

# Modern Ayurvedic Eats

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Todos  
Santos



# STRAWBERRY & WATERMELON AGUA FRESCA

Agua frescas are non-alcoholic drinks made from fresh fruits, crisp veggies, or seeds. They're commonly found in Mexico and Central America among street vendors. This naturally sweetened watermelon strawberry agua fresca is the perfect way to refresh yourself on a hot summer's day!

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## INGREDIENTS:

**5 cups cubed watermelon**  
**2 cup chopped strawberries**  
**1 Tablespoon lime juice**  
**1 - 2 Tablespoon raw honey**  
**1/4 - 1/2 cup cold water**  
**Ice cubes**

## OPTIONAL GARNISH:

**Lime slices**  
**Mint leaves**

## DIRECTIONS:

- 1.** Put all ingredients into a blender and blend until smooth. If you want, you can strain the purée through a mesh sieve, to strain out any pulpy pieces that didn't get broken up in the blender. Adjust the ingredients to taste.
- 2.** Serve agua frescas with ice and garnish with lime slices, and mint leaves.



# ROASTED TOMATO HABANERO SALSA

This charred salsa just might change your life! This salsa is enhanced by roasting the veggies. The result is flavorful and it has a kick! Spicy at first bite then the flavor sinks in. Option to add cilantro to the salsa to help balance the heat.

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**2 Tablespoon olive oil**  
**4 - 5 medium Roma tomatoes**  
**1 small Habanero Chile**  
**2 cloves of garlic**  
**1/4 cup white onion chopped**  
**1 handful of cilantro chopped (optional)**  
**1/2 teaspoon of salt and more to taste**

1. Cut tomatoes into halves lengthwise.
2. Add olive oil to a large frying pan on high heat. Place tomatoes (skin side on the pan), garlic, onion and Chile on the frying pan.
3. Let the veggies roast without moving too often. You want the tomatoes and Chile have a good char on all sides, the garlicks and onions are soften. As each is cooked, remove from the pan and set aside to cool. The garlic will be done first, and the tomatoes will take the longest.
4. Transfer the cooled veggies to a blender and add salt. Pulse until well combined. You want a bit of texture. You may add a little water to create the desired consistency. Add the cilantro last, pulse briefly, and taste for salt again.







# CHILE RELLENO

An authentic Chile relleno recipe is made from roasted poblano peppers stuffed with cheese, dipped in a fluffy egg batter and fried until golden brown. I have transformed this traditional recipe into a vegan-friendly recipe. You can enjoy this dish with the roasted tomato and habanero salsa or you can make a mild salad included in this recipe if you don't like it too spicy.

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## CHILE RELLENOS INGREDIENTS:

**6 - 8 large poblano peppers**  
**2 tablespoons of olive oil**  
**1/2 medium onion, diced**  
**2 garlic cloves, minced**  
**1 small carrot**  
**1 small zucchini**  
**1 cup fresh corn kernels**  
**1/2 teaspoon of ground cumin**  
**1 teaspoon of salt**  
**1 8oz Kite Hill almond ricotta cheese**

## FOR THE BATTER:

**1 cup of coconut oil for frying**  
**1 cup of corn starch or arrow root powder**  
**1/2 Cup chickpea flour**  
**1/2 tablespoon nutritional yeast**  
**1/2 tablespoon soy sauce**  
**1/4 teaspoon of salt**  
**3/4 cup of water**

