

Recipes Suit Yoga Enthusiasts

By ELLY

If institutes, adult education classes, exercise groups and book sales are indications of interest levels, then Yoga has been successfully transplanted, on many levels, to the West.

An integral part of a Yoga way of life is to eat food compatible to the individual's inner consciousness. Since there are no dogmatic restrictions, there is no such thing as a "forbidden food," although meat is usually avoided. Whole grains, honey and raw sugar replace refined sugars and grains. Again usually, but not always, no more than four varieties of food are served at dinner.

What is most important is "cooking with tenderness," slowly in small amounts of oil or water, to conserve natural food values.

SPROUT CURRY AND BROWN RICE

1 c. bean sprouts
2 onions, chopped
1 green pepper, chopped
1 t. curry powder
1 T. butter
Simmer curry powder and butter until curry powder melts. Add vegetables and simmer in just enough water to prevent burning until tender. Serve on mounds of brown rice.

CAULIFLOWER

1 cauliflower
1 T. lemon juice
1 T. butter
Salt to taste
Parmesan cheese
Do not remove outer leaves of cauliflower. Wash well and place in a glass baking dish with one-half cup water. Place lemon juice, salt and butter on top of cauliflower. Cover with a whole lettuce leaf. Bake in a moderate oven (350 degrees) about 35 minutes. Remove lettuce leaf and sprinkle with Parmesan cheese.

FILLET OF SOLE IN CIDER

6 sole fillets
4 shallots
1-1/4 c. cider
Salt and pepper to taste
Sour cream
Parsley
Place fillets, cider and shallots in glass baking dish. Bake for 20 minutes in moderate oven (350 degrees). Mix sour cream with cider remaining after cooking. Garnish with parsley. Serves six.

NORTH INDIAN BREAD

2 c. rolled oats
1/4 c. honey
1 T. soy oil
1 package yeast
1/4 c. dates, raisins, nuts, mixed
1 t. salt
Whole wheat flour
Four one pint hot water over oats. Let stand until lukewarm. Dissolve honey in one-half cup lukewarm water then blend in yeast. Stir in the oatmeal, beat well and cover. Let rise in warm place until doubled in bulk. Add salt, dried fruit, nuts and sufficient whole wheat flour to make a soft dough. Knead. Make into two loaves. Let rise in loaf pans. Bake for one hour at 350 degrees.

CHAPATI

1 c. whole wheat flour
1 t. salt
Water
Blend flour and salt. Add small amounts of water gradually until moist but not sticky-wet. Knead until dough reaches "ear lobe" consistency. Roll dough on floured board. Cut into squares or circles. Place on oiled cookie sheet. Bake at 350 degrees until cracker-crisp and slightly browned.

APPLE CRISP

4 c. sliced apples
1/3 c. sifted whole wheat pastry flour
1 c. uncooked oats
1/4 t. salt
1 t. cinnamon
1 t. grated lemon rind
1/4 c. oil
Place apples in oiled glass baking dish. Sprinkle with lemon rind. Combine dry ingredients. Add oil, mixing until crumbly. Sprinkle crumb mixture over apples. Bake at 350 degrees for 30 minutes or until apples are tender.



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