crushed garlic**
2-3 **green chillies**
½ cup **lemon juice**
2 tbls **brown vinegar**
½ tsp **brown sugar**
**Salt** to taste
**Fresh black pepper**
**Mint** for garnishing

Method

1 Mix beans in a salad bowl
2 Add sliced onions
3 Liquidise all other ingredients excluding the black pepper and mint
4 Fold liquidised ingredients into the prepared beans and grind black pepper on top
5 Garnish with a few sprigs of mint leaves

Preparation time: 15 minutes
Serves: 6 people

TUNA SALAD

Ingredients

1 crisp **lettuce** finely sliced
1 tin **tuna** (in brine or sunflower oil) drained
1 small **tomato**, finely chopped
100g **cucumber**, finely diced
100g **pineapple**, finely diced (optional)
1 small **onion**, finely chopped
1 **green chilli** (optional)
½ cup **Trim/mayonnaise**
**Salt** to taste
1 tsp freshly ground **black pepper**

Method

1 Combine all ingredients, enjoy as a light meal served on rye or whole wheat bread

Preparation time: 15 minutes
Serves: 2 people
POTATO SALAD

**Ingredients**
- 5-6 medium potatoes
- 1 ½ - 2 cups Trim/salad cream or mayonnaise of choice
- 1 finely chopped onion
- Parsley for garnishing
- Salt to taste
- 1 tsp of sugar Dash of Tabasco
- Black pepper

**Method**
1. Peel, wash and cube potatoes and then boil until soft but not mushy
2. Allow to cool and mix with mayonnaise, onion, salt, sugar and Tabasco
3. Chop parsley and garnish
4. Grind fresh black pepper on top

Preparation time: 20 minutes
Serves: 4 - 6 people

SHRIMP COCKTAIL

**Ingredients**
- 500g peeled shrimp, steamed in salt for ±15 minutes
- 2 tbls butter, reduced fat
- 2 small cloves garlic, crushed
- 5 tbls Trim (seafood)
- 2 tbls yoghurt
- 1 tbls Tabasco sauce
- Dash of lemon juice
- Salt & white pepper to taste
- Fresh parsley and lemon rind for garnishing
- Head of lettuce for serving

**Method**
1. Melt butter, add cloves of garlic and simmer for a few seconds
2. Add Trim, yoghurt, Tabasco, lemon juice, salt & pepper and allow to cool
3. Fold in steamed shrimp and serve on a bed of lettuce
4. Garnish with parsley and lemon rind

Preparation time: 25 - 30 minutes, including time to steam prawns
Serves: 4 people
SALSA

**Ingredients**

1 medium **tomato**, finely chopped
1 medium **onion**, finely chopped and slightly squeezed through strainer
1 handful of **coriander**, finely chopped
1 **green chilli** (optional)
Salt to taste
⅛ cup **lemon juice**
Pinch of **brown sugar**

**Method**

1. Combine all ingredients and serve chilled as an accompaniment to rice dishes or with nachos

**Variations**

This versatile salad is also equally tasty with
- ½ chopped green pepper OR
- 1 grated carrot

Preparation time: 10 minutes
Serves: 2 - 4 people

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KHARI
(SOUR MILK)

**Ingredients**

1 small **onion**, finely chopped
10 **curry leaves**
1 tsp **salt**
1 heaped tbls **green masala**
with coriander (see pg 81)
1 tsp whole **cumin seeds**
1 small **tomato**, grated
1 tbls **chana flour** (gram flour)
⅛ tsp **turmeric**
½ tsp fine **coriander/cumin**, mixed
175ml **yoghurt**
300ml **sour milk**
1 tsp **oil**

**Method**

1. In a deep saucepan heat oil with whole cumin seeds
2. Add curry leaves and saute for a few minutes
3. Add onions and braise until onions are just turning brown
4. Add the green masala and tomato, stir well and braise for a further 2-3 minutes
5. Add all the other ingredients and stir continuously until sour milk comes to a boil
6. Set aside and serve with rice

Preparation time: 20 minutes
Serves: 4 people

(see picture of khari with yellow rice on page 62)
TOMATO SAUCE

**Ingredients**

- 2 large onions, peeled and chopped
- 500g tomatoes, grated
- 2 tblsp tomato puree
- 2 cloves garlic, finely chopped
- 1 tsp salt
- ½ tsp fine white pepper
- ½ tsp oregano
- 2-3 basil leaves or ½ tsp dry basil
- 1 tsp brown sugar
- 1 tsp fine red chilli (optional)

**Method**

1. Sauté onions with garlic until onions are transparent
2. Add tomatoes, puree and spices and simmer on medium heat until sauce reduces and tomatoes take on a paste-like consistency
3. Serve with pasta or use as a pizza sauce

**Variation**

For chilli tomato sauce, add two green chillies, slit horizontally into half and add to the onions

Preparation time: 10 minutes

Serves: 4 people 🍝
INDIAN BAKED BEANS

**Ingredients**
- 1 medium **onion**, finely chopped
- 1 medium **tomato**, grated
- 1 tsp **salt**
- 1 tsp fine **red chillies**
- 1 tsp fine **coriander** (jeero)/**cumin seeds** (dhania) or 1 tsp fine **coriander** &
- ½ tsp fine **cumin**
- ½ tsp **whole cumin seeds**
- ¼ tsp **turmeric**
- 1 level tsp **ginger & garlic masala** (see pg 71)
- 1 whole **green chilli**
- Fresh **coriander** (dhania) for garnishing
- 2 tsp **oil**
- 1 tin **baked beans** in **tomato sauce**

**Method**
1. Sauté **onions** in oil with **whole cumin** until onions are a light golden brown
2. Add whole **green chilli** and salt, **red chillies**, **fine cumin and coriander**, **turmeric** and **ginger & garlic masala**. Braise for a minute
3. Stir in **tomato**, simmer for 2-3 minutes
4. Add **baked beans** and a sprinkle of water - continue to simmer for 5-8 minutes on low heat
5. Garnish with fresh **coriander** and serve

**Ideal with a braai, as a snack on toast or with breakfast**

Preparation time: 10 minutes
Cooking time: 10 minutes
Serves: 4 people

ANCHOVY TOAST

**Ingredients**
- 50g **butter** or low-fat **margarine**
- 3 fillets **anchovy**
- Slim slice **brown bread**
- **Parsley**

**Method**
1. Process **butter** and **anchovies** until mixture is smooth
2. Cut bread into circles using cutter and top with anchovy mixture
3. Bake in hot oven of 190°C, until bread is crisp
4. Garnish and serve

**Excellent as a Quick snack or as an accompaniment to soup**

Preparation time: 10 minutes
Cooking time: 10 minutes
Serves: 1 person
GARLIC MUSHROOMS WITH CHIVES

**Ingredients**

1 punnet **button mushrooms** halved and thinly sliced  
½ tbls **butter**  
1 tsp **olive oil**  
½ tsp Robertson’s **Garlic flakes**  
½ tsp **salt**  
½ tsp **white pepper**  
1 tsp of **lemon juice**  
Dash of **Tabasco sauce**  
2 tbls of **chives**

**Method**

1. Melt butter and oil  
2. Add the mushrooms with all the ingredients except the chives  
3. Sauté on medium heat until mushrooms are cooked through  
4. Remove from heat, and top with chopped chives

Excellent as a side dish to steak or as an accompaniment to omelettes

Preparation time: 10 minutes 😊

Serves: 2 people 😊😊
CHEESY STUFFED PEPPERS

Ingredients

- 2 red peppers, halved and deseeded
- 2 green peppers, halved and deseeded
- 3 potatoes, cubed and boiled in a pinch of salt
- 60g fat-free cottage cheese
- 400g chopped tomatoes
- 80g mozzarella cheese
- Salt to taste
- Freshly ground black pepper
- 15ml ground garlic
- Spring onion for garnishing
- Drizzle of olive oil

Method

1. Preheat oven to 190°C
2. Drizzle olive oil onto peppers and place them face down on baking sheet
3. Roast for 12-15 minutes and leave aside
4. In a saucepan, bring tomatoes to the boil, stir in potatoes and season with salt, garlic and pepper. Simmer for 2-3 minutes
5. Add cottage cheese, simmer until mixture thickens slightly and remove from heat
6. Spoon potato mixture into pepper shells and sprinkle with grated mozzarella
7. Garnish with spring onion and bake for a further 15 minutes

Preparation time: 10 minutes
Cooking time: 40 – 50 minutes
Serves: 3 - 4 people

BAKED POTATO WEDGES

Ingredients

- 3 medium potatoes, leave skin on and cut into wedges
- Coarse salt for rubbing
- 5ml olive oil
- 3 cloves of crushed garlic
- 1 tsp paprika
- 1 tsp lemon pepper
- Chives for garnishing
- 2 tbsp sour cream

Method

1. Rub potato wedges with salt, garlic, paprika and lemon pepper
2. Drizzle with olive oil - place on a baking sheet and bake at 180°C until potatoes are soft and golden brown
3. Remove from oven and drizzle with sour cream
4. Garnish with chives and serve

Preparation time: 5 minutes
Cooking time: ±40 minutes
Serves: 3 people
CAULIFLOWER SABZI

Ingredients
- 1 tbls oil
- 1-2 tomatoes, grated
- Salt to taste
- 2 tsp white pepper
- 1 cauliflower, broken into florets
- 125ml water
- 2 green peppers, sliced
- 2 tbls fresh coriander, chopped

Method
1. Heat oil and add tomatoes, salt and pepper
2. Simmer until tomatoes have reduced to a paste
3. Add the cauliflower and water
4. Cook on low heat until the cauliflower is tender but not wilted
5. Add green peppers and increase the heat
6. Sauté quickly until peppers are just done
7. Add the coriander
8. Serve alone, as a side dish or with roti or bread

Preparation time: 15 – 20 minutes
Serves: 2 people 😊😊

PAP

Ingredients
- 2 cups mielie meal
- 4 cups boiling water
- 1 tsp salt
- 2 tsp butter or low-fat margarine

Method
1. Bring water to the boil
2. Add salt and mielie meal, stirring well
3. Lower heat to minimum and cover
4. Simmer for 15-20 minutes, stirring every two minutes to ensure that no lumps form
5. When pap is thick, remove from heat
6. Top with butter and serve

Preparation time: 20 minutes 😊
Serves: 2 people 😊😊
ROASTED ROOT VEGETABLES

Ingredients

- 2 medium **potatoes**, scrubbed and thickly sliced
- 1 large **sweet potato**, scrubbed and thickly sliced
- 3 medium **brinjals** (eggplant/aubergine), thickly sliced
- 2 large **onions**, halved and thickly sliced
- 8 large whole cloves of **garlic**, peeled
- 65ml **olive oil**
- 1-2 large sprigs of **rosemary** and **thyme**, roughly chopped
- Juice of two medium **lemons**
- 2 punnets **brown mushrooms**
- 1 packet **brown onion soup**
- Salt and freshly ground **black pepper** to taste

Method

1. Place the potatoes, sweet potato, brinjals, onions and garlic in large roasting pan
2. Drizzle with olive oil, toss lightly and mix in rosemary and thyme as well as lemon juice
3. Sprinkle with soup powder, dust with pepper and roast in a preheated oven at 180°C for 30-35 minutes turning every 10 minutes
4. Add the mushrooms and toss carefully
5. Return to oven and roast until mushrooms are cooked through and vegetables are lightly browned
6. Season with salt and black pepper and serve

Preparation time: 40 minutes
Serves: 4 people

GARLIC AND POTATO SOUP

Ingredients

- 3 tsp **butter**
- 2 tbls **olive oil**
- 1 large **onion**, chopped
- 1 litre **vegetable** or **chicken stock**
- ½ tsp **thyme**
- 3 large **potatoes**, cubed
- 175ml fat-free **natural yoghurt**
- 75ml **sour cream**
- 150ml **parsley**, chopped
- Freshly ground **black pepper**
- 1 tsp **salt**
- 3 tbls **ground garlic**
- ½ tsp **cayenne pepper**

Method

1. Heat butter and olive oil
2. Sauté garlic and onions on low heat until onions are transparent
3. Add stock, thyme, potatoes, salt and cayenne pepper
4. Simmer until potatoes are soft
5. Allow to cool
6. Puree soup until smooth
7. Return to low heat, gently folding in the yoghurt, sour cream and parsley
8. Serve with ground pepper

Preparation time: 45 - 60 minutes
Serves: 4 – 6 people
MEDLEY OF VEGETABLES

Ingredients

1 medium **butternut**, peeled and cubed into 2.5cm squares
3 medium **sweet potatoes**, scrubbed and thickly sliced
12-15 **baby potatoes**, scrubbed
1 medium **onion**, halved and coarsely chopped
175g **baby carrots**, peeled
175g **frozen peas**, rinsed
300g **corn** or 4-5 cobs, thickly sliced
1 tsp **salt**
1 tsp **lemon pepper**
1 tsp **garlic flakes**
½ tsp **white pepper**
1 squeeze of **lemon juice**
2 tsp **brown sugar**
2 tsp **honey**
60g **butter**
½ tsp **oregano**

Method

1. Melt the butter in a pan on the stove
2. Add all the vegetables. Season with salt, lemon pepper, garlic flakes, white pepper, lemon juice, brown sugar, and oregano.
3. Toss well making sure all the vegetables are coated in seasoning and butter.
4. Cook on medium heat until all the vegetables are steamed through and tender.
5. Drizzle with honey and serve.

Preparation time: 45 minutes
Serves: 4 – 6 people 🍽️

MIELIE LAGAN

Ingredients

3 mielies boiled and grated off the cob
1 green pepper, sliced
1 onion sliced
2 tbls gram/chana flour
3 eggs, beaten
60g **butter**
½ cup **oil**
½ tsp **white pepper**
2 tsp ground green chillies
2 tbls milk
1 tsp **salt**
1 tsp baking powder
1 cup reduced fat grated cheese
Red and green pepper strips
Couscous or poppy seeds for garnishing

Method

1. Saute onions and green pepper in 2 tbls butter until onions are slightly transparent.
2. Allow to cool and mix all other ingredients adding the cheese in last.
3. Spread mixture into a greased oven dish.
4. Garnish with pepper strips and sprinkled couscous.
5. Bake for 30-45 minutes at 180°C until soft.
6. Cut into squares and serve.

Preparation time: 15 minutes
Cooking time: 30 - 45 minutes 🍽️
Serves: 4 - 6 people 🍽️
BAKED HADDOCK WITH YOGHURT

**Ingredients**
- 600g haddock fillets, skinned (kingklip or hake will also work)
- 50ml parsley, finely chopped
- 1 tsp salt
- 2 tsp lemon juice
- 1 tsp lemon pepper
- 1 tsp peri-peri sauce
- 3 tsp crushed fresh garlic
- 175ml fat-free plain yoghurt
- 1 tsp Worcestershire sauce
- 1 tsp mayonnaise
- 1 tbls butter or low-fat margarine

**Method**
1. Season the haddock with salt, lemon pepper, peri-peri sauce, garlic, lemon juice and half the parsley. Place in a casserole dish.
2. Dot with butter and bake at 220°C until fish is tender and cooked through.
3. Combine the remainder of the parsley with the yoghurt, Worcestershire sauce and mayonnaise and drizzle over the cooked haddock.
4. Serve immediately.

