

Eat,  
Drink &  
Be Merry



# **Zen Mindful Eating for A Healthier-Happier Life**

**Let Food be thy Medicine and Medicine be thy Food**

**Let Food be thy Nutrition and Nutrition be thy Food**

**Let Food be thy Passion and Passion be thy Food**

**Zen Cuisine is characterized by the concept of “Think Global,  
Eat Local”. Our chefs have mindfully crafted menus that  
are inspired by global flavors and adapted using the  
best quality organic local produce Bali has to  
offer. This recipe book contains selected  
healthy nutrition and fine dining  
recipes at Zen Resort Bali**

**Draft: Forthcoming Zen Cuisine Book, 2020**

# Notes

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# Breakfast





Fluffy breakfast pancakes, with the goodness of Wheat Grass and Moringa leaves. Moringa and Wheat Grass are potent super foods with a uniquely balanced combination of vitamins, minerals, complete protein, and powerful antioxidants. Wheat grass is a natural blood builder due to its chlorophyll content, whereas Moringa provides a well-rounded blend of every essential amino acid required for to synthesize protein in the body.

## Moringa and Wheat Grass Pancakes

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2 cups all-purpose flour; 2 tbsp wheat grass powder (fresh wheat grass can be used); 1/4 cup granulated sugar or sweetener; 4 teaspoons baking powder 1/2 teaspoon salt; 1 2/3 cup milk; 1/4 cup butter, melted; 1 cup chopped Moringa leaves, washed and dried; 2 teaspoons pure vanilla extract 1 large egg.

For Garnishes:

2 tbsp Yoghurt; 1tbsp Pumpkin seeds; 1tbsp Sunflower seeds; 1 tbsp Honey; A few Strawberries; 1 tbsp crushed candlenut.

Melt the butter in microwave for 30 seconds, set aside. In a medium bowl, mix together flour, sugar, salt, and baking powder. Stir milk and egg together.

Create a well in the center of the flour mixture. Pour the butter and milk mixture into the well. Use a wire whisk to stir everything together until just combined. It will be slightly thick and lumpy, but should be well incorporated.

Allow the batter to rest while heating a lightly oiled skillet or griddle to medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Cook each side for 3-6 minutes, until lightly golden brown.

Serve with honey, pumpkin and sunflower seeds, candlenut, strawberries, or yoghurt.

*Yield:* 12 pancakes



# **Soups**





Chicken Wonton Soup is a very popular Chinese comfort food. It consists of a flavorful broth along with tiny chicken dumplings. This soup is a great choice for a light meal.

## Chicken Wonton Soup

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1 tablespoon canola oil 3 cloves garlic, minced; 1 1/2 tablespoons freshly grated ginger; 6 cups low sodium chicken broth; 1 1/2 tablespoons seasoned rice wine vinegar; 1 tablespoon soy sauce 6 ounces mushrooms; 3 baby bok choy, coarsely chopped 2 green onions, thinly sliced

For The Chicken Wontons:

8 ounces ground chicken 2 cloves garlic, minced; 2 green onions; thinly sliced 1 tablespoon oyster sauce; 1 teaspoon soy sauce; 1 tablespoon freshly grated ginger 1 teaspoon sesame oil; 1/4 teaspoon white pepper 36 2-inch wonton sheets

In a large bowl, combine chicken, garlic, green onions, oyster sauce, soy sauce, ginger, sesame oil and white pepper.

To assemble the wontons, place wrappers on a work surface. Spoon 1 tablespoon of the chicken mixture into the center of each wrapper. Using your finger, rub the edges of the wrappers with water. Fold the dough over the filling to create a half-moon shape, pinching the edges to seal; set aside. Heat sesame oil and canola in a large stockpot or Dutch oven over medium heat. Add garlic and ginger, and cook, stirring frequently, until fragrant, about 1-2 minutes.

Whisk in chicken broth, rice wine vinegar, soy sauce and mushrooms. Bring to a boil; reduce heat and simmer until mushrooms have softened, about 8-10 minutes. Stir in bok choy and green onions.