## DIRECTIONS:

- 1.** Roast the peppers: Line a large baking sheet with aluminum foil and place poblano peppers on top. Set your oven rack directly underneath the broiler and turn the broiler on.
- 2.** Broil poblanos for 5 minutes, or until the skin is blackened and blistered. Carefully flip them over and broil for another 5 minutes, or until the skin is blackened and blistered.
- 3.** Remove them from the oven and loosely cover the baking sheet with aluminum foil or plastic wrap to keep in some of the heat and help them steam. Let them sit for 5 minutes.
- 4.** Peel the peppers: Peel and rub off as much of the loose skin on the peppers as possible. It doesn't have to be perfect, just as much as you can.
- 5.** Cut a small slit down the middle of the peppers with a knife. Carefully remove the seeds and set the peppers aside.
- 6.** In a large skillet saute the onion and garlic with olive oil on medium high heat until soft. About 5 minutes. Add carrot, zucchini and corn to the skillet and saute for 2 more minutes. Add cumin powder and 2 tablespoons of water and cover the skillet with a lid and let the vegetables cook for 5 minutes.
- 7.** Remove the lid and add salt. Vegetables should be tender. Turn the heat off and add almond ricotta cheese to the skillet. Mix everything well together and set it aside.
- 8.** Stuff the peppers: Carefully stuff the peppers with the vegetable and cheese mixture. Gently close the opening of the peppers and secure it shut with 1-3 toothpicks.

**FOR THE BATTER:**

**1 cup of coconut oil for frying**  
**1 cup of corn starch or arrow root powder**  
**1/2 Cup chickpea flour**  
**1/2 tablespoon nutritional yeast**  
**1/2 tablespoon soy sauce**  
**1/8 teaspoon paprika**  
**1/4 teaspoon of black pepper**  
**1/4 teaspoon of salt**  
**3/4 cup of water**

**FOR THE SALSA ROJA:**

**6 Roma tomatoes, quartered**  
**1/2 small onion, halved (yellow or white)**  
**3 cloves garlic**  
**1 jalapeno, stem and seeds removed (optional)**  
**5 sprigs cilantro**  
**1 teaspoon coarse kosher salt, plus more to taste**  
**1 teaspoon olive oil**

**TIPS:**

***Buy the largest poblano peppers you can find. That way you can stuff the peppers with a lot of filling and you won't have any leftovers.***

***Add a different filling. To make this a more well-rounded one-chile meal, feel free to mix in some other vegetables to the filling.***

**9.** Make the batter: Mix chickpea flour, nutritional yeast, paprika, black pepper and salt with water and soy sauce.

**10.** Prepare for frying: Heat the frying oil in a large saucepan or deep skillet over medium-high heat. Line a baking sheet with paper towels and set aside.

**11.** Coat the peppers with batter: Place the corn starch into a separate shallow bowl or plate. Gently roll the stuffed peppers in the corn starch, then give them a gentle tap to remove any excess. Then dip them in the chickpea batter and gently place them in the hot frying oil.

**12.** Fry the Chile rellenos: Fry the peppers for 3-5 minutes per side, until the batter is golden brown and crispy. Try not to overcrowd the peppers in the pan – I usually fry 2 at a time depending on the pan I'm using.

**13.** Transfer the peppers to the lined baking sheet to drain off any excess oil.

**14.** Serve: Immediately serve Chile rellenos on a plate with some salsa, freshly chopped cilantro. (Don't forget to remove the toothpicks.)

**FOR THE SALSA ROJA:**

**1.** Add tomatoes, onion, garlic, jalapeno, cilantro and salt to a blender. Puree until smooth.

**2.** Heat olive oil in a small saucepan over medium-high heat. Add blended salsa and bring to a boil.

**3.** Reduce heat to low and simmer, stirring occasionally for 8 minutes. Remove from heat, taste and season with more salt if desired.





# PALETAS

After walking around in downtown Todos Santos, the small paleta shop Neveria Rocco looked pretty amazing. A peek into their freezer got me so excited. It was filled with Mexican Popsicles in a rainbow of colors, all naturally flavored with fruit and milk. I have come up with 4 different recipes. All of them are vegan and contain only natural ingredients. In Ayurveda we try to avoid cold dairy because it can create mucus in our body. In my recipes, I have replaced the dairy with nut milks. Horchata is a Latin rice drink that I have turned into a paleta and decorated with drizzled chocolate.