Preparation time: 10 minutes
Cooking time: ±20 minutes
Serves: 3 - 4 people

MASALA PINK SALMON

**Ingredients**
- 1½ tsp ghee
- 1 tsp oil
- 1 medium onion, finely chopped
- 2 tomatoes, grated
- 1 tsp salt
- 3 cloves of garlic, finely crushed
- 1 whole green chilli
- 1 tsp crushed green chilli
- 2 tsp fine red chilli
- 1 tsp fine dried cumin seeds (jeero)
- ½ tsp whole cumin seeds
- 2 tsp fine dried coriander seeds (dhania)
- ½ tsp turmeric powder
- Pinch of sugar
- 1 tsp of lemon juice
- 1-2 tins of pink salmon, lightly drained
- Fresh coriander for seasoning

**Method**
1. Melt the oil and ghee in a saucepan
2. Add onions and whole cumin, sauté until golden brown
3. Slit whole green chilli and add to saucepan with garlic. Braise for a minute
4. Season with salt, red chilli, cumin, coriander, turmeric and green chillies
5. Sauté Quickly for another minute
6. Fold in tomatoes and a pinch of sugar. Simmer until tomatoes thicken
7. Lastly add salmon and fresh coriander, stir well and cook for 8-10 minutes until thick and saucy
8. Serve with roti

Preparation time: 15 - 20 minutes
Serves: 2 – 3 people
main meals
KINGKLIP KEBABS WITH AVOCADO RELISH

**Ingredients**

- 500g thick kingklip fillets, cubed into 4cm pieces
- 30ml light soya sauce
- 60ml prepared fish stock
- 30ml lemon juice
- 5ml olive oil
- 30ml honey
- 3-5ml paprika

**Kingclip**

1. Combine all the ingredients together and add to fish
2. Marinate for 30 minutes, turning the fish a few times
3. Thread the cubed fish onto kebab sticks
4. After 30 minutes, heat griddle and grill kebabs for 2-3 minutes on both sides, basting with the marinade
5. Arrange on a serving platter with avocado relish, serve immediately

**Method**

1. Lightly combine all the ingredients and chill until required.

Preparation time: 20 minutes
Marinate: 30 minutes
Cooking time: 30 minutes

Serves: 2 – 3 people

**Relish**

- 1 small avocado, diced
- 1 tsp fresh ginger, grated
- 4 whole spring onions, chopped
- 2-3 cloves garlic, crushed
- ¼ cup fresh coriander leaves, coarsely chopped
- 1 medium red pepper, finely diced
- 1 tbls lemon juice
- 1 medium firm tomato, finely diced
- Salt to taste
- Freshly ground black pepper
CALAMARI WITH GARLIC AND PERI-PERI

**Ingredients**

1 kg small **calamari** tubes, cleaned and rinsed  
4 large cloves of **garlic**, crushed  
Juice of 1 **lemon**  
**Salt** to taste  
Fresh ground **black pepper**  
100ml **olive oil**  
100g **butter** or **margarine**  
¼ cup **parsley**, finely chopped  
2-3 tbls homemade **peri-peri sauce**

**Peri-Peri Sauce**

500g fresh **red chillies**  
250ml **olive oil**  
250ml **sunflower oil**  
1 whole head of **garlic**, peeled  
250ml **lemon juice**, freshly squeezed  
30ml **salt**

**Method**

1. Marinate calamari with garlic, lemon juice, salt, pepper, olive oil and peri-peri sauce. Combine well and refrigerate for an hour.
2. Heat a heavy based pan on high heat and fry calamari quickly, a little at a time, taking care to pour the sauce over the calamari to prevent it from drying out.
3. After all the calamari is done, remove from heat and keep warm.
4. Melt the butter in the same pan and add chopped parsley, pour over the calamari.
5. Serve immediately.

**Method**

1. Sun dry chillies on large baking trays for 5-7 days.
2. Wash well, remove stems and dry thoroughly for 30 minutes in oven at 100°C.
3. Place all ingredients in a blender and puree for 3 minutes.
4. Pour into glass jars and seal well.

Preparation time: 30 minutes
Marinate: 1 hour ☀️
Serves: 4 people 🌟🌟🌟🌟🌟
MALAY HERBED, BEEF PATTIES

**Ingredients**

- 500g lean **steak mince**
- 125ml **dried peaches**, soaked in warm water for 20 minutes and diced
- 250ml prepared **beef or vegetable stock**
- 4 slices of **brown bread**, cubed
- 125ml **skimmed milk**
- 1 beaten **egg**
- 1 tsp **herbal salt**
- 1 tsp freshly ground **black pepper**
- 4 sprigs of **spring onion**, chopped
- 15ml fresh **thyme**
- 15ml fresh **basil** or 5ml dried
- 15ml **olive oil**
- 15ml fresh **coriander**, chopped

**Method**

1. Simmer peaches in stock for 10 minutes until tender, remove from heat and allow to cool
2. Place peaches in a mixing bowl and add the bread and milk. Soak for 5 minutes
3. Add remainder of ingredients, except olive oil, and mix thoroughly
4. Shape into patties
5. Brush non-stick pan with olive oil and grill patties until golden brown on both sides
6. Serve with yoghurt and cucumber salad

Preparation time: 25 minutes  
Cooking time: ±20 minutes  
Serves: 4 – 6 people

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STEAK AND CREAMY MUSHROOM SAUCE

**Ingredients**

- 500g **rump steak**, sliced with fat trimmed
- 1 tsp **salt** and some for sauce
- ½ tsp **green chilli**, crushed
- 2 cloves of **garlic**, finely crushed
- 1 ½ tsp ground **black pepper**
- 1 tbls **lemon juice**
- 350ml reduced fat, **fresh cream**
- 1 tsp whole **peppercorns**
- 1 punnet **button mushrooms**, sliced
- 2 tbls **butter** or low-fat **margarine**
- Dash of **Tabasco**
- 2 tbls chopped **spring onion**
- **Spring onion** for garnishing

**Method**

1. Dress steak with salt, green chilli, garlic, black pepper and lemon juice
2. Melt half the butter and cook steak until tender, set aside
3. In a saucepan, melt the remainder of the butter and saute mushrooms for 3-4 minutes with a dash of Tabasco
4. Season with salt
5. Add cream, peppercorns and chopped spring onion and simmer until sauce thickens
6. Pour over cooked steak and garnish with two sprigs of spring onion and handful of croutons

Preparation time: 20 minutes  
Cooking time: 20 minutes  
Serves: 2 people
STEAK IN PITA

**Ingredients**

- 500g **rump steak**, cubed
- 1 tbls **oil**
- 1 tsp **salt**
- 1 tsp **green chilli** with garlic & coriander * (pg 81)
- 1 heaped tsp ginger & garlic masala* (pg 71)
- ½ tsp fine **white pepper**
- 1 heaped tsp fine **red chillies**
- ½ tsp fine dried cumin seeds (jeero) *
- 1 tsp fine dried coriander seeds (dhania)*
- ½ tsp **white pepper**
- 1 tsp fine dried coriander seeds (dhania)*
- ¼ cup **Worcestershire sauce**
- ¼ cup **tomato sauce**
- ¼ cup **mustard sauce**
- 6 prepared **whole wheat pita**

**Method**

1. Marinate steak in all the ingredients marked with an asterisk
2. Heat oil and cook steak slowly until tender
3. Allow to cool
4. Make a mixture with the three sauces and fold into cooked steak
5. Heat the pita's in the oven or microwave
6. Stuff pita with mixture and top with salsa (see pg 34) or onion salad (see below)

**Onion Salad**

- ½ onion, chopped finely
- 2 **green chillies**, cut into small pieces
- ¼ cup **vinegar**
- ¼ tsp **salt**

**GRILLED PEPPER STEAK**

**Ingredients**

- 1 kg **fillet steak**, sliced and tenderized
- 1 tsp **salt**
- 1 tsp fine **white pepper**
- 1 tbls **olive oil**
- Juice of ½ lemon
- 1 tsp **mustard sauce**
- Freshly ground **black pepper** to taste
- 1 tsp **Worcestershire sauce**

**Method**

1. Marinate steak with all the ingredients and half the olive oil for a minimum of 20 minutes
2. Heat remainder of olive oil in a griddle and Quickly sear steak fillets on both sides until nicely browned
3. Lower the heat, cover and cook Quickly (to suit your taste)
4. Serve with fried onions, baked potatoes and vegetables

**Preparation time:** 20 minutes

Marinate: 20 minutes

Serves: 4 people ☺️☺️☺️
BABY T-BONE WITH GREEN PEPPERS

Ingredients

1 kg baby T-bone
1 tsp salt*
1 ½ tsp fine red chillies*
1 tsp fine dried coriander (dhania)*
½ tsp fine cumin (jeero) seeds*
1 tbls ginger & garlic masala (pg 71)*
1 tbls lemon juice*  
½ tbls vinegar*
1 tsp low-fat mayonannise*
1fil tsp turmeric powder*
1 tbls olive oil
1 green pepper, deseeded and cut into rings

Method

1. Cut excess fat from T-bone and rinse
2. Marinate with all ingredients marked with an asterisk
3. In an oven tray, drizzle olive oil and add marinated T-bone
4. Bake in a preheated oven at 180aC, until tender for ± 45 minutes -1 hour
5. Arrange green peppers on cooked T-bone
6. Return to oven on grill setting for a few minutes or until peppers are slightly roasted
7. Serve with steamed vegetables or a fresh salad

Preparation time: 20 minutes
Marinate: 20 minutes
Cooking Time: ± 1 hour
Serves: 4 people 😊😊😊😊😊
STEAK TORTILLAS

Steak

500g cubed **rump steak**, cooked until tender in salt and pepper on low heat
25g **butter** or low-fat **margarine**
1 onion finely chopped
2 cloves of garlic, finely crushed
1 red pepper, diced
2 tomatoes, finely chopped

**Method**

1. Sauté onion and garlic in butter until onions are soft and transparent
2. Toss in tomatoes and simmer until they soften
3. Add cooked steak and peppers and allow to cool

Tortillas

170g flour
¼ tsp salt
¼ tsp baking powder
60g butter or low-fat margarine
¾ cup water

**Method**

1. Place all ingredients into food processor except the water
2. Process until fine, similar to breadcrumbs
3. Add water slowly until dough is soft
4. Divide dough into eight balls
5. Rollout into thin circles
6. Grill until brown on heated griddle
7. Cover and put aside

Salsa

1 onion, chopped finely and squeezed through sieve
3 tomatoes, diced
1 green pepper, diced
Salt and pepper to taste
Pinch of sugar
½ tbls of lemon juice
±200g grated cheese
2-3 green chillies, deseeded and chopped

**Method**

1. On each tortilla, place steak mixture in the centre and spoon on salsa topping
2. Fold tortilla on either side of topping to form a pocket
3. Sprinkle grated cheese on top of salsa and place under grill until cheese melts
4. Serve immediately

Preparation time: Steak 45 minutes, Tortillas 45 minutes
Final cooking time: 20 minutes
Serves: 3 - 4 people 🍎🍎🍎🍎
COTTAGE PIE WITH BEEF MINCE

**Ingredients**

- 500g lean **beef mince**, thoroughly rinsed
- 1 large **onion**, finely sliced
- 1 tbls **sunflower oil**
- 1 medium **tomato**, grated
- 1 tsp **salt**
- 2 tsp **red chillies**
- 1 tsp ground **green chillies**
- ¼ tsp **turmeric**
- 1 heaped tsp fine **cumin** and **coriander** seeds mixed
- Pinch of **pepper**
- 1 tsp **ginger** and **garlic masala** (see page 71)
- ½ cup **peas**, rinsed

**Method**

1. Sauté onions in oil until golden brown
2. Mix salt, chillies, turmeric, cumin & coriander, masala and pepper together
3. Add this mixture to mince and then to onion mixture
4. Cook until the water dries out
5. Add tomatoes and peas and simmer until cooked through
6. Note that the tomatoes should be well combined and mince should be saucy and not too dry

**Topping**

- 100g grated **cheese**
- 1 **green pepper**, sliced or diced

**Mashed Potatoes**

- 6 medium **potatoes**, peeled and boiled until soft
- **Salt** to taste
- Pinch of **nutmeg**
- 1 tsp **butter** or low-fat **margarine**
- ½ cup low-fat **milk**

**Method**

1. Mash potatoes and add in all other ingredients except cheese and green pepper, stir until mixture is smooth and thick
2. In a casserole dish, first layer mince and then add mashed potatoes
3. Top with cheese and sprinkled green pepper
4. Bake at 180°C for 15 minutes until cheese has melted
5. Serve hot with a fresh salad

Preparation time: 45 – 60 minutes

Serves: 4 people
FRUIT SORBET

**Ingredients**

- 450g **strawberries**, halved
- 30ml **lemon juice**
- **Lemon rind** from half a lemon
- 100g **icing sugar**
- 2 **egg whites**, beaten until peaks form

**Method**

1. In a processor, place strawberries, lemon juice and rind
2. Process for 30-40 seconds
3. Add the icing sugar and process for a further 30 seconds until the mixture is smooth
4. Pour mixture into a suitable container and freeze until sorbet is half frozen
5. Remove and mix again until the sorbet is slushy
6. Fold in the beaten egg whites and return to freezer until completely set
7. Before serving, let the sorbet soften for a while

**Variations**

Replace strawberries with fruits such as:
- mango
- kiwi
- granadilla or
- 450-500ml fruit juice of choice

Preparation time: 20 minutes
Freezing time: Overnight
Serves: 4 – 6 people

FRESH SUMMER FRUIT JUICE

**Ingredients**

- 2 tbls Rose **Passion Fruit Cordial**
- 1 **pineapple**, peeled and coarsely diced
- 8 **granadillas**, scooped out of shell
- 1 litre **liqui fruit breakfast punch**
- ½ litre **cold water**
- **Sugar** if desired

**Method**

1. Keep aside two tablespoons of granadilla pips
2. Blend all the other ingredients well and then pass through a fine meshed sieve
3. Stir in the extra granadilla pips and sweeten to taste
4. Chill and serve

Preparation time: 15 minutes
Serves: 6 people
COUGH TEA

**Ingredients**
- 1 tsp basil
- ½ stick cinnamon
- 1 tsp raisins/sultanas

**Method**
1. Boil all of the above in two cups of water
2. Boil away one cup of the mixture
3. Strain the remaining cup and drink warm

LEMON CIDER TEA

**Ingredients**
- ½ tsp lemon juice
- ½ tsp apple cider vinegar
- 2 tsp honey

**Method**
1. Boil one cup of water
2. Add the above ingredients and drink warm

DIGESTIVE TEA

**Ingredients**
- 3 prunes
- 10 grams tamarind

**Method**
1. Soak ingredients in two cups of boiled water for 1 hour
2. Mash the pulp until it mixes completely
3. Remove the seeds
4. Drink with a pinch of salt

HAYFEVER TEA

**Ingredients**
- 2 tbls poppy seeds
- 7 almonds

**Method**
1. Soak in 200ml water overnight
2. Liquidise, strain and drink
desserts & beverages

cold and dry
Recipes with a cold and moist temperament

Cold and moist recipes are ideally suited to bring balance to the forceful nature of the dominant bilious temperamental type. With fewer meat dishes to choose from, bring out your creative side and serve satisfying meals by putting two or three different vegetable dishes together. Often we are conditioned into thinking that a meal isn't a meal unless it has meat. Get past that and you will find veggies will do the most wonderful things for you. Look out for tasty salad options and of course, learn the secret of cooking traditional Indian rice.

Recipes from this section are ideal for the following temperament types:

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And to a lesser extent:

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BERRY AND AVOCADO SALAD

**Ingredients**
- 2 small avocados, sliced thinly
- Sprinkle of lemon juice
- 2 large butter lettuce broken into bite-sized pieces
- 1 punnet ripe strawberries, topped and halved
- ½ cup gooseberries, halved
- 3 sprigs of spring onion, chopped
- 125ml plain yoghurt, fat-free
- 30ml honey
- 30ml fresh milled black pepper

**Method**
1. Line a platter with the lettuce leaves
2. Sprinkle the avocado with lemon juice and arrange on top of the lettuce leaves
3. Dot with strawberries and gooseberries
4. In a separate dish, combine yoghurt, honey and pepper
5. Drizzle over salad and garnish with spring onions

Preparation time: 15 minutes
Serves: 2 people

FRUITY COTTAGE CHEESE SALAD

**Ingredients**
- 1 small melon, sliced and diced
- 1 mango, diced
- 250ml watermelon, diced or shaped into balls
- 2 oranges, peeled segmented and sliced
- Pulp of 4 granadillas
- 4 kiwi fruits, peeled and sliced
- Lemon rind
- Juice of 1 lemon
- 60ml fresh orange juice
- 250g fat-free chunky cottage cheese
- Freshly ground black pepper
- Fresh mint leaves
- 1 tbls of fresh mint, finely ground or prepared mint jelly
- 1 tbls yoghurt
- 15ml brown sugar

**Method**
1. Combine cottage cheese, yoghurt and mint jelly
2. Season with freshly ground pepper and refrigerate
3. Arrange all fruit on the centre of a platter or in four individual portions
4. Sprinkle with brown sugar
5. Combine granadilla pulp, lemon juice and orange juice and pour over fruit
6. Top with lemon rind
7. Drizzle cottage cheese on the outside of the fruit and garnish with mint leaves

Preparation time: 30 minutes
Serves: 4 people
### GREEK SALAD

#### Ingredients
- 1 crisp **butter lettuce**, washed, drained and broken
- 1 **English cucumber**, slightly peeled and thinly sliced
- 5 **cherry tomatoes** halved or
- 1 handful of **sundried tomatoes**
- 8-10 **black olives**
- 75g **feta cheese** (one ring) cut into squares or coarsely crumbled
- 1 medium **onion**, cut into rings
- ½ **green pepper**, julienned
- ½ **red pepper**, julienned
- Greek salad dressing
- Salt
- Whole **black pepper**

#### Method
1. Line salad bowl with lettuce leaves
2. Toss in tomatoes, olives, cucumber, feta and peppers
3. Top with onion rings and crushed black pepper
4. Sprinkle with salt and pour over salad dressing

#### Low Fat Dressing
Mix 1 tbls of olive oil (extra virgin) with half tbls balsamic vinegar. Squeeze lemon juice, add a pinch of brown sugar and pour over the salad

Preparation time: 15 minutes
Serves: 4 - 6 people

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### YOGHURT SALAD
**(RAITA)**

#### Ingredients
- 1 **cucumber**, grated and squeezed lightly through a strainer
- 2 large **carrots**, grated
- 1 **onion**, grated coarsely and squeezed through strainer
- Handful of fresh **coriander (dhania)**, chopped finely
- ½ tsp of **salt**
- Pinch of **pepper**
- 175ml **Greek yoghurt** or fat-free **natural yoghurt**

#### Method
1. Combine all ingredients, chill and serve

Preparation time: 10 minutes
Serves: 4 people as a side dish
These are side dishes & light meals.