Stir in wontons until cooked through, about 2-4 minutes.

Serve immediately.

*Yield:* 3





Mulligatawny is an English soup with origins in Indian cuisine. It is made from lentil, coconut milk, apples and rice. It is spiced with curry, has a chunky texture and a rich flavor. It has a peppery taste which resembles the rasam consumed in India.

## Mulligatawny Soup

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3 cloves Garlic; 1 cup diced tomatoes; ½ cup lentils; 1/2 cup chopped onion 1 red chili, diced; 1 teaspoon ground cumin 1/2 teaspoon paprika; 1/2 teaspoon ground cinnamon 1/2 teaspoon ground turmeric 1/4 teaspoon ground cardamom stalks celery, chopped; 1 carrot, diced.

1/4 cup butter; 1 1/2 teaspoons curry powder 4 cups chicken broth; 1/2 apple, cored and chopped 1/4 cup white rice; 1 skinless, boneless chicken breast half - cut into cubes; salt to taste; ground black pepper to taste 1/2 cup coconut milk; 1 pinch dried thyme

Heat the butter in a pan. Add ginger, garlic and the chili. Sauté onions, celery, carrot, and butter in a large soup pot.

Add chicken stock, mix well, and bring to a boil. Add all the spices.

Add apple, rice, lentil, chicken, salt, pepper, and thyme. Simmer about 1/2 hour.

Add the chicken and Simmer 15-20 minutes, or until rice is done. Add the coconut milk.

Serve hot garnished with coriander.

*Yield:* 4



This soup is from France and Italy. it is a mushroom soup but is served looking like a cappuccino coffee. Authentically it is made from wild mushrooms, both veg and non-veg variants are made, based on the stock used- veg/chicken. Served with a piece of garlic bread- (this is supposed to look like biscuit with coffee)

## Mushroom Cappuccino

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15 large Mushrooms; 1 tablespoon Butter 1 big Bay leaf; 1 small Onion chopped  
4-6 cloves Garlic chopped 4 cups Vegetable stock 3/4 cup Cream; 1/4 teaspoon  
White pepper powder Milk chilled 2 cups; 1 teaspoon Cinnamon powder; 1  
teaspoon Instant coffee powder

Clean, wash and thickly slice mushrooms. Melt butter in a heavy bottom pan, add bay leaf, onion and garlic and sauté for two to three minutes or till onion becomes translucent. Add mushrooms and sauté for a minute.

Add one cup of vegetable stock and cook for five more minutes. Remove from heat and cool. Remove bay leaf. Make puree of the cooked mushrooms. Add the remaining vegetable stock to it.

Return to heat and bring it to a boil, add salt and crushed black pepper and simmer the soup for two to three minutes. Add the cream and remove from heat.

Place soup in individual cups. In a chilled bowl take the chilled milk and mix instant coffee powder to it. Beat it with an electric whisk. This will develop froth in it which can be collected with a ladle and placed on the hot mushroom soup giving it a cappuccino affect. Sprinkle cinnamon powder and serve.

*Yield: 2*



Gazpacho is an authentic Spanish soup, which is served cold. It is best for summers and tropical weather. Many different versions of this can be made based on the availability of ingredients. What makes it different from juices is the addition of cooking vegetables such as garlic, tomatoes etc. Spiced Strawberry Watermelon Gazpacho is a contemporary, springtime flair on a classic Spanish dish — infused with fresh, fruity flavors. This powerhouse gazpacho is packed full of incredible health benefits, nutrients, antioxidants and anti-aging ingredients - its true beauty food. It is easy on the eyes and kind to the body; it contains a medley of detoxifying, super food fruits and vegetables along with and a healthy dose of hydration.