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## Strawberry Cream Paletas

**1/4 cup raw cashew soak for 6 hours or overnight**  
**1/3 cup of water**  
**2 cups chopped fresh strawberries**  
**1 Tablespoon of lemon juice**  
**2 Tablespoon of clear honey or maple syrup**  
**2 Tablespoon of coconut oil melted**

Rinse cashews and place everything in a blender. Puree until smooth. Pour into 6 Popsicle molds. Place in the freezer for 15 minutes to firm up slightly, then insert Popsicle sticks and freeze until firm. The paletas will keep in the freezer for about a month.

## Horchata Paletas

**3/4 cup long-grain white rice**  
**1/2 cup raw almonds**  
**2 1/4 cups of water**  
**6 Tablespoon of clear honey or agave**  
**1 teaspoon of ground cinnamon**

Rinse and soak rice and almond in hot water for at least 3 hours or overnight. Drain off soaking water and add 2 1/4 cup of water and blend at high speed until smooth. Set a fine sieve or cheesecloth over a jug. Strain, pressing on the solids to extract as much as possible milk into it. Add honey or agave and cinnamon and blend again. Pour into 6 Popsicle molds. Place in the freezer for 30 minutes to firm up slightly, then insert Popsicle sticks and freeze until firm.

## Avocado Key Lime Paletas

**3/4 cup smashed avocado**  
**1/2 cup fresh lime juice**  
**6 Tablespoons of maple syrup**  
**1/4 cup + 1 Tablespoons of full fat coconut milk**  
**1/2 cup coconut milk, melted**

Place everything in a blender except coconut oil. Puree until smooth. Add the coconut oil and continue blending until the mixture is smooth. Pour into 6 Popsicle molds. Place in the freezer for 15 minutes to firm up slightly, then insert Popsicle sticks and freeze until firm. The paletas will keep in the freezer for about a month.

## Mango Ginger Paletas

**1/2 cup full-fat coconut milk**  
**2 cups mango, diced**  
**1 Tablespoon of chopped ginger**  
**2 Tablespoon of clear honey or maple syrup**

Place everything in a blender. Puree until smooth. Pour into 6 Popsicle molds. Place in the freezer for 15 minutes to firm up slightly, then insert Popsicle sticks and freeze until firm. The paletas will keep in the freezer for about a month.





# CARAMEL FLAN

After tasting the flan at Heirbabuena in Todos Santos I want to make a vegan version of it. This creamy vanilla caramel flan will melt in your mouth, and perfectly sweet without refined sugar.

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## CARAMEL INGREDIENTS

**2 tablespoon maple syrup**  
**2 tablespoon coconut sugar**  
**1/4 teaspoon lemon juice**

## FLAN INGREDIENTS

**2 cup full-fat coconut milk**  
**1/4 cup macadamia nuts**  
**3 tablespoon maple syrup**  
**2 tablespoon arrowroot powder**  
**3/4 teaspoon agar powder**  
**2 teaspoon vanilla extract**

- 1.** Preparing the caramel. Add the maple syrup, coconut sugar, and lemon juice to a small saucepan. Heat over medium heat, stirring regularly until it starts to boil. Once boiling, let it boil for about 30 seconds, make sure it doesn't burn.
- 2.** Immediately remove from heat and divide the caramel into 4 small ramekins. Tilt each ramekin to spread the caramel in the bottom. Set aside and let it cool for at least 20 minutes.
- 3.** Add all the flan ingredients except the vanilla extract into a blender and blend everything until smooth.
- 4.** Pour the milk mixture into a medium-size saucepan. Heat over medium heat, whisking constantly until it thickens (usually just before boiling). Once it has thickened, remove from heat, stir in the vanilla extract, and whisk again.
- 5.** Cover the saucepan with a lid and let it cool a bit before pouring into the ramekins over the caramel. About 20 minutes.
- 6.** Let the flan cool a bit at room temperature before transferring to the refrigerator. Refrigerate for at least 8 hours, the creme caramel will thicken and slightly harden.
- 7.** To serve, run a knife along the edges of each ramekin, cover with a plate and flip it. The caramel will be on top and cover the creme. Serve fresh, topped with fresh berries.