[Image of a colorful salad with lettuce, tomatoes, feta cheese, olives, and sprouts.]
POTATO FLAPJACKS

Ingredients

- 1 egg
- 1 cup flour
- 2 cups low-fat milk
- 6 medium potatoes, peeled and grated
- ± ¼ cup oil
- 2 tbls chopped spring onions
- 1 tsp salt
- ½ tsp white pepper

Method

1. Combine egg, flour and milk in a blender, process for 30 seconds
2. Add the potatoes, 1 tbls at a time and blend until smooth.
3. Fold in spring onions and season with salt and pepper
4. Heat a little of the oil in a frying pan and pour in 1 tbls of potato mixture
5. Spread mixture over base and grill, flip and fry both sides until golden
6. Repeat for remainder of mixture
7. Excellent served with yoghurt and cucumber or herbed cottage cheese

Preparation time: 30 - 45 minutes
Serves: 8 people

TRADITIONAL FRENCH SOUP
(VICHYSSEOISE)

Ingredients

- 2 tbls olive oil
- 20ml butter or low-fat margarine
- 750g sliced leeks
- 750g potatoes, peeled and diced,
- 5 carrots, peeled and diced
- 500ml chicken stock
- 500ml milk
- ¼ - ½ tsp ground nutmeg
- Salt and pepper to taste
- 125ml reduced fat fresh cream
- Chopped chives for garnishing

Method

1. Melt butter and olive oil in a soup pot and add leeks, carrots and potatoes
2. Cover and steam over medium heat for ± 20 minutes until vegetables are just cooked
3. Add the stock, milk and seasoning
4. Bring to the boil and simmer for ± 20 minutes on low heat
5. Cool slightly and then puree (stop before completely smooth)
6. Stir in cream and garnish with chives
7. Can be served hot or cold

Preparation time: 60 minutes
Serves: 6 people
TRADITIONAL INDIAN RICE

Ingredients

- 2½ cups Basmati rice
- 2 litres boiling water ½ cup of cold water
- 2½ tbs salt
- 1 cardamom pod
- 1 cinnamon stick
- 1 medium onion, finely chopped
- 1 ½ tbs ghee
- 1½ tsp whole cumin seeds (jeero)

Method

1. Bring water to the boil in a deep pot
2. In a separate dish rinse rice thoroughly in cold water until the excess starch is removed. Three times should be sufficient. Pour off all excess rinse water and add rice to the boiling water
3. Add the cardamom, cinnamon, salt and stir well. Boil on highest heat setting for ± 15 minutes or until rice is soft but not sticky
4. Turn over into colander and rinse thoroughly under cold water for a minute
5. Return rice to washed pot. Make a few air pockets in the rice using your hand or a spoon.
6. Smooth over the top of the rice add half a cup of cold water
7. Steam on the highest heat setting for ± 7-10 minutes, you should be able to see the steam clearly coming out of the lid
8. As soon as there is no water left at the bottom of the pot, reduce the heat to the lowest setting
9. While rice is steaming, melt ghee in a frying pan, add onions and cumin seeds and sauté until golden brown
10. Pour onions over the rice
11. Cover and steam for a further 10 minutes

Variations

- 1 Add half a cup of boiled lentils to boiled rice and steam as above
- 2 Add half a cup of washed, frozen peas to boiled, washed rice and steam as instructed

Preparation time: 35 - 40 minutes
Serves: 3 - 4 people
## KHICHRI
(INDIAN YELLOW RICE)

### Ingredients

- 2½ cups **Basmati** or **Bhimri** (fragrant) **rice**
- 2 litres of boiling **water**
- 2½ tbls **salt**
- 1 **cardamom pod**
- 1 **cinnamon stick**
- ½ tsp **turmeric powder**
- ½ cup yellow oil **lentils** (oil dhal)
- 1 tbls **ghee**
- 1 **onion**, finely sliced
- 1 tsp whole **cumin seeds** (jeero)

### Method

1. Bring water to the boil in a deep pot
2. Add lentils and cook for ± 15 minutes, until parboiled
3. Rinse rice 3-4 times to remove excess starch
4. Add to lentils and water stirring well
5. Season with salt, cardamom, cinnamon and turmeric and boil for a further 10-12 minutes, or until rice is cooked
6. Drain into colander and rinse well under cold running water. Return to pot
7. Sprinkle half a cup of water over the boiled rice, return to stove on medium heat and steam for 15 minutes, until all the water has evaporated
8. In a separate saucepan, sauté onions and cumin in ghee until golden brown
9. Pour over steamed rice and serve with sour milk (khari)

Preparation time: 45 minutes
Serves: 3 - 4 people 🍽️
**POTATO PARATHA**

**Ingredients**

1 cup flour, sifted  
3 tbls oil  
Pinch of salt  
1 tsp whole dried cumin seeds (jeero)  
Boiling water to form dough

**Method**

1. Measure flour, salt and cumin into a mixing bowl  
2. Rub in the oil until the mixture resembles breadcrumbs  
3. Add boiling water a little at a time and mix with a wooden spoon until a firm dough is formed  
4. Take care not to make the dough too hard  
5. Cover and set aside

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**Potato Filling**

**Ingredients**

3 medium potatoes, peeled and boiled until soft  
Pinch of tartaric acid  
1/4 tsp sugar  
1/2 tsp finely crushed dried cumin seeds  
1 tsp salt  
Pinch of turmeric  
2-3 tsp finely ground green chilli  
1/4 tsp finely ground ginger  
2 heaped tbls finely chopped fresh coriander

**Method**

1. Mash potatoes and add all the other ingredients  
2. Mix together thoroughly

**Roti’s (parathas)**

1. Divide dough into small balls (to fit the palm of your hand)  
2. Roll out thinly to saucer size  
3. Place 1 1/2 tbls of potato mixture in the centre and spread the mixture evenly  
4. Cover with a second paratha and seal sides evenly  
5. Grill on a hot, greased griddle until both sides are golden brown  
6. Serve with mint yoghurt (see recipe below)

**Mint Yoghurt**

**Ingredients**

1 cup yoghurt  
Crushed green chillies  
Chopped mint  
1/2 chopped onion  
Salt, dried coriander and pepper for seasoning

**Method**

1. Combine the yoghurt with finely crushed green chillies, chopped mint and chopped onion  
2. Season with salt, finely crushed dried coriander and pepper  
3. Serve alongside parathas

Preparation time: 30 minutes  
Serves: 4 people
POPULAR PUMPKIN

**Ingredients**
- 500g pumpkin, peeled, sliced and roughly diced
- ¼ tsp salt
- 2 tbls brown sugar
- 2 whole cardamom (elachi)
- 4 cinnamon sticks
- Pinch of ground nutmeg
- Pinch of ground cinnamon
- 1 tbls butter

**Method**
1. Season pumpkin with salt, sugar, nutmeg and ground cinnamon
2. Heat butter in a saucepan, add pumpkin, cinnamon sticks and cardamom
3. Steam on medium heat until pumpkin is tender but still retains its shape
4. Add a little water if necessary to prevent pumpkin from burning
5. Mash or serve in chunks

Preparation time: 15 - 20 minutes
Serves: 2 – 3 people

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STUFFED BUTTERNUT WITH CARROT AND ZUCCHINI

**Ingredients**
- 1 whole butternut, halved and deseeded
- 5-6 medium carrots, peeled and cubed
- 4 medium baby marrow (zucchini), peeled and cubed
- 1 tsp salt
- 1½ tsp cayenne pepper
- ½ tsp finely ground dried cumin (jeero)
- Pinch of lemon pepper
- 1 tbls milk
- 2 tsp olive oil
- 1 clove of garlic, crushed
- Pinch of brown sugar
- 2 tbls feta cheese
- Freshly ground black pepper
- Sprigs of chives for garnishing

**Method**
1. Scoop out the flesh of the butternut and set aside
2. Heat olive oil and simmer garlic for a minute making sure it doesn't go brown
3. Add butternut, carrots and baby marrows
4. Season with salt, cayenne pepper, cumin, lemon pepper and sugar
5. Cook for 10-15 minutes on medium heat until vegetables soften
6. After 15 minutes, stir in milk and steam for a further five minutes
7. Spoon mixture into shells and top with feta cheese and freshly ground black pepper
8. Bake in a preheated oven at 180°C for 25 minutes, until cheese bubbles
9. Garnish with chives and serve

Preparation time: 30 minutes
Cooking time: 20 minutes
Serves: 2 people

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BUTTERY BABY MARROW AND CARROTS

**Ingredients**
- 1 punnet of baby marrow (±12), peeled and sliced
- 8-10 carrots, peeled and sliced
- 1 tsp salt
- 2 tbls butter
- ¼ tsp white pepper
- Parsley for garnishing

**Method**
1. Season vegetables with salt and pepper
2. Top with butter and steam until vegetables are tender
3. Garnish with chopped parsley
4. An excellent meal for babies starting on solids
5.

Preparation time: 10 minutes
Cooking time: 15 minutes
Serves: 2 - 3 people

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cold and moist
cold and moist
SAGO PUDDING

**Ingredients**

- 4 tbls sago
- 1 litre low-fat milk
- 1 tin condensed milk
- 2 tin Nestle cream
- 1 tin canned peaches

**Method**

1. Soak sago in a litre of water for 15-20 minutes
2. Bring milk to boiling point, add drained sago and simmer until sago is soft but not mushy
3. Add condensed milk and set aside
4. Allow to cool completely
5. Blend Nestle cream and fruit in a food processor
6. Fold into sago mixture and stir gently
7. Chill and serve

Preparation time: 45 – 60 minutes
Serves: 2 – 4 people

PINEAPPLE AND MACADAMIA DESSERT

**Ingredients**

- 2 yellow apples, cored and chopped
- ½ cup macadamia nuts, soaked in water
- ½ cup water
- ½ cup soya powder
- 1 tbls tahini
- 2 cups of crushed fresh pineapple
- 2 cups of grated apples
- 6 tbls chopped macadamia nuts
- 4 fresh strawberries

**Method**

1. Blend the chopped apples, nuts, water, soya powder and tahini into a cream like mixture. Set aside
2. Mix pineapple and grated apples together. Fill 4 dessert bowls with alternate layers of this mixture and the cream mixture.
3. Sprinkle macadamias on top of each bowl and place a strawberry in the centre of each.

Preparation time: 20 minutes
Serves: 4 people
ROSE SYRUP MILKSHAKE

**Ingredients**

- 1 litre milk
- 4 scoops of ice cream
- ½ cup sugar
- 2 tbls rose syrup
- 1 tbls rose water
- 2-3 cardamom pods, peeled and finely crushed

**Method**

1. Blend all the ingredients in a liquidizer
2. Serve chilled

Preparation time: 5 – 8 minutes
Serves: 4 people

MELON JUICE

**Ingredients**

- 1 medium sweetmelon or spanspek, peeled and diced
- 1 cup iced water
- 1 cup low-fat milk
- 10-12 tsp sugar or fructose if desired

**Method**

1. Blend all the ingredients until smooth
2. Place in freezer for 15-20 minutes
3. Serve with a sprig of mint and, if diet allows, a scoop of ice-cream sorbet

Preparation time: 5 minutes
Freezing time: 30 minutes
Serves: 2 - 4 people
GHASS - INDIAN FALOODA

**Ingredients**

- ½ litre milk
- 1 ½ tsp ghass powder (agar-agar)*
- 2-3 drops of red or green colouring (optional) or 2 tsp rose syrup
- ½ - 1 tsp finely ground cardamom
- 6 tbls sugar
- 125g condensed milk
- 125g Nestle cream

*(Please note ghass powder may vary in strength)*

**Method**

1. Mix the milk and the ghass powder well and bring to the boil on medium heat, stirring continuously. Be careful not to let the bottom burn.
2. Remove from heat and cool slightly.
3. Stir in the rest of the ingredients and beat well using an electric hand mixer.
4. Cool slightly and pour into serving bowls.
5. Sprinkle with finely chopped almonds (optional) and refrigerate to set.

Preparation time: 15
Setting time: 1½ hours ⏰
Serves: 4 people 🍹

PUNCH

**Ingredients**

- 2 litres orange juice, freshly squeezed
- 4-6 granadillas, cut and seeded
- 2 small papinos
- 3-4 green apples
- 3-4 pears

**Method**

5. Liquidise all the ingredients until smooth
6. Chill and serve with a sprig of mint

Preparation time: 15 minutes ⏰
Serves: 6 people 🍹

**cold and moist**
APRICOT YOGHURT SMOOTHIE

**Ingredients**
- 1 cup low-fat milk
- 125ml low-fat apricot yoghurt
- 8 fresh apricot halves, stoned and peeled
- ½ cup iced water
- 3 tbls evaporated milk
- 4 tbls fructose or brown sugar

**Method**
3. Blend all the ingredients together
4. Serve immediately

Preparation time: 5 – 10 minutes
Serves: 2 people

CLEANSING TEA

**Ingredients**
- 1 tsp - 1 tbls fennel seeds

**Method**
1. Soak in one cup of hot boiled water and cover for an hour
2. Strain and drink (in winter, drink it warm)

ALMOND TEA

**Ingredients**
- 11 almonds
- 2 tsp poppy seeds
- 2 cardamom pods
- 100ml water
- 100ml milk

**Method**
1. Soak almonds, poppy seeds and cardamom in water for 6-7 hours
2. Liquidise with milk (boiled and cooled)
3. Add two tsp sugar
4. Strain and drink half an hour before going to bed

cold and moist
Recipes with a hot and dry temperament

The hot and dry section is ideally suited to the dominant phlegmatic temperamental type and will fire up your calm, accommodating nature. In this chapter you will find spicy masala's, lots of chicken dishes and spices such as ginger that increase the heat in the body, especially beneficial for the dominant phlegmatic temperament. Fiery foods like chillies, pepper and ginger increase digestion, give you more energy and really get you going, even speeding up your metabolism. Experiment with different combinations, you might even find that as you get used to eating spicy food you will start to experiment more with chillies. Feast on an abundance of chicken recipes, a great prawn curry and of course the famous healing chicken soup. You won't find many dessert options but as an alternative try the Ginger Paak or Methi Paak, both made with ginger and nuts and having healing properties as well.

Recipes from this section are ideal for the following temperament types:

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<thead>
<tr>
<th>TEMPERAMENT</th>
<th>DOMINANT/SUBDOMINANT</th>
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<td>Phlegmatic/Melancholic</td>
<td>Phlegmatic/Sanguinous</td>
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And to a lesser extent:

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<th>TEMPERAMENT</th>
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<td>Melancholic/Phlegmatic</td>
<td>Sanguinous/Phlegmatic</td>
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TRADITIONAL GINGER AND GARLIC MASALA

**Ingredients**

1 kg fresh **ginger**, peeled and slightly ground  
1 kg whole dried **red chillies**  
½ kg fresh **garlic**, peeled and cleaned individually  
½ cup **oil**  
¼ cup **rough salt**

**Method**

1. Soak the chillies overnight in water  
2. Grind the garlic and ginger separately, until they have broken down  
3. Drain off excess water from the red chillies and then grind chillies, ginger and garlic a little at a time until the mixture is well combined and smooth  
4. Fold in the oil and salt, mix well  
5. Place into small container and store in freezer

Preparation time: 1 hr 15 minutes  
Soaking time: Overnight

EASY GINGER AND GARLIC MASALA

**Ingredients**

3 cups **ginger**, peeled and crushed until fine  
2-3 cups coarsely ground **red chillies**  
1 cup **garlic**, peeled and crushed until fine  
½ cup **oil**  
¼ cup slightly **rough salt** as preservative

**Method**

1. Soak the chillies overnight in enough water to make a paste  
2. Add 2-3 tbls of oil to the chillies and grind until fine  
3. Drain off excess water from the chillies and mix with the garlic and ginger starting with a little of each at a time. Use all the ginger and garlic, but vary the red chillies according to taste  
4. Fold in the remainder of the oil as well as the salt and mix well  
5. Place into small containers and store in freezer

Preparation time: 1 hr 15 minutes  
Soaking time: Overnight
light meals

GREEN MASALA

**Ingredients**
- 1 kg fresh **green chillies**
- 2 whole **garlic**
- 2-3 tbs **oil**
- 2 tsp **salt**

**Method**
1. Grind the chillies and garlic together until fine
2. Add oil and salt, mixing well
3. Spoon into suitable containers and freeze

Preparation time: 15 minutes

HAKIM'S HEALING SOUP

**Ingredients**
- 500g **chicken**, cut into serving pieces or
- *500g mutton* with excess fat trimmed
- 5 litres of **water**
- 3cm piece of **ginger**, peeled and chopped
- 2 **cinnamon sticks**
- 5 cloves of **garlic**, peeled and chopped in half
- 4 **cloves**
- 1 tbs whole dried **coriander**
- 1 tbs whole dried **cumin**
- 10-15 whole black **peppercorns**
- ½ tsp turmeric

* using mutton changes the temperament to hot and moist

**Method**
1. Boil all ingredients until mixture is reduced to more or less 2.5 litres
2. Season with salt and pepper, then serve
3. Excellent for flu and tight chests

Preparation time: 60 minutes

Serves: 2 - 4 people

VEGETABLE OMELETTE

**Ingredients**
- 2 **eggs**
- **Salt** to taste
- **White pepper** to taste
- Pinch of **cayenne pepper**
- 1 tbs **milk**
- 1 small **green pepper**, finely diced
- 1 small **red pepper**, finely diced
- 1 small **onion**, finely diced
- 1 tsp **ghee**
- 1 tbs grated **cheese** of choice

**Method**
1. Gently beat eggs, and add milk, salt, white pepper and cayenne pepper to taste. Set aside
2. In a separate frying pan, melt ghee and sauté onions until transparent
3. Add peppers and fry for a minute or two until vegetables are wilted
4. Pour in egg mixture, and stir with the vegetables
5. Allow to cook through until the mixture sets
6. Toss in the cheese, fold over and allow cheese to melt
7. Serve immediately

Preparation time: 10 minutes

Serves: 1 person
GINGER CHICKEN SOUP

**Ingredients**

1 baby chicken, disjointed and cut into serving pieces or 500g chicken breasts cubed into 2.5cm squares  
1 small onion, chopped  
2 pieces ginger, peeled and sliced  
¼ tsp fine white or black pepper  
1 tsp salt  
1½ tsp ghee  
1 cinnamon stick  
1 cardamon pod  
¼ tsp tumeric  
¼ tsp whole cumin seeds  
Handful of fresh coriander, finely chopped  
2 tbls jungle oats (optional)  
3 cups water

**Method**

1. In a soup pot, braise the onions and cumin in ghee until onions are soft and transparent but not brown  
2. Add the washed chicken, season with salt, turmeric and pepper. Add cinnamon, and cardamon and cook on medium heat until chicken is cooked through  
3. Add ginger, oats and water to the chicken and boil for 15-20 minutes  
4. Before serving remove excess ginger, cinnamon stick, and cardamom  
5. Chop fresh coriander, garnish and serve

Preparation time: 40 minutes 🌟
Serves: 2 - 4 people 🌟🌟🌟🌟
CRUMBED CHICKEN BREASTS

**Ingredients**

500g **chicken breasts**, washed and sliced horizontally  
2 tbls **soya sauce**  
½ tsp **salt**  
1 tsp **paprika**  
2 tbls fresh **lemon juice**  
1 tsp fine **white pepper**  
¾ cup **Trim** or low fat **mayonnaise**  
1 cup seasoned **breadcrumbs** (prepacked)  
2 tbls **olive oil**

**Method**

1. Marinate chicken in soya sauce, salt, paprika, pepper and half the lemon juice for no less than 1-2 hours  
2. Preheat oven to 180°C  
3. Whisk remainder of lemon juice into mayonnaise and pour into a flat bowl  
4. Gently coat individual breast pieces in mayonnaise and then in breadcrumbs  
5. Drizzle olive oil on baking tray and place crumbed chicken into oven  
6. Bake until golden brown turning after 12-15 minutes (cooking time 30-35 minutes)

Preparation time: 25 minutes  
Marinate: 2 hours  
Cooking time: 30 - 35 minutes  
Serves: 2 people

CHICKEN KARAHI

**Ingredients**

1 medium **chicken**, cut into serving pieces  
1 tsp **ground ginger**  
1 ½ tsp crushed fresh **garlic**  
1 tsp **salt**  
1 tsp fine **red chillies**  
5 whole **green chillies**  
1 cup whole fresh **coriander** (dhania)  
1 tsp finely crushed **cumin seeds** (jeero)  
1 **green pepper**, diced  
2 **tomatoes**, grated  
½ cup **tomato puree**  
1 tbls **olive oil**  
1 tbls **yoghurt**

**Method**

1. Blend ginger, garlic, salt, green chillies, fresh coriander, cumin, red chillies and yoghurt  
2. In a roasting pan, saute pepper and tomatoes in olive oil for 2-3 minutes  
3. Add chicken and blended sauce and cook on medium heat until chicken is done, ± 25 minutes  
4. Serve with roasted potatoes and vegetables

Preparation time: 20 minutes  
Cooking time: 25 minutes  
Serves: 4 person
### GRILLED MASALA CHICKEN

**Ingredients**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 medium to large skinless <strong>chicken</strong> (cut</td>
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<td>according to preference)</td>
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<tr>
<td>1 tsp <strong>salt</strong></td>
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<tr>
<td>1½ tsp fine <strong>red chillies</strong></td>
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<tr>
<td>1 tsp fine <strong>dried coriander</strong> (dhania)</td>
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<tr>
<td>½ tsp <strong>turmeric</strong></td>
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</tr>
<tr>
<td>1 tsp finely crushed <strong>cumin seeds</strong> (jeero)</td>
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</tr>
<tr>
<td>1 heaped tbls of <strong>ginger and garlic masala</strong></td>
<td>see page 71</td>
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<tr>
<td>2 heaped tbls <strong>yoghurt</strong>, natural or plain</td>
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<tr>
<td>2½ tbls <strong>lemon juice</strong></td>
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<tr>
<td>¼ tsp <strong>saffron</strong>, soaked in a quarter cup</td>
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<tr>
<td><strong>boiling water</strong></td>
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<tr>
<td>1 tbls <strong>ghee</strong></td>
<td></td>
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<tr>
<td>1 whole <strong>cardamom pod</strong> (elachi)</td>
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<tr>
<td>1 small <strong>cinnamon stick</strong> (taj)</td>
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**Method**

1. Wash chicken and drain off excess water
2. Mix all ingredients, excluding the ghee, cardamom and cinnamon, and rub into chicken
3. Leave to marinate for at least half an hour
4. Melt ghee with cardamom and cinnamon
5. Add chicken and cook on moderately high heat for 25-30 minutes, until done
6. Ensure that the sauce doesn't dry out
7. Place under oven grill for a couple of minutes before serving

Preparation time: 30 minutes
Marinate: 30 minutes
Serves: 4 - 6 people 😊😊😊😊😊😊
THREE SAUCES CHICKEN

**Ingredients**
- 500g chicken fillets, cut into strips
- ¼ cup Steers Spicy Tikka sauce
- ¼ cup Nandos mild Peri-Peri sauce
- ¼ cup Steers Peri-Peri sauce
- ½ tsp salt
- 1 tbls lemon juice
- 15ml butter
- 15ml olive oil

**Method**
14. Combine sauces, salt and lemon juice
15. Marinate chicken
17. Bake at 220°C for ±20 minutes

Preparation time: 15 minutes
Cooking time: 30 minutes
Serves: 2 - 4 person 🍽️

GRILLED PRAWNS

**Ingredients**
- 1 kg king prawns, deveined and butterflied
- 1 tsp salt
- 2 tsp slightly coarse red chillies
- 2 tsp maizena
- ¼ cup vinegar
- 2 tsp olive oil
- 60g butter
- Parsley to garnish

**Method**
12. Make a sauce with the salt, red chillies, maizena, vinegar and olive oil
13. Gently roll each prawn in the marinade until they are well covered
14. Place with flesh side up on an oven tray
15. Throw remainder of the marinade over prawns
16. Refrigerate for 20-30 minutes
17. Preheat oven to 220°C
18. Dot each prawn with a blob of butter and place in heated oven for ± 10 minutes or until prawns are grilled
19. Garnish and serve with lemon-butter or garlic butter sauce

**Lemon Butter Sauce**
- 125 grams butter
- Juice of 1 lemon
- 5 cloves of garlic, finely sliced
- 1 tsp of finely chopped parsley
- Pinch of salt
- Dash of Tabasco

**Method**
1. On a low heat, melt the butter
2. Add the lemon juice, garlic, salt and tabasco and stir well until sauce thickens
3. Toss in parsley
4. Stir and pour over prawns

Preparation time: 10 minutes
Grilling time: 10 – 15 minutes 🍽️
Marinate: 30 minutes
Serves: 2 - 3 people 🍽️
**Ingredients**

- 1 kg prawns shelled and deveined
- 1 onion, finely chopped
- 3 tomatoes, finely chopped
- 1 tbls crushed green chillies
- 1 tbls crushed garlic
- 1 tsp cumin seeds (jeero)
- 3 tbls oil
- 1 cardamom (elachi)
- 1 cinnamon stick
- 1 tbls fine red chillies
- 1 tbls fine coriander (dhania)
- ¼ tsp turmeric
- 1 ½ tsp salt or to taste
- ½ tsp sugar
- ½ tin tomato puree
- ¼ cup water
- Handful of coriander leaves, chopped

**Method**

### Prawns

1. Steam prawns on medium or low heat with ¼ tsp salt and ¼ tsp turmeric until water burns out. Set aside
2. Fry onion with cumin seeds, cardamom and cinnamon stick until the onion is transparent
3. Add tomatoes, green chillies, garlic and spices
4. Cook on low heat for about 15 minutes until a thick sauce forms
5. Add tomato puree and cook for a further 5 minutes
6. Add steamed prawns to curry
7. Stir in water and simmer for a further 5 minutes
8. Garnish with coriander leaves
9. Serve with rice or roti

Preparation time: 30 minutes
Cooking time: 25 minutes
Serves: 4 - 6 people
METHI PAAK

Ingredients

½ cup fenugreek flour (methi)
1 cup water chestnut flour (singhor)
1 cup almonds, coarsely ground
125g edible gum (goondar)
125g desiccated coconut
4-5 tbls linseed
¾ cup sultanas, dried
1 cup clarified butter (ghee)
1 tsp nutmeg
1 tsp mixed spice
1 tsp jaggery (gunthora)
2 tbls caltrop (gokharo)
4 tbls poppy seeds (khus-khus)
1 cup dark brown sugar

Method

4. Braise water chestnut flour in 3 tbls of ghee until light pink in colour
5. Remove from heat
6. Fry goondar in a little ghee until puffy, drain and once it has cooled, crush finely
7. To remaining ghee, add the sugar and stir until it begins to melt
8. Add fenugreek flour, braised chestnut flour, crushed goondar and all remaining spices and ingredients
9. Stir continuously and carefully, taking care not to allow lumps to form
10. When braised, after 15 minutes, remove from stove and allow to cool
11. Spread out in a shallow tray and set aside
12. When mixture has set, sprinkle with slivered almonds and pistachios
13. Cut into small squares and eat as required

(Ginger PaaK)

Ingredients

250g ginger, scraped, rinsed and ground
1 cup dark brown sugar (ghor)
½ cup almonds, coarsely chopped
¾ cup coconut
3 tbls poppy seeds (khus-khus)
6 tbls slivered almonds
2 tbls finely chopped pistachio nuts
½ cup ghee

Method

5. Make sure that the ginger is very fine and not stringy
6. Heat ghee and sugar
7. When sugar melts, stir in ginger braising on a low heat until it is evenly browned and all the water has dried out
8. Add almonds, coconut, poppy seeds and simmer for ± 15 minutes on the same low heat
9. Cool and flatten mixture in a pyrex dish
10. Cover with slivered almonds and pistachio nuts and cut into diamond shapes
11. Eat at breakfast

(Excellent for increasing heat in the body, particularly in winter to combat colds and flu)
**METABOLIC TEA**

**Ingredients**

- ½ tsp celery seed (ajmo)
- ½ tsp black caraway seeds (Shahzeera/black Jeeru)
- 4 strings of saffron

**Method**

1. Boil above ingredients in 3 cups of water
2. Boil away 2 cups until only 1 remains
3. Strain, mix with honey and drink warm

---

**CHEST TEA**

**Ingredients**

- 25 grams cinnamon
- 25 grams cloves
- 25 grams celery seed (ajmo)
- 50 grams fenugreek seeds (methi)

**Method**

1. Crush all ingredients into a powder
2. Add ½ tsp of the powder to 2 cups of water and boil until 1 cup remains
3. Strain and mix with lemon juice or honey (to taste)
4. Drink warm
Recipes with a **hot and moist** temperament

The **hot and moist** section is ideally suited to bring comfort to the critical and analytical nature of the dominant melancholic temperamental type. In this section you will find a good variety of different tastes and recipes ideal for the dominant melancholic temperament although fewer salads as they tend towards a cold temperament. Eat widely from the many different 'saucy' dishes, made with either chicken, meat or fish. Try your hand at the delicious traditional Indian Roti and Naan bread. Tuck into a choice of hearty soups and enjoy many different desserts. This section has the most recipes as humans in general are warm in temperature and moist with a high water content. It makes sense then that many of us would need to eat at least a certain amount from foods with a temperament of **hot and moist**.

Recipes from this section are ideal for the following temperament types:

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<thead>
<tr>
<th>TEMPERAMENT</th>
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<tbody>
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<tr>
<td>Melancholic / Phlegmatic</td>
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And to a lesser extent:

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<td></td>
</tr>
<tr>
<td>Bilious / Melancholic</td>
<td></td>
</tr>
</tbody>
</table>
PESTO SAUCE

**Ingredients**
- 2-3 cloves garlic, peeled
- 10ml fresh basil
- 80ml fresh parsley
- 20ml pecan nuts
- 125ml Ricotta cheese, grated
- 250ml oil
- Freshly ground black pepper

**Method**
1. Place garlic, basil, parsley, pecan nuts and cheese in a food processor and process until smooth
2. Gradually add the oil, processing quickly after each addition
3. When mixture is thick and smooth, remove from processor and season with black pepper
4. Serve with pasta of choice or baked potatoes

Preparation time: 15 - 20 minutes
Serves: 2 - 4 people

GREEN MASALA WITH CORIANDER

**Ingredients**
- 10-12 green chillies
- 1 large bunch coriander (dhania)
- 4-5 cloves of garlic
- 2 tbls oil
- 1 tsp fine cumin
- 2 tsp lemon juice
- 1 tbls water
- ½ tsp salt

**Method**
1. Excepting the oil, grind all the ingredients together in a processor or liquidizer
2. Once a smooth paste is formed, add the oil and blend for a further 15-20 seconds
3. Transfer to portion sized containers and freeze

Preparation time: 10 minutes

BASIC WHITE SAUCE

**Ingredients**
- 2 tbls flour
- 2 tbls low-fat margarine or butter
- ¼ tsp salt
- 1 ½ cups low-fat or fat-free milk

**Method**
1. Melt butter and flour in a saucepan and mix until a smooth paste is formed
2. Add the salt, then slowly add the milk and bring to the boil on medium heat
3. Stir continuously until mixture thickens
4. Use with vegetables, pasta or in casseroles

Preparation time: 12 minutes
Serves: 2 people
MINT SAUCE

Ingredients
1 large bunch mint, ± 50g, chopped up in processor
2 tbls brown sugar
3 tbls boiling water
3 tbls white grape vinegar

Method
1. Dissolve sugar in water on medium heat and add finely chopped mint
2. Simmer for a few minutes and stir in vinegar
3. Leave to reduce for ± 5 minutes and remove from heat
   Excellent with lamb dishes

Preparation time: 15 minutes
Serves: 4 people

HONEY AND BALSAMIC DRESSING

Ingredients
½ tsp mustard powder
1 heaped tbls honey
¼ cup balsamic vinegar
½ cup extra virgin olive oil
1 heaped tsp freshly ground black pepper
Salt to taste
1 tbls Trim mayonnaise (optional)

Method
1. Combine all the ingredients, mix well and drizzle over salad

Preparation time: 10 minutes
Serves: 2 - 4 people

REFRESHING PASTA SALAD

Ingredients
3 cups screwy noodles, macaroni or bows
1 medium onion, finely chopped
1 green pepper, diced
1 red pepper, diced
2 large carrots, finely cubed
1 tomato, cubed
1 cup whole kernel corn, drained
Salt to taste
1 tsp garlic flakes
1 ½ tsp paprika
1 tsp brown sugar
2 tsp olive oil
¼ cup white vinegar
White pepper to taste
Italian parsley for garnish

Method
1. Boil pasta until al dente, drain excess water
2. In a wok, heat olive oil and saute chopped onion for ± 2 minutes until soft but not brown
3. Add peppers and stir fry with all the spices, excluding the vinegar, for another two minutes
4. Remove from heat and allow to cool
5. Add finely cubed carrots, tomato and corn
6. Toss in pasta and vinegar and garnish with roughly chopped parsley
7. Refrigerate for at least 1 hour before serving

Preparation time: 20 minutes
Refrigeration time: 1 hour
Serves: 6 people
**Ingredients**

- 1 tbls flour
- 1 tbls low-fat margarine or butter
- 1½ cups low-fat or fat-free milk
- ¼ tsp salt
- 1 ½ cups reduced fat grated cheese
- ½ green pepper, sliced and diced
- 1 tbls chopped spring onion
- Pinch of thyme
- ½ tsp of fine white pepper

**Method**

1. Melt butter and flour in a saucepan. Mix until a smooth paste is formed
2. Add milk, thyme, salt and pepper and bring to the boil, stirring continuously
3. Add cheese and stir until it all melts
4. Lastly add the green peppers and spring onion
5. Serve with baked potato or vegetables

Preparation time: 15 minutes
Serves: 4 people

**light meals**

**CHEESE AND HERB SAUCE**

**hot and moist**
**SPINACH, MANGO AND PISTACHIO SALAD**

**Ingredients**
- 1 large bunch of young spinach leaves
- ½ cup spring onions, chopped
- 2-3 whole sprigs of spring onions
- 1 punnet mushrooms, coarsely chopped
- 1 large ripe mango, diced
- ½ cup feta cheese, diced
- 10 black olives
- Handful of pistachio nuts
- 1 tbls olive oil
- 1 clove garlic crushed
- ½ tsp fresh ginger, finely crushed
- 2 tsp soya sauce
- Sprinkling of parmesan cheese
- Salt and coarse black pepper to taste

**Method**
1. In a deep pan, heat olive oil with garlic and ginger until a pinkish colour
2. Add spinach to the oil, toss and allow to wilt for 2-3 minutes
3. Remove spinach from pan and arrange on a large salad platter
4. Leave to cool
5. With pan still on the stove, toss in mushrooms with soya sauce and stir fry for 4-5 minutes until mushrooms are tender
6. Remove mushrooms from heat and set aside
7. Once spinach has cooled, toss in the chopped spring onions, feta, olives and mushrooms
8. Top with diced mango and pistachio nuts
9. Sprinkle a handful of parmesan shavings on top
10. Season with salt and black pepper and garnish with spring onion
11. Serve with honey and balsamic vinegar dressing (see pg 82)

Preparation time: 20 minutes  
Serves: 2 - 3 people 😊😊😊

**EASY MIXED VEGETABLE SOUP**

**Ingredients**
- 1 small onion, finely chopped
- 1 small chicken, disjointed and cut into serving pieces or 500g cubed chicken fillets
- 1 small tomato, grated
- 1 packet thick vegetable soup
- 1 tin thick and hearty farm style vegetable soup
- 1 tsp salt
- ½ tsp fine red chillies
- ½ tsp white pepper
- ½ tsp whole cumin seed
- ½ tsp fine cumin seeds
- 1 tbls sunflower oil
- 1 green chilli
- Handful of fresh coriander, chopped

**Method**
1. Braise the onions in oil with cumin seeds until golden brown
2. Add chicken and green chilli and cook on medium heat until chicken is cooked
3. Season with the spices and simmer for a few seconds
4. Add grated tomato and cook until it has absorbed the spices
5. Mix soups according to instructions and add to the prepared chicken, stirring continuously until the mixture boils
6. Lower the heat setting and simmer for ± 15-20 minutes
7. Before serving add coriander

Preparation time: 25 minutes  
Cooking time: 20 minutes ☕️
Serves: 4 people 😊😊😊😊
# TOMATO SOUP

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
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<tbody>
<tr>
<td>1 cup cubed</td>
<td><strong>chicken fillets</strong></td>
</tr>
<tr>
<td>1 tbls</td>
<td><strong>olive oil</strong></td>
</tr>
<tr>
<td>1 green chilli or</td>
<td><strong>dry red chilli</strong></td>
</tr>
<tr>
<td>½ tsp</td>
<td><strong>cumin seeds</strong></td>
</tr>
<tr>
<td>2-3</td>
<td><strong>tomatoes</strong>, pureed</td>
</tr>
<tr>
<td>½ cup</td>
<td><strong>tomato puree</strong></td>
</tr>
<tr>
<td>1-2 cloves of</td>
<td><strong>garlic</strong></td>
</tr>
<tr>
<td>½ tsp crushed/powdered</td>
<td><strong>red chillies</strong></td>
</tr>
<tr>
<td>Salt</td>
<td>to taste</td>
</tr>
<tr>
<td>Pinch of</td>
<td><strong>oregano/white pepper</strong></td>
</tr>
<tr>
<td>3</td>
<td><strong>basil leaves</strong></td>
</tr>
<tr>
<td>1 litre boiling</td>
<td><strong>water</strong></td>
</tr>
<tr>
<td>1 cup</td>
<td><strong>watercress</strong>, chopped</td>
</tr>
</tbody>
</table>

## Method

1. Braise garlic and cumin seeds on low heat in oil
2. Add chicken, green chilli, chilli powder, salt and white pepper together
3. Cover and simmer until chicken is cooked through
4. Add tomatoes, tomato puree and water, bring to the boil
5. Stir in basil, watercress and oregano and boil for 15-20 minutes
6. Serve with croutons and a swirl of yoghurt

Note: Chicken can be omitted

Preparation time: 15 minutes

Serves: 4 people 😊😊😊😊
**BUTTERNUT SOUP**

**Ingredients**
- 4 medium carrots, peeled and grated
- 1 tbls butter or low fat margarine
- 1 green chilli
- ½ tsp salt
- 2 cloves of chopped garlic
- ½ tsp cumin seeds
- ¼ tsp ground white pepper
- 2 tsp finely ground almonds
- 1 tsp red chillies
- 125ml reduced fat, fresh cream
- 3 cups cubed butternut
- 750ml vegetable stock
- 1 litre boiling water
- Chopped coriander, spring onions and chives to garnish

**Method**
1. Cook butternut in stock until soft
2. Cool slightly and liquidize
3. Heat butter and season with chilli, salt, garlic, cumin, pepper and almonds
4. Add carrots, butternut and boiling water and bring to the boil
5. Simmer slowly for 15-20 minutes until mixture is thick and smooth
6. Before serving, reheat and stir in cream
7. Garnish with coriander, spring onion and chives

Preparation time: 30 - 40 minutes
Serves: 4 - 6 people

**CHICKEN CORN SOUP**

**Ingredients**
- 1 cup cubed chicken fillets
- 1 tsp salt
- 1 tsp finely ground green chilli
- 1 tsp pepper
- 1 tbls lemon juice
- 1 tbls butter or low-fat margarine
- 3 tbls maizena or cornflour
- ½ cup low-fat fresh cream
- 1 tin cream style sweet corn
- 650ml water and 1 packet thick vegetable soup

**Method**
1. Season chicken with salt, pepper and green chilli and sauté in butter until cooked thoroughly
2. Stir in lemon juice and corn
3. Mix soup with water and cornflour and add to the chicken mixture
4. Bring to the boil and reduce heat, leaving to simmer for ± 10-15 minutes

Preparation time: 25 minutes
Cooking time: 15 minutes
Serves: 4 people
FENUGREEK (METHI BHAJI) PANCAKES

**Ingredients**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tbls melted low-fat margarine</td>
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<tr>
<td>1 ½ cups chopped fenugreek (methi bhaji)</td>
<td></td>
</tr>
<tr>
<td>1 cup low-fat milk</td>
<td></td>
</tr>
<tr>
<td>½ cup water</td>
<td></td>
</tr>
<tr>
<td>2 eggs</td>
<td></td>
</tr>
<tr>
<td>1 cup flour</td>
<td></td>
</tr>
<tr>
<td>1 tsp baking powder</td>
<td></td>
</tr>
<tr>
<td>1 level tbls ghee</td>
<td></td>
</tr>
<tr>
<td>1 tsp finely ground cumin (jeero)</td>
<td></td>
</tr>
<tr>
<td>1 tsp ground green chillies</td>
<td></td>
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<tr>
<td>2 grated onions</td>
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<tr>
<td>½ grated tomato</td>
<td></td>
</tr>
<tr>
<td>½ tsp finely ground dry coriander</td>
<td></td>
</tr>
<tr>
<td>Salt to taste</td>
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</tbody>
</table>

**Method**

1. Beat milk, water and eggs until light and fluffy
2. Sift flour, baking powder and salt and fold in, mixing until smooth
3. Add chilli, tomato, cumin, coriander, onion, fenugreek (methi bhaji) and melted margarine
4. Mix well
5. Grease pancake griddle lightly, heat and pour a thin layer of the batter onto griddle
6. Distribute evenly and grill until golden brown on both sides

Preparation time: 30 minutes
Serves: 3 - 4 people

*hot and moist*
TRADITIONAL ROTI

Ingredients
- 2½ cups flour
- 2½ tbls ghee
- 1 tsp salt
- Boiling water
- additional ghee
- additional flour

Method
1. Crumble ghee into flour until mixture resembles breadcrumbs
2. Add salt and mix
3. Make a well in the flour mixture and add boiling water, a little at a time until a soft dough is formed
4. Cover and allow to cool
5. Once cooled, roll dough out to less than ½ mm in thickness
6. Spread 1 tbls melted ghee on dough, and use fingertips to make light finger marks on entire surface
7. Sprinkle lightly with flour and roll dough to resemble a Swiss roll
8. Cut into ± 6-8 sections and put aside
9. Taking a section at a time, form a ball in the palm of your hand and roll into circles on a lightly floured board
10. Grill on a hot griddle until golden specks appear on both sides, brushing with melted ghee halfway through cooking time

Preparation time: 10 minutes
Cooking time: ± 25 minutes
Serves: 3 - 4 people

BROWN FLOUR ROTI

Ingredients
- 2 cups Tru-wheat flour
- ¼ tsp salt
- ¼ cup oil
- 1 cup hot water

Method
1. Add oil and salt to flour and mix with back of spoon
2. Add hot water and make a soft, manageable dough
3. Divide into five or six parts
4. Grill on griddle until golden brown on both sides

Preparation time: 10 minutes
Cooking time: 20 minutes
Serves: 2 people

hot and moist
light meals
**SPINACH AND POTATO DISH**

**Ingredients**
- 12 baby potatoes, peeled and cut into small cubes
- 500g spinach or methi bhaji, washed, drained and chopped
- 1 tsp salt
- 1 tsp fine red chillies
- 1 tsp fine cumin and coriander seeds
- 2 tsp finely slivered ginger
- 2 medium onions, finely sliced
- ½ tsp turmeric
- 2 tsp green masala with coriander (see pg 81)
- 1 tbls oil

**Method**
1. Sauté onions, ginger and potatoes in oil until onions are transparent
2. Add all the other ingredients, stir well
3. Cover and simmer on low heat until potatoes are soft and spinach or methi bhaji is cooked through
4. Serve as a side dish with brown flour rotis

Preparation time: 20 - 25 minutes
Serves: 4 people

---

**NAAN**

**Ingredients**
- 3 cups flour
- 1 tsp salt
- 3 tsp instant dry yeast
- ½ cup warm milk
- ½ cup warm water
- ¼ cup oil
- 1 tsp sugar

**Method**
1. Mix flour, salt and yeast and set aside
2. Beat milk, water, oil and sugar and add to dry ingredients until a soft dough is formed
3. Cover in an airtight container and leave to rise in a warm place until dough doubles in size
4. Divide dough into twelve pieces and form into balls with the palms of your hands
5. Rollout into ± 10cm circles
6. Heat the griddle and dot with ghee, grill until golden brown on both sides

**Variations**
1. Add fennel or aniseed to flour mixture and/or use nutty wheat flour for a healthy alternative

Preparation time: 10 minutes
Standing time: 2 hours
Cooking time: 20 minutes
Serves: 6 - 8 people

---

**Light meals**

- hot and moist
### PUMPKIN CURRY

**Ingredients**

- ¼ pumpkin, peeled and sliced
- 1 tbls desiccated coconut
- 1 tbls fresh coriander, chopped
- 2 tbls brown sugar
- 1 tbls ghee
- 4 green chillies, crushed
- 1 medium onion, chopped
- ¼ tsp fenugreek seeds (methi)

**Salt** to taste

**½ tsp fine red chillies**

**1 cup water**

**Method**

1. Mix chillies and coconut together then add to the pumpkin and remaining spices
2. Braise onion and fenugreek seeds in ghee until onion is soft and transparent
3. Add spiced pumpkin and simmer on low heat
4. Stir well and add water. Cook slowly until pumpkin is tender
5. Add sugar and mix well
6. Garnish with fresh coriander and serve with khitchri (traditional yellow rice, see page 62)

Preparation time: 15 - 20 minutes
Serves: 2 people

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### SOYA STUFFED TOMATOES

**Ingredients**

- 500ml boiling water
- 8 large firm ripe tomatoes
- 1 tsp olive oil
- 1 large onion, chopped finely
- 1 large green pepper, chopped
- 2 large cloves garlic, coarsely chopped
- 1 x 200g packet soya mince, savoury flavour
- 1 cup fresh brown breadcrumbs
- 1 cup low-fat mozzarella cheese, grated
- 2 tsp fresh oreganum
- 150ml prepared vegetable stock
- 10-12 pitted olives, chopped

**Salt** to taste

**Method**

1. Slice the tops off the tomatoes and scoop out the flesh
2. Place the shells upside down on a rack to drain
3. Chop the removed flesh finely
4. Heat the olive oil in a saucepan and add the onion, garlic and green pepper
5. Sauté until onions are transparent and then add the tomatoes
6. Add the soya mince and boiling water. Season with salt
7. Simmer on low heat, stirring frequently to prevent burning
8. When soya mince is cooked, add the chopped olives and spoon the mixture into the tomato shells. Place in a casserole dish
9. Combine the breadcrumbs, cheese and oreganum and sprinkle over stuffed tomatoes
10. Add the stock to the dish and bake in a preheated oven at 190°C for 30 minutes, until tomatoes are soft
11. Serve with crusty bread

Preparation time: 35 minutes
Cooking time: 30 minutes
Serves: 4 – 6 people
ROASTED MEDITERRANEAN VEGETABLES

Ingredients

1 red pepper, cut into 2cm chunks
1 green pepper, cut into 2cm chunks
1 cup of butternut or pumpkin, cut into 2cm chunks
1 large onion, coarsely chopped
175g baby marrow, halved lengthwise and chopped
2 brinjals, cut into 2cm chunks
1 tsp coarse salt
1 tsp thyme
2 tsp olive oil
½ tsp lemon pepper
Pinch of brown sugar
1 tsp Balsamic vinegar

Method

1. Place all the vegetables in a roasting pan
2. Season with thyme, lemon pepper and brown sugar
3. Rub in coarse salt and drizzle with olive oil and balsamic vinegar
4. Toss well and bake in preheated oven at 190°C for 40-45 minutes until the vegetables are tender and golden brown
5. Serve with whole wheat pita and yoghurt

Preparation time: 20 minutes
Cooking time: 45 minutes
Serves: 4 people

SPINACH AND CHEESE TARTLETTS

Ingredients

1 ½ tbls butter or low fat margarine
¼ cup flour
1 cup milk
⅔ reduced fat Gouda or Cheddar cheese, grated
1 bunch young spinach, cooked and chopped
2 eggs, beaten
1 tsp dried mustard powder
1 roll readymade short-crust pastry
Paprika for sprinkling
1 cup button mushrooms, finely sliced
Salt and pepper to taste

Method

1. Preheat oven to 200°C
2. Melt butter, add flour and mix well
3. Add the milk and bring to the boil, stirring until the mixture thickens
4. In a separate non-stick pan sauté mushrooms until soft and leave to cool
5. To the milk mixture, add half the cheese, spinach, eggs, mustard, salt and pepper. Lastly toss in mushrooms
6. Line patty pans with pastry cutting off the extra edges
7. Spoon the filling onto the pastry.
8. Top with remainder of cheese and sprinkle with paprika
9. Bake for 20 minutes

Preparation time: 20 minutes
Cooking time: 20 minutes
Serves: 6 - 8 people
light meals
STIR FRIED VEGETABLE RICE

Ingredients

- 2 cups rice
- 5 cups boiling water
- 2 tbls salt
- 1 cardamom pod
- 1 cinnamon stick
- 1 medium onion, finely chopped
- 1 green pepper, diced
- 1 red pepper, diced
- 1 punnet mushrooms, halved and sliced
- 2-3 carrots, diced
- ½ cup corn (frozen or whole kernel)
- ½ cup peas
- ¼ cup soya sauce
- 2 tbls sweet and sour Chinese sauce
- 1 tsp salt
- 1 tsp paprika
- ½ tsp finely crushed garlic
- 1 tsp lemon juice
- Pinch of dried ginger
- Black pepper to taste
- Parsley for garnishing
- 2 tsp olive oil
- 1 tsp ghee or butter

Rice

1. Rinse rice and add to boiling water
2. Season with salt, cardamom and cinnamon stick
3. Boil until soft ± 15 minutes, drain and rinse under cold water
4. Set aside

Vegetables

1. In a wok, heat oil and ghee
2. Add onions and sauté until transparent but not brown
3. Toss in green and red peppers. Braise quickly
4. Add mushrooms, carrots, corn and peas along with salt, paprika, garlic, lemon juice and ginger
5. Sauté until vegetables are limp and add soya sauce and sweet and sour sauce
6. Simmer for five minutes and set aside

Final Method

1. In a suitable pot, toss vegetables with boiled rice taking care to mix well
2. Add ¼ cup of water and place mixed rice on medium heat
3. Steam for 15-20 minutes until all the flavours have combined
4. Sprinkle with black pepper to taste, garnish with parsley and serve

Variations

Try these different variations

1. Chicken: Add two cups of cubed chicken fillets cooked in salt and white pepper to onions, before adding vegetables
2. Steak: Add 1 ½ cups of diced and cooked steak to onions, before adding the vegetables

Preparation time: 20 minutes
Cooking time: 15 - 20 minutes
Serves: 6 - 8 people

WILD BROWN RICE WITH SPINACH

Ingredients

- 50g margarine
- 1 large onion, chopped
- 500ml brown rice
- 500g spinach, chopped
- 750ml water
- 10ml vegetable stock powder
- 2ml salt
- 2ml white pepper

Method

1. Using a large frying pan or wok, sauté onions in margarine until transparent
2. Add rice and fry for five minutes
3. Add the remaining ingredients and cook until the rice is tender and no liquid remains ± 40 minutes
4. Serve hot

Preparation time: 20 minutes
Cooking time: 40 minutes
Serves: 2 - 3 people
**SPINACH LINGUINI**

**Ingredients**
- 500g linguini pasta
- 1 large bunch of spinach, remove stalks and slice finely
- 350ml reduced fat, fresh cream
- 2 tbls natural low-fat yoghurt
- 1 packet instant garlic and onion pasta sauce
- 1 cup cheddar cheese, grated
- ½ cup basil, chopped
- 2 tsp finely crushed garlic
- ½ cup chopped cashew nuts or walnuts
- Garlic and herb seasoning
- Salt to taste
- Freshly ground black pepper
- 30g fresh, finely grated parmesan cheese

**Method**
1. Cook linguini according to instructions on packet
2. Whisk together fresh cream, yoghurt and instant sauce
   Fold into cooked linguini
3. Stir in chopped spinach and sauté until spinach is wilted
4. Add cheddar cheese, garlic, nuts, seasoning and parmesan (leave some aside) and stir
5. Lastly toss in the basil leaves
6. Serve immediately sprinkled with the remainder of the grated parmesan

Preparation time: 20 minutes
Serves: 2 people

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**INDIAN GOURD AND CHANA DALH**
(DODHI WITH GRAM)

**Ingredients**
- ¼ tsp whole cumin seeds (jeero)
- 1 cup chana dhal (gram)
- 1 tsp of crushed fresh ginger*
- 2 medium onions, finely sliced
- ½ tsp turmeric*
- 3 whole green chillies
- 2 tomatoes, finely chopped
- 2 tbls oil
- 1 tbls ghee
- Juice of ½ lemon*
- ½ dodhi (Indian gourd), peeled and cubed
- 1 tsp chilli powder*
- 1 tsp fine cumin and coriander seeds*
- ¼ tsp crushed garlic
- Handful of fresh coriander
- 1 tsp salt
- 1 cup of water
- 1 whole red chilli

**Method**
1. Soak the dhal in water for a few hours
2. Heat oil and fry onions with whole cumin seeds until golden brown
3. Add all the spices marked with an asterix and braise for a few seconds
4. Add finely chopped tomatoes
5. Slit green chillies and saute for a further two minutes
6. Add soaked dhal and braise slowly
7. Pour in water. Cover and simmer for ±20 minutes
8. When dhal is almost done stir in the gourd (dodhi) and cook slowly for a further 15 minutes
9. In a separate pan, heat ghee and Quickly braise with one whole red chilli and ¼ tsp of cumin seeds. Pour over the gourd and the dhal
10. Garnish with chopped coriander (dhania) and serve

Preparation time: 45 minutes
Cooking time: 20 minutes
Soaking time: 3 or more hours
Serves: 2 people
Main meals

**CHICKEN FETTUCINI**

**Ingredients**

- 500g chicken fillets, cubed
- 250g fettucini,
- ½ tsp salt
- ½ tsp oil
- 1 tsp salt
- 1 tbls green masala (see pg 81)
- 1 tsp fine coriander (dhania)
- 1 tsp fine cumin (jeero)
- 2 tsp ghee
- 1 red pepper, finely diced
- 1 green pepper, finely diced
- 1 cup of whole kernel corn
- 250ml fresh cream
- 250ml sour cream
- 1 tsp garlic flakes
- 1 tsp lemon pepper
- ½ tsp fine white pepper
- ½ cup reduced fat gouda cheese

**Chicken**

1. Heat ghee in a saucepan
2. Braise chicken in ghee with green masala, salt, coriander and cumin until chicken is cooked through
3. Add the peppers (red and green), corn, garlic flakes, lemon pepper and white pepper
4. Saute for a few minutes and add fresh cream, sour cream and pasta
5. Fold in well and simmer gently until sauce thickens
6. Lastly, toss in cheese
7. Allow the cheese to melt and then serve

**Pasta**

1. Boil four cups of water on stove
2. Add ½ tsp of salt and ½ tsp of oil
3. Add pasta and cook until it is al dente

Preparation time: 40 minutes
Serves: 4 people

**CHICKEN LAGAN**

**Ingredients**

- 1 cup cubed chicken fillet
- 2 tsp salt
- 2 tsp green masala (see pg 72)
- ½ tbls ghee
- Pinch of white pepper
- 2 slices of bread soaked in 1½ cups of milk
- 3 eggs, beaten until fluffy
- ½ tsp salt
- ½ tsp fine cumin seeds
- ½ tsp fine dry coriander
- Freshly chopped spring onion
- Freshly chopped coriander (dhania)
- 1 tin cream style sweet corn
- ¼ tsp baking powder
- 4 tbls sesame seeds

**Method**

1. Melt the ghee
2. Place chicken, salt, green masala, pepper, cumin and dry coriander in a saucepan
3. Cook until tender
4. Crumble chicken lightly
5. Mash bread and fold in eggs and corn. Add to the chicken
6. Fold in baking powder, chopped spring onion and coriander (dhania)
7. Combine well and pour mixture into a greased baking pan
8. Sprinkle with sesame seeds and bake on 180°C until light brown and almost set
9. Cut into squares and serve hot

Preparation time: 20 minutes
Cooking time: 50 - 60 minutes
Serves: 4 - 6 people
Main meals

CHICKEN & BROCCOLI BAKE

**Ingredients**
- 500ml finely crushed cornflakes
- 1 tbls butter or low-fat margarine, melted
- 125ml flour
- 250ml milk
- 500ml chicken stock
- 100ml low-fat mayonnaise
- 1 tsp lemon juice
- 1 tsp fine paprika
- 1 tsp fine red chillies
- Pinch of ground mixed spice
- Pinch of fresh crushed ginger
- Salt and freshly ground black pepper
- 500g fresh or frozen broccoli, blanched and drained
- 1.5kg chicken breast, skinned and diced

**Method**
1. Steam chicken with salt and pepper and set aside to cool
2. Combine cornflakes and melted butter and set aside
3. Blend flour into a paste, with a little of the measured milk
4. Add remaining milk and stir well
5. Pour flour mixture into a saucepan, add stock and mayonnaise and heat gently, stirring until mixture boils and thickens
6. Remove from heat. Add lemon juice, paprika, ginger and spice. Season with salt and pepper
7. Stir well
8. Cut broccoli stalks into 50mm lengths
9. In a greased casserole dish place a layer of broccoli, then chicken, then sauce
10. Top with the cornflake mixture and bake at 180°C for 30-40 minutes

Preparation time: 20 minutes
Cooking time: 30 – 40 minutes
Serves: 4 – 6 people

CHICKEN WITH TARRAGON & VEGETABLES

**Ingredients**
- 1 medium chicken, cut into serving pieces
- 1 tsp salt
- 1 ½ tsp mustard sauce
- 2 tbls lemon juice
- ½ tsp finely ground black pepper
- 4 cloves garlic, finely sliced
- 1 ½ tsp finely crushed green chillies
- ½ tsp tarragon, dried and crushed
- 10-12 baby carrots
- 10-12 baby potatoes, peeled
- 150g fresh green peas, deveined
- ½ cup water
- ½ tbls flour
- 1 tbls olive oil

**Method**
1. Marinate chicken in salt, mustard sauce, lemon juice, black pepper, tarragon and chillies for 30 minutes
2. While chicken is marinating, steam potatoes, carrots and peas with a pinch of salt
3. After marinating, melt olive oil and garlic and add chicken, cook until almost done
4. Add vegetables and flour mixed with water to the chicken and simmer slowly until sauce thickens and chicken is tender
5. Garnish with herb of choice and serve

Preparation time: 10 minutes
Marinate: 30 minutes
Cooking time: 30 – 40 minutes
Serves: 1 - 2 people
Main meals

CHICKEN CURRY

**Ingredients**

1 medium to large skinless **chicken**, cut into serving pieces
1 large **onion**, finely sliced
1 large **tomato**, grated
4 medium **potatoes**, peeled and halved
1 tsp **salt**
1 ½ tsp fine **red chillies**
1 tsp fine dried **coriander** (dhania)
½ tsp finely crushed **cumin** (jeero)
½ tsp whole **cumin**
1 heaped tbls **ginger & garlic masala** (see page 71)
¼ tsp **turmeric powder**
1-2 tbls **oil**
350ml **water**
1 whole **cardamom pod**
1 **cinnamon stick**
2 whole **green chilli**
½ cup fresh **coriander**, chopped

**Method**

1. Heat oil in a deep pot, add onions and whole cumin seeds
2. Sauté until onions are golden brown
3. Add chicken with cardamom, cinnamon and whole green chilli and cook on medium heat until chicken is cooked through, ± 20-25 minutes
4. Add masala, salt, red chillies, dried coriander, crushed cumin and turmeric and simmer for a minute
5. Add tomato and simmer until braised
6. Add potatoes and water and leave to boil until the potatoes are soft, ± 20-25 minutes
7. Stir in chopped fresh coriander and serve with rice or roti

Preparation time: 15 minutes
Cooking time: 50 - 60 minutes
Serves: 4 – 6 people

BUTTER CHICKEN

**Ingredients**

6 cups of de-boned **chicken**, cut into 3cm strips
6 tbls **butter**
1 tbls **oil**
2 medium **onions**, finely chopped
¾ cup **yoghurt** *
½ cup ground **almonds** *
1 ½ tsp fine **red chillies**
¼ tsp crushed **bay leaves** *
¼ tsp ground **cinnamon** *
1 tsp **gharam masala** *
4 green **cardamom pods** *
1 tsp fine fresh **ginger** *
1 tsp crushed **garlic** *
2 cups **tomato puree** *
1¼ tsp **salt** *
1 large bunch of fresh **coriander**
4 tbls **fresh cream** (or 2 tbls fresh cream + 2 tbls Nestle cream)

**Method**

1. Melt butter and oil and saute onions until soft and pink but not brown
2. Stir in half the fresh coriander
3. In a separate dish, combine all ingredients marked with an asterisk and pour over chicken. Leave for 20-30 minutes
4. Add to the onions and simmer until chicken is tender
5. Before serving, stir in the fresh cream and remainder of coriander

Preparation time: 20 minutes
Cooking time: 20 minutes
Serves: 6 - 8 people
Main meals
Main meals

MUTTON WITH GREEN BEANS

Ingredients

- 1 kg leg of mutton, trimmed and cut into serving pieces
- 1 large onion, finely sliced
- 1 tomato, grated
- 1 tsp fine green chillies and 1 whole green chilli *
- 1 ½ tsp salt *
- 1 cardamom pod
- 1 cinnamon stick
- 1 ½ tsp fine red chillies, dried *
- ½ tsp turmeric *
- 1 tsp fine coriander (dhania) *
- ½ tsp fine cumin (jeero) *
- ½ tsp whole cumin seeds
- 1 level tbls of ginger and garlic masala *(see page 71)
- 350g green beans, de-stemmed and halved
- 3 cups of water
- 2 tsp oil
- Fresh coriander for garnishing

Method

1. Add ½ tsp of salt to 2 cups of water and blanch green beans until soft. Set aside
2. In a deep pot, sauté onions and whole cumin in oil until golden brown
3. Add mutton with whole green chilli, cardamom and cinnamon and cook slowly until mutton is tender
4. Add a little water every 15 minutes to ensure that the mutton does not burn
5. Add spices marked with an asterisk and braise for a minute or two
6. Add tomatoes, simmer for another 2 minutes
7. Fold in blanched beans with 1 cup of water and cook on medium heat until beans are tender and sauce is thick and hearty
8. Garnish with coriander and serve immediately

Preparation time: 1 hour
Serves: 4 – 6 people

MARINATED LAMB CHOPS

Ingredients

- 1 kg rib chops, trimmed
- 1 tsp salt
- 1 tsp red chillies
- 1 tsp fine white pepper
- ½ tsp lemon pepper
- 1 tsp freshly ground black pepper
- 1 tbls white vinegar
- 1 ½ tsp lemon juice
- 1 tbls mustard sauce or 1 tsp mustard powder
- 1 tbls Worcestershire sauce
- 2 tsp olive oil

Method

1. Make a marinade mixture with all the ingredients, excluding the lamb chops
2. Marinate chops for 30 minutes
3. Set aside and grill on barbeque

Preparation time: 10 minutes
Marinate: 30 minutes
Cooking time: ± 30 minutes
Serves: 3 - 4 people
**Main meals**

## LAMB MEATLOAF WITH TOMATO TOPPING

### Ingredients
- 500g ground **lean lamb mince**
- 4 medium **potatoes**, cooked and mashed in a dot of butter
- 1 **egg**
- 1 packet **French or white onion soup mix**
- 1 cup **milk**
- 1 tsp **salt**
- 2 tbls chopped **chives**
- 1 tsp freshly ground **pepper**
- 1 tsp **lemon juice**

### Method
1. Combine all the ingredients (throw soup mixture in, as is)
2. Mix well and spoon into a greased loaf pan

### Tomato Topping
- 3 **tomatoes**, grated
- 1 tsp **brown sugar**
- **Salt** to taste
- Pinch of **dry mustard**
- 1 clove or **crushed garlic**

### Preparation time: 20 minutes
**Cooking time: 1 hour **
**Serves: 4 people 😊😊😊😊**

## LEMON AND ROSEMARY LAMB CHOPS

### Ingredients
- 1 kg **lamb chops**, trimmed of excess fat
- 1 tbls **olive oil**
- ½ tbls low fat **margarine**
- Juice of half a **lemon**
- 30ml fresh **rosemary**, chopped finely
- 1 tbls fresh **garlic**, crushed
- Garlic and herb **seasoning** salt
- Pinch of **salt**
- 1½ tsp freshly ground **black pepper**
- 1 tsp **lemon zest**
- Fresh **mint** and **rosemary** for garnishing

### Method
1. Season chops with garlic and herb seasoning, salt, lemon juice, black pepper and chopped rosemary
2. In a saucepan melt the margarine in olive oil and sauté with fresh garlic and lemon zest
3. Pour olive oil mixture over the chops and set aside for at least one hour
4. Grill chops as desired in roasting pan with marinade, taking care not to dry out too much
5. Garnish with mint and serve

### Preparation time: 30 minutes
**Marinate: 1 hour **
**Serves: 4 people 😊😊😊😊**

**hot and moist**
ROAST LEG OF LAMB

Ingredients

- 1 ½ kg leg of mutton
- 1 tsp salt *
- 1 ½ tsp fine white pepper *
- 5ml dried thyme *
- 1 tbls white vinegar *
- ½ tbls lemon juice *
- ½ tbls freshly ground peppercorns *
- 2 tbls mustard sauce *
- ½ tsp lemon pepper *
- ½ tsp mustard powder *
- ½ tsp garlic flakes *
- 1 tbls Worcestershire sauce *
- ¼ cup orange juice *
- 3 tbls oil
- 2 bay leaves
- ½ onion, roughly chopped
- 2 large carrots, peeled

Method

1. Mix all the ingredients marked with an asterisk together and add one tbls of oil
2. Pierce the mutton with a sharp knife and pour the marinade mixture over it, ensuring that it seeps into the leg of lamb
3. Marinate overnight
4. Heat the remainder of the oil in a roasting pot and gently add marinated lamb, setting aside the remainder of the marinade
5. Brown and seal lamb on all sides until it takes on a golden colour
6. Lower heat to medium and add rest of the marinade as well as the carrots, bay leaves and onions
7. Close lid and cook very slowly, taking care to add a little bit of water each time the mixture starts getting too dry
8. Turn every 10-15 minutes, and allow to cook until lamb is succulent and tender for ± 2-3 hours (check by piercing with knife)
9. When lamb is cooked, allow sauce to thicken but not burn out completely
10. Garnish with fresh herbs and serve with roasted potatoes

Preparation time: 15 minutes
Marinate: Overnight
Cooking time: 2 – 3 hours ⏳⏰⏰
Serves: 4 – 6 people ⛔️⛔️⛔️⛔️⛔️

hot and moist
INDIAN LAMB KEBAABS

Ingredients

- 500g lean mutton or lamb mince
- 1 large onion, finely chopped
- 2 slices bread, soaked in a little milk
- 1 large egg
- ½ cup of chopped fresh coriander
- ¼ cup chopped spring onions (optional)
- 1 tsp salt
- ½ tsp fine red chillies
- ½ tsp fine cumin
- ½ tsp fine coriander (dry)
- 1 tbs green masala with coriander (see pg 81)
- Pinch of cinnamon
- ¼ tsp turmeric
- 1 tbs Fresh Lemon Juice

Method

1. Rinse mince thoroughly and leave to drain
2. Remove bread from milk and crumble, then add to the mince
3. Beat eggs lightly and add to the mixture
4. Add all the other ingredients and mix well
5. Leave to stand for ± 15 minutes
6. Take small handfuls of mixture and roll into bite sized balls
7. Fry in shallow oil until golden brown on both sides
8. Take care not to turn too soon
9. Drain on paper towels and serve with chutney
10. Garnish with lemon wedges and fresh coriander

As a healthy alternative, add an extra slice of bread to mixture, make into balls and bake in a pre-heated oven at 180°C. Add 1 to 2 tbs oil to baking tray. Bake for 20-30 minutes

Preparation time: 30 minutes
Standing time: 15 minutes
Serves: 4 – 6 people
Main meals

MALAY MUTTON BREDIE

**Ingredients**

1 kg leg **mutton**, cut into serving portions
2 **onions**, finely sliced
1 tsp **salt** *
1 tbls ground **green chilli**
1 tsp **white pepper** *
1 tsp **paprika** *
½ tsp **mixed herbs** *
Pinch of **sugar**
1 tsp **lemon juice**
2 large **tomatoes**, chopped
2 **bay leaves**
1 tbls **oil**
1 **cinnamon stick**
1 whole **green chilli**

**Method**

1. Saute onions in oil with bay leaves until onions are golden brown
2. Add washed mutton, cinnamon stick and green chilli
3. Reduce heat and simmer slowly until mutton is tender (if necessary add a little water to prevent drying)
4. Add all seasoning ingredients marked with an asterisk and braise for 1-2 minutes
5. Lastly add chopped tomatoes, lemon juice and a pinch of sugar
6. Simmer gently on medium heat until tomatoes form a thick gravy
7. Serve with mashed potatoes or rice

Preparation time: 10 minutes
Cooking time: 45 – 55 minutes
Serves: 4 – 6 people

MASALA CHOPS WITH TOMATO

**Ingredients**

1 kg **rib chops**, trimmed of excess fat
1 medium **onion**, finely sliced
1 medium **tomato**, grated
1 tsp **salt**
1 tsp **ginger** and **garlic masala**
1 ½ tsp fine **red chillies**
1 tsp fine dried **cumin seeds** (jeero)
½ tsp whole **cumin seeds**
½ tsp fine **coriander seeds** (dhania)
½ tsp **turmeric powder**
1 **green chilli**
½ cup fresh chopped **coriander**
1 tbls **oil**
2 tsp **ghee**

**Method**

1. Sauté onion in oil and ghee with whole cumin until golden brown
2. Add chops and green chilli and cook on medium heat until water evaporates completely
3. Season with salt, red chilli, masala, fine cumin, fine coriander and turmeric and simmer for a few minutes
4. Add tomato and saute on low heat until a thick gravy forms
5. Garnish with fresh coriander and serve with roti

**Variations**

1. Add 1 cup of frozen peas (rinsed), and allow to simmer with tomatoes
2. Before tomatoes, add two cups of chopped spinach or methi bhaji and ½ cup of water. Cook as above until spinach is done

Preparation time: 40 minutes
Serves: 4 people
**BUTTERMILK SCONES**

**Ingredients**

- 3½ cups **flour**
- 125g **butter** or **margarine**
- 5 tbls **sugar**
- 8 tsp **baking powder**
- 1 cup **buttermilk**
- 2 **eggs**
- 1 egg, beaten well

**Method**

1. Put all the dry ingredients into a bowl and work the butter in, until mixture resembles bread crumbs
2. Add sugar and mix thoroughly
3. In a separate dish thoroughly beat buttermilk and two eggs
4. Make a well in the flour mixture, pour buttermilk in, bit by bit, mixing well after each addition
5. Finally fold mixture together until dough is soft yet manageable
6. Dust pastry board with flour and roll scone mixture out to ± 1.5cm in thickness
7. Cut with a scone cutter and lightly brush with beaten egg
8. Bake at 180°C for ± 20 minutes or until a light golden brown

Preparation time: 15 minutes
Baking time: 20 minutes
Serves: 4 – 6 people
CHEESE MUFFINS

**Ingredients**
- 2 cups cake flour
- 1 ½ cups grated cheddar cheese
- ½ cup grated gouda cheese
- 4 tsp baking powder
- ¼ tsp salt
- ¼ tsp mustard powder
- Freshly ground black pepper
- 2 large eggs
- 1 cup milk
- ¼ cup sesame seeds
- 2 tbsp chopped spring onions (optional)

**Method**
1. Place grated cheese in a large bowl. Sift in flour, baking powder, salt, mustard powder and black pepper together.
2. In a separate dish, lightly beat the eggs and milk together.
3. Make a well in the centre of the dry ingredients.
4. Add egg mixture, mix lightly.
5. If desired add spring onions to the muffin mixture stir in well.
6. Spoon mixture into a greased muffin tin, making sure you leave space for the muffin to rise.
7. Sprinkle individual muffins with sesame seeds.
8. Bake at 200°C for 12-15 minutes.

Preparation time: 15 minutes
Baking time: 12 - 15 minutes
Serves: 4 – 6 people

DATE AND NUT LOAF

**Ingredients**
- 250g packet of dates, finely chopped
- 1 cup boiling water
- ¾ tsp bicarbonate of soda
- 500g margarine
- ½ cup soft brown sugar
- 2 large eggs
- 2 cups flour
- ½ tsp baking powder
- 1 cup pecan nuts or nuts of choice, finely chopped

**Method**
1. Pour water over dates, add bicarbonate of soda and set aside.
2. In a mixing bowl, beat margarine and brown sugar until mixture is creamy.
3. Add the eggs one at a time and beat well.
4. Fold in nuts.
5. Sift flour and baking powder and stir in gently.
6. Lastly add date mixture and mix well.
7. Pour mixture into a greased loaf tin.
8. Bake at 180°C for 35-40 minutes or until loaf springs back when touched lightly.
9. Cool and dust with icing sugar.

Preparation time: 20 minutes
Cooking time: 35 - 40 minutes
Serves: 4 - 6 people
**Ingredients**

- 1 cup of margarine
- 1 ½ cups castor sugar
- 3 large eggs
- 2½ cups cake flour
- 1 tsp bicarbonate of soda
- ¼ tsp salt
- 1 tsp baking powder
- 1 cup milk
- 1 tsp vanilla essence
- 1 cup of pecan nuts, chopped
- ¼ cup brown sugar
- 2 tsp cinnamon
- 1 tsp mixed spice
- Pinch of nutmeg

**Method**

1. Cream the margarine and castor sugar until light and fluffy
2. Add the eggs, one at a time, beating well after each addition
3. Beat in vanilla essence
4. Sift the flour, bicarbonate of soda, baking powder, salt and mixed spice
5. Fold gently into the creamed mixture and blend until all the flour is mixed through
6. Slowly add the milk and pecan nuts
7. Mix the brown sugar and cinnamon together and fold two thirds of this into the cake mixture
8. Grease a deep baking tin (20cm round or 2, 20 cm loaf pans) and spoon in mixture topped with a sprinkle of nutmeg
9. Bake at 180°C for 1 hour
10. Allow cake to stand for 5 minutes then sprinkle the remaining cinnamon-sugar mixture with a pinch of nutmeg over the entire cake
11. Leave to cool, then sprinkle with icing sugar and serve

Preparation time: 20 minutes
Cooking time: 1 hour
Serves: 4 – 6 people
WHOLSEOME BRAN COOKIES

**Ingredients**

- 125g margarine
- 1 cup brown sugar
- 2 tbls honey
- 2 eggs
- 1 ¼ cups nutty wheat flour
- ½ cup all bran flakes
- ½ cup wheat germ
- 2 cups oats
- 1 cup raisins
- 1 cup grated carrots
- 1 tsp baking powder
- ½ tsp cinnamon
- ½ tsp mixed spice
- Pinch of salt

**Method**

1. Beat margarine and sugar until creamy
2. Mix in eggs, one at a time
3. Stir in the remainder of the ingredients, taking care to mix evenly
4. Drop teaspoonfuls onto a greased baking sheet
5. Bake at 180°C for 10-12 minutes, or until golden brown
6. Cool on wire rack
7. Serve with tea or as a snack

Preparation time: 20 minutes
Baking time: 12 minutes
Serves: 6 – 8 people

SEED BREAD

**Ingredients**

- 500ml yoghurt
- 30ml honey
- 10mg bicarbonate of soda
- 750ml nutty wheat flour
- 125ml sunflower seeds
- 60ml sesame seeds
- 30ml pumpkin seeds
- 60ml linseed
- 5ml salt

**Method**

1. Mix yoghurt, honey and bicarbonate of soda together
2. Mix remaining ingredients together in a separate bowl
3. Fold yoghurt mixture into dry ingredients and mix well
4. Pour into a greased loaf tin and bake at 180°C for 1 hour

Preparation time: 15 minutes
Baking time: 1 hour
Serves: 4 people
HEALTH MUFFINS

**Ingredients**

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<th>Quantity</th>
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<td>milk</td>
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**Method**

1. Whisk the sugar, vanilla, eggs, oil and milk together until the sugar dissolves
2. Add all the other ingredients and mix well for 3-4 minutes
3. Allow to stand overnight in an airtight container in the refrigerator (This mixture keeps well for up to a month, refrigerated)
4. Spoon into well greased muffin tins and bake at 180°C for ± 15 minutes
5. Serve with a dot of butter and jam

Preparation time: 10 minutes  
Standing time: Overnight  
Baking time: 15 – 20 minutes  
Serves: 4 – 6 people 🍪
TRADITIONAL INDIAN TAYSTEE WHEAT DISH (SOJEE)

Ingredients
- 3-4 tbls ghee
- 1 cup Taystee Wheat
- 1 cup boiling water
- 1 level tbls Saffron
- 1 cup milk
- 2 eggs
- ¾ cup sugar
- 2 cinnamon sticks
- 2 cardamom pods
- 1 tsp finely crushed cardamom
- 1 tbls dessicated coconut
- Slivered almonds for decorating

Method
1. Melt the ghee with the whole cardamom and cinnamon sticks
2. Add the Taystee Wheat and braise on low heat until it turns slightly pinkish, stir continuously
3. Infuse saffron with boiling water and when Taystee Wheat is ready add the water very slowly, keep stirring
4. Remove from heat and leave to cool slightly
5. In a separate dish beat eggs and milk until frothy
6. Once Taystee Wheat has cooled, add the egg and milk mixture and return to low heat
7. Stir well and leave to steam for ± 5 minutes
8. Thereafter, add the sugar and coconut and close lid
9. Steam until the ghee comes slightly to the surface
10. Decorate with almonds and sprinkle with fine cardamom

Preparation time: 15 - 20 minutes
Serves: 4 people

BAKED PEAR PUDDING

Ingredients
- 2 tins of pears, sliced and drained
- 1½ cups milk
- ½ cup fresh cream
- 1 tsp vanilla essence
- ¾ cup brown sugar
- ¾ cup flour
- 4 large eggs
- 4 tbls castor sugar
- 2 tbls butter
- ½ tsp ground cinnamon

Method
1. Arrange pear slices in a shallow greased ovenproof dish
2. Mix the milk, cream, vanilla essence, sugar, flour and eggs to form a smooth batter
3. Fold in cinnamon
4. Pour the mixture over the pears
5. Sprinkle the top with the castor sugar and dot with butter
6. Bake at 190°C for 45-50 minutes, until golden brown
7. Serve with custard

Preparation time: 10 minutes
Cooking time: 45 – 50 minutes
Serves: 4 – 6 people

DIGESTIVE TEA

Ingredients
- 7 mint leaves
- 2 black pepper corns
- Small piece of fresh ginger
- 2 crushed cardamom pods

Method
1. Boil above ingredients in 3 cups of water until only 1 cup remains
2. Strain and mix with brown sugar/honey
3. Drink warm
baking, desserts & beverages
BAKED EGG PUDDING

**Method**

1. Liquidise milk and eggs together
2. Add the sugar or honey and vanilla essence and blend again until mixture is frothy
3. Stir in coconut
4. Transfer to baking dish and fold in cinnamon sticks
5. Dot with butter and lightly cover with sprinkled cinnamon and nutmeg
6. Place pudding in a deep oven tray filled with water
7. Bake at 180°C for 35-40 minutes, until mixture is set
8. Serve hot with custard or cream

Preparation time: 15 minutes
Cooking time: 40 minutes
Serves: 4 - 6 people 😋

### Ingredients

- 500ml milk
- 3 large eggs
- Sugar to taste (± ¼ cup) or 3 tbls honey
- ¼ tsp vanilla essence
- ½ cup coconut, dessicated
- 3-4 cinnamon sticks
- 30g butter
- Ground cinnamon for sprinkling
- Ground nutmeg for sprinkling

BANANA SNOW

**Method**

1. In a deep saucepan, heat the milk
2. Just before boiling point, add the egg yolks and beat well
3. In a separate dish, make a smooth paste with the maizena by adding a few drops of water
4. Add to the milk mixture and stir well
5. Fold in sugar, honey and the vanilla essence and stir continuously until the mixture reaches boiling point
6. Simmer for 2-3 minutes, remove from heat and allow to cool
7. Cut bananas and place at the bottom of individual serving bowls
8. Pour milk mixture on top and refrigerate to set
9. Once set, spread a blob of cream on each bowl
10. Sprinkle with cinnamon and serve

Preparation time: 20 minutes
Cooking time: 1 hour
Serves: 4 – 6 people 😋

### Ingredients

- 1 litre low-fat milk
- 2 egg yolks
- 1 tsp vanilla essence
- 2 tbls sugar or 2 tbls fructose
- 2 tbls honey
- 2 tbls maizena
- 4-6 bananas
- Cinnamon for garnishing
- Whipped fresh cream (optional)
baking, desserts & beverages

HEALTHY ALMOND MILK

Ingredients

1 litre milk
½ cup vermicelli, coarsely broken
½ - ¾ cup sugar or honey to taste
2 tbls slivered pistachios
5 tbls slivered almonds
4 cardamom pods, peeled and finely crushed
1 tbls dessicated coconut
½ tbls fresh coconut
3 tbls dried sultanas (optional)

Method

1. Place vermicelli under grill for a minute or two, taking care not to brown. Set aside
2. In a deep saucepan, bring the milk to boil
3. Strain and return to saucepan
4. Add all the other ingredients and bring to boil until mixture thickens slightly
5. Serve warm

Preparation time: 20 minutes
Serves: 4 - 6 people 🍼

BREAKFAST BANANA SHAKE

Ingredients

2 ripe bananas
2 tbls of slivered almonds
300ml iced milk
2 tbls honey
½ tsp vanilla essence

Method

1. Blend all ingredients together until smooth
2. Serve immediately

Preparation time: 5 minutes
Serves: 1 person 😊

MANGO COOLER

Ingredients

1 large ripe mango, peeled and sliced
½ cup brown sugar
½ cup milk
½ cup water

Method

1. Blend until smooth in liquidiser

Preparation time: 8 minutes
Serves: 2 people 😊

GUAVA JUICE

Ingredients

1 kg guavas, unpeeled, sliced into quarters
1 litre water
½ cup brown sugar or ½ cup fructose
1 tbls rose water (optional)

Method

1. Liquidize all ingredients and then run through a fine meshed sieve, serve chilled

Serves: 4 – 6 people 🍊

hot and moist
PEACHES AND CREAM

**Ingredients**
- 1 cup of yellow peaches, peeled and halved
- 1 cup of sugar
- 1 cup of water
- 1 tsp of fresh ginger
- 250ml fresh cream, whipped until peaks form

**Method**
1. Place sugar and water in a saucepan and bring to the boil
2. Add ginger and peaches, simmer until the syrup thickens, but is not sticky (10-12 minutes)
3. Remove ginger, and allow stewed peaches to cool in syrup
4. Once cool, place peaches and cream in a blender and puree until smooth
5. Chill and serve

Preparation time: 15 minutes  
Setting time: 20 - 30 minutes
Serves: 4 people

GINGER DELIGHT

**Ingredients**
- 1 cup fresh peaches, pitted, peeled and chopped
- 2-3 tbls honey
- 1 heaped tbls fresh ginger, chopped
- 750ml water, boiled and slightly cooled

**Method**
1. Infuse ginger and water, set aside for 15-20 minutes
2. Remove excess ginger, stir in the honey
3. Place peaches in blender
4. Add ginger water and process until smooth
5. Serve chilled

Preparation time: 10 minutes  
Standing time: 15 minutes
Serves: 2 people

ICED MINT TEA

**Ingredients**
- 18 large fresh mint leaves
- ½ litre warm water
- ¾ cup sugar
- 2 tbls lemon juice
- Mint ice cubes

**Method**
1. Keep ice cubes aside
2. Blend together all the other ingredients for two minutes
3. Chill for 1-2 hours
4. Drain off excess mint leaves
5. Serve with an ice cube or two in each glass

Preparation time: 8 minutes  
Standing time: 2 hours
Serves: 4 - 6 people

To make mint ice cubes
1. Place a mint leaf in each cube on the ice tray
2. Add water and freeze

Use as an attractive way to serve ice tea and fruit juices
SOOTHING FENNEL TEA

**Ingredients**
- ½ tsp fennel seeds
- ½ tsp cumin (jeeru)
- 2 crushed cardamom pods

**Method**
1. Boil the above ingredients in 3 cups of water until 1 cup remains
2. Strain, mix with brown sugar and drink warm

SLEEPY TEA

**Ingredients**
- 100 mls yoghurt (preferably homemade)
- 1 cup boiled cool milk
- Brown sugar to taste

**Method**
1. Liquidise all ingredients for 10 minutes
2. Add a few ice cubes and drink cool
### FOOD TEMPERAMENT CHART

#### MEAT, FISH AND CHICKEN
- **Beef** Cold and Dry
- **Biltong (beef)** Cold and Dry
- **Chicken** Hot & Dry
- **Fish (all types)** Cold and Dry
- **Goat** Hot & Moist
- **Goose** Hot & Moist
- **Lamb** Hot & Moist
- **Liver** Hot & Moist
- **Lobsters** Hot & Dry
- **Mutton** Cold & Dry
- **Ostrich** Hot & Moist
- **Pork** Cold & Dry
- **Prawns** Cold & Moist
- **Turkey** Cold and Dry
- **Veal** Cold & Moist
- **Duck** Cold & Moist
- **Rabbit** Cold & Moist

#### VEGETABLES
- **Artichokes** Hot & Moist
- **Asparagus** Hot & Moist
- **Baby marrow** Cold & Moist
- **Beetroot** Cold & Moist
- **Bitter Gourd** Cold & Dry
- **Broccoli** Cold & Moist
- **Brussel sprouts** Cold & Moist
- **Butternut** Cold & Moist
- **Cabbage** Cold & Moist
- **Cauliflower** Cold & Moist
- **Celery** Cold & Moist
- **Chives** Cold & Dry
- **Cucumber** Hot & Dry
- **Egg plant** Hot & Dry
- **Fenugreek** Cold & Moist
- **Gem squash** Cold & Moist
- **Green beans** Cold & Moist
- **Green beans** Cold & Moist
- **Green pepper** Cold & Dry
- **Indian Gourd (Dodhi)** Cold & Moist
- **Lady's finger** Cold & Moist
- **Leek** Cold & Moist
- **Lettuce** Cold & Moist
- **Marrow** Cold & Moist
- **Mushrooms** Cold & Moist
- **Mustard Green** Cold & Dry
- **Okra (Bhinda)** Cold & Moist
- **Olives** Cold & Moist
- **Onion** Cold & Moist
- **Parsley** Cold & Moist
- **Patty Pans** Cold & Dry
- **Peas** Cold & Dry
- **Potatoes** Cold & Dry
- **Pumpkin** Cold & Dry
- **Radish** Cold & Moist
- **Red Pepper** Cold & Dry
- **Sauerkraut** Cold & Dry
- **Soya beans** Cold & Moist
- **Spinach** Hot & Moist
- **Spring Onions** Hot & Moist
- **Squash** Hot & Moist
- **Sun dried tomatoes** Cold & Dry
- **Sweet potatoes** Cold & Dry
- **Tomatoes** Cold & Dry
- **Turnips** Cold & Moist

#### VEGETARIAN
- **Bean curd** Cold & Moist
- **Soya chunks** Cold & Moist
- **Tofu** Cold & Moist

#### NUTS
- **Almonds** Hot & Moist
- **Brazil nuts** Hot & Moist
- **Cashews** Hot & Dry
- **Hazelnuts** Hot & Dry
- **Macadamia nuts** Cold & Moist
- **Peanuts** Cold & Dry
- **Pecan nuts** Hot & Dry
- **Pistachios** Hot & Moist
- **Walnuts** Hot & Dry

#### HERBS
- **Basil** Cold & Dry
- **Bay Leaf** Hot & Moist
- **Coriander** Cold & Moist
- **Italian Parsley** Hot & Dry
- **Lavender** Hot & Dry
- **Marjoram** Hot & Moist
- **Mint** Hot & Moist
- **Oregano** Hot & Dry
- **Rocket** Hot & Dry
- **Rosemary** Hot & Dry
- **Sage** Hot & Moist
- **Tarragon** Hot & Dry
- **Thyme** Hot & Moist
- **Watercress** Hot & Moist

#### OILS
- **Castor oil** Hot & Moist
- **Clarified butter** Hot & Moist
- **Coconut oil** Cold & Dry
- **Corn oil** Cold & Dry
- **Mustard oil** Hot & Dry
- **Olive oil** Hot & Moist
- **Peanut oil** Cold & Dry
- **Sesame oil** Cold & Dry
- **Sunflower oil** Hot & Moist

#### DAIRY AND NON-DAIRY
- **Butter** Cold & Moist
- **Buttermilk** Cold & Moist
- **Cheese** Moist & Hot
- **Cheese, salty** Hot & Moist
- **Clarified butter** Hot & Moist
- **Coconut Milk** Cold & Moist
- **Condensed Milk** Hot & Moist
- **Cream, fresh** Hot & Moist
- **Cream, sour** Cold & Dry
- **Eggs** Hot & Dry
- **Lard** Cold & Dry
- **Lecithin** Hot & Moist
- **Margarine** Hot & Moist
- **Milk, cow and goat** Cold & Moist
- **Rice milk** Cold & Moist
- **Sour milk** Cold & Dry
- **Soya milk** Cold & Moist
- **Yoghurt** Cold & Dry

#### BEVERAGES
- **Alcohol** Hot & Dry
- **Ceylon tea** Cold & Dry
- **Coffee** Cold & Dry
- **Fizzy drinks** Cold & Dry
- **Green tea** Hot & Moist
- **Hot water** Hot & Moist
- **Juices (see fruit)** Cold & Moist
- **Milk shakes** Cold & Moist
- **Rooibos** Cold & Moist
- **Water** Cold & Moist

#### CONDIMENTS AND SPREADS
- **Balsamic Vinegar** Cold & Dry
- **Grape Vinegar** Cold & Dry
- **Jam** Depends on fruit
- **Mayonnaise** Hot & Moist
- **Mustard** Hot & Dry
- **Peanut butter** Hot & Moist
- **Pickles** Cold & Dry
- **Vinegar** Cold & Dry
- **Worcestershire** Cold & Dry

#### SWEETENERS
- **Fructose** Cold & Moist
- **Glucose** Cold & Moist
- **Honey** Hot & Moist
- **Molasses** Hot & Moist
- **Sugar** Hot & Moist
- **Sugar cane** Cold & Moist
## FRUIT
- Apples (all types) Cold & Dry
- Apricot Cold & Moist
- Avocados Cold & Dry
- Bananas Hot & Moist
- Cherries Cold & Dry
- Coconut Cold & Dry
- Cranberries Cold & Moist
- Dates Hot & Moist
- Figs Cold & Moist
- Gooseberries Cold & Dry
- Granadilla Cold & Dry
- Grape fruit Cold & Dry
- Grapes Hot & Dry
- Guavas Hot & Moist
- Kiwi Fruit Cold & Moist
- Kumquats Cold & Dry
- Lemon Cold & Dry
- Lime Cold & Dry
- Litchis Cold & Moist
- Mangoes Hot & Moist
- Melons Cold & Moist
- Mulberries Cold & Moist
- Naartjies Cold & Dry
- Oranges Cold & Dry
- Paw paw Cold & Moist
- Peaches Hot & Moist
- Pears Cold & Moist
- Pineapple Cold & Moist
- Plums, sour Cold & Dry
- Plums, sweet Cold & Moist
- Pomegranate Cold & Dry
- Prickly pear Cold & Moist
- Prunes Cold & Dry
- Prunes, sour Cold & Dry
- Prunes, sweet Cold & Moist
- Quince Cold & Moist
- Raspberries Cold & Dry
- Rhubarb Hot & Moist
- Sampspek Cold & Moist
- Strawberries Cold & Dry
- Sultanas: fresh & dried Cold & Dry
- Watermelon Cold & Moist

## GRAINS, SEEDS, PASTA & BREADS
- Barley Cold & Dry
- Basmati rice Cold & Moist
- Beans (all types) Cold & Dry
- Bread Hot & Moist
- Bulgur Wheat Hot & Moist
- Chickpeas Hot & Dry
- Corn flour Cold & Moist
- Corn Cold & Dry
- Couscous Cold & Dry
- Fenugreek seeds Hot & Dry
- Flour Hot & Moist
- Gram Flour Hot & Dry
- Khus-Khus Cold & Dry
- Lentils, pink & green Cold & Moist
- Linseed Cold & Dry
- Macaroni Hot & Moist
- Maize Cold & Dry
- Millet meal Cold & Dry
- Millet Cold & Dry
- Noodles Hot & Moist
- Oil Lentils Cold & Moist
- Papad Hot & Dry
- Pasta Hot & Moist
- Peas Cold & Dry
- Popcorn Cold & Dry
- Poppy seeds Cold & Dry
- Pumpkin seeds Cold & Moist
- Rice cakes Cold & Moist
- Rice, brown Hot & Moist
- Rye bread Hot & Moist
- Sago Cold & Moist
- Samp Cold & Dry
- Semolina Cold & Moist
- Sesame seeds Cold & Dry
- Spaghetti Hot & Moist
- Sunflower Seeds Hot & Moist
- Wheat Hot & Moist
- Wholewheat bread Hot & Moist

## CONFECTIONARY AND DESSERTS
- Biscuits Hot & Moist
- Cake Hot & Moist
- Chocolate Hot & Moist
- Custard Cold & Moist
- Ice-cream Cold & Moist
- Liquorice Hot & Moist
- Rose syrup Cold & Moist
- Sago Cold & Moist
- Vermicelli Hot & Moist

## SPICES & SEASONINGS
- Aniseed Hot & Dry
- Basil Cold & Dry
- Cardamom Cold & Moist
- Cayenne Pepper Hot & Moist
- Celery seeds Hot & Dry
- Cinnamon Hot & Dry
- Cloves Hot & Dry
- Coriander Cold & Moist
- Cumin Cold & Moist
- Dill seeds Hot & Moist
- Dried ginger Hot & Moist
- Dry parsley Hot & Dry
- Fennel Hot & Moist
- Fenugreek Cold & Dry
- Garlic Hot & Dry
- Ginger Hot & Moist
- Green Masala Hot & Moist
- Mint Hot & Moist
- Mustard seeds Hot & Dry
- Nutmeg Hot & Dry
- Oregano Hot & Dry
- Paprika Hot & Dry
- Pepper, black & white Hot & Moist
- Peri-peri Hot & Dry
- Red & Green chilli Hot & Dry
- Saffron Hot & Dry
- Salt Hot & Moist
- Soya sauce Hot & Moist
- Tamarind Cold & Dry
- Thyme Hot & Moist
- Turmeric Hot & Moist
- Vanilla Cold & Moist

## CONVERSION CHART

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<th>ml</th>
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<tr>
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<td>950ml</td>
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FENNEL

TUMERIC

CLOVES

FINE DRIED CORIANDER

RED CHILLIES

BLACK PEPPER

DRIED CUMIN

CINNAMON CARDOMOM

spice chart
# INDIAN SPICE, VEGETABLE AND LENTIL CHART

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<th>Item</th>
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<td>Ajmo</td>
<td>Celery Seeds</td>
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<tr>
<td>Amli</td>
<td>Tamarind</td>
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<tr>
<td>Arad</td>
<td>Turmeric / Borie</td>
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<tr>
<td>Badam</td>
<td>Almonds</td>
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<td>Bhaji</td>
<td>Green leafy Vegetables</td>
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<tr>
<td>Bhindi</td>
<td>Okra / Ladyfingers</td>
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<tr>
<td>Chana</td>
<td>Gram Chick Peas</td>
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<td>Chana Flour</td>
<td>Chick Pea Gram Flour</td>
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<td>Charoli</td>
<td>Chirongee Nuts</td>
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<td>Calabash</td>
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<td>Elachi</td>
<td>Cardamom</td>
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<td>Jeero</td>
<td>Cumin Seeds</td>
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<td>Karela</td>
<td>Gourd</td>
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<tr>
<td>Khus Khus</td>
<td>Poppy Seeds</td>
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<tr>
<td>Kulfi</td>
<td>Mixture of Rose Water, Milk, Elachi, Rose Syrup and Cream</td>
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<tr>
<td>Kebabs</td>
<td>Meatballs</td>
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<tr>
<td>Khitchri</td>
<td>Rice cooked with oil dhal, yellow in colour</td>
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<tr>
<td>Lavang</td>
<td>Cloves</td>
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<tr>
<td>Mag</td>
<td>Green Lentils</td>
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<tr>
<td>Mag ni Dhal.</td>
<td>Split Green Lentils</td>
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<tr>
<td>Masoor</td>
<td>Black Lentils</td>
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<tr>
<td>Methi</td>
<td>Fenugreek seeds</td>
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<td>Methi Masala</td>
<td>Fenugreek seed used for pickles</td>
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<td>Papdi / Papri</td>
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<td>Pista</td>
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<td>Fennel Seeds</td>
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<td>Semolina / Tasty wheat</td>
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<td>Sev</td>
<td>Vermicilli</td>
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<tr>
<td>Tal.</td>
<td>Sesame Seeds</td>
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<tr>
<td>Tujj</td>
<td>Cinnamon</td>
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<tr>
<td>Vengra</td>
<td>Brinjal / Eggplant</td>
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<td>Saffron</td>
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Cold & Moist
Hot & Dry
Hot & Moist

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Bringing much more to the table than a compilation of delicious meals, *Cooking for your Body Type*, looks at man's unique disposition and explains how eating in accordance with your body type can revolutionise the way you feel.

It clearly explains the qualities of different foods and how these qualities will either positively or negatively affect you. Understand and embrace a philosophy to life that is uplifting and empowering or simply use the principles and feel the benefits. Father and daughter team, Rashid Bhikha and Nasira Valleee are both dedicated to spreading the message of empowerment. So much so that Rashid Bhikha formed the Ibn Sina Institute of Tibb to spread an awareness of how knowing yourself and applying a few simple principles to life can empower you. Firmly grounded in scientific research the philosophy that goes with *Cooking for your Body Type* originates from the age-old wisdom of Unani-Tibb. Participation in your own well-being by using life-style changes is enjoying a revival at a time where we most need it. Enjoy over 130 recipes including both vegetarian and meat dishes, healing tea's, and a good dose of everyday traditional Indian cooking.