## Strawberry Watermelon Gazpacho

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4 cups watermelon 3 cloves of Garlic; 2 cups organic strawberries; 1 cucumber (approximately 1 1/2 cups); 1 big tomato, chopped. Juice from 1 lime; 1tsp jalapeño pepper/ red chili pepper; 1/8 cup coconut milk 1 tsp balsamic vinegar 4 tsp Salt; Few sprigs basil leaves.

### Garnishes:

Drizzle of extra virgin olive oil Squeeze of lime juice; 1 turn of freshly cracked black peppercorns; Fresh basil leaves Optional: strawberry slices; cucumber slices, edible flowers, etc.

Start with chilled produce. Chop all mince ingredients for the Strawberry Watermelon Gazpacho Blend until smooth.

Pour into bowl and serve chilled (if you didn't start with chilled produce, pop the covered gazpacho into the fridge to chill for 30 minutes).

Garnish with a drizzle of fruity extra virgin olive oil, a squeeze of lime juice, 1 turn of freshly cracked black peppercorns and fresh basil leaves.

Enjoy immediately!

*Yield:* 4



Phở or pho is a Vietnamese soup consisting of broth, rice noodles a few herbs, and meat, primarily made with either beef or chicken. Pho is a popular street food in Vietnam, and the specialty of a number of restaurant chains around the world. It is light and flavorful and can be garnished with many different kinds of condiments.

## Vietnamese Pho

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### **For the broth:**

3/4-inch section ginger; medium-large green onions;1 very small bunch coriander sprigs 1 1/2 teaspoons coriander seeds; inches lemongrass;1 whole clove;3 1/2 to 4 cups low-sodium chicken broth;2 cups water;200 g boneless, skinless chicken breast or thighs; 1/2 teaspoon salt;2 to 3 teaspoons fish sauce;1/2 teaspoon organic sugar, or 1 teaspoon maple syrup (optional) 1 teaspoon Pepper;50 g Bok choy;150 g dried narrow flat rice noodles, 50 g Bean sprouts.

### **For Garnishes:**

Mint sprigs, Thai basil, cilantro leaves, lime wedges; thinly-sliced chili peppers;

Preparing the broth: In a 3- to 4-quart (3 to 4 l) pot, toast the coriander seeds and clove over medium heat until fragrant, 1 to 2 minutes. Add the ginger, lemongrass and green onion sections. Stir for about 30 seconds, until aromatic. Add all ingredients for the broth. Add the chicken and water to the pan and let it simmer.

Let the chicken absorb the flavor of the broth, after 5 to 10 minutes of simmering, the chicken should be firm and cooked through. Transfer the chicken to a bowl, flush with cold water to arrest the cooking, and then drain. Let cool, then cut or shred into bite-size pieces. Cover loosely to prevent drying.

Continue to simmer the broth without the chicken for another 15 to 20 minutes (for a total of 30 minutes simmering time). And then strain it. Cook the bok choy and noodles while simmering the broth. Add the bean sprouts as well.

Serve the noodles first in a bowl, followed by shredded chicken and then the Pho. Top it with garnishes.

*Yield: 2*



# Salads





This is a light and refreshing salad, perfect for those hot summer days. It requires no cooking and very little preparation. It has the wholesomeness of oranges and avocado and Kecipir, an authentic Balinese winged bean filled with an enormous amount of protein.

## Balinese Summer Salad

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For the salad

1 Avocado; oranges; 100 grams bean sprouts; 2 pieces of Kecipir (green winged bean from Bali,); 2 small sticks fresh coriander leaves 1 stick lemongrass; 1 big red chili (not the spicy kind);

For the dressing

1 lemon juiced 1tbsp raw honey 1/2 tsp salt; a pinch of crushed black pepper 1tbsp of olive oil; salt pepper

In a serving bowl, place the avocado (peeled and cut into small cubes) the Kecipir (washed and cut finely), the oranges (peeled, cut in four pieces, and again in small cubes), the lemongrass (cut diagonally, in very fine slices), the red chili (cut finely and diagonally) and the coriander leaves (washed and gently ripped from stem) If kecipir not available try and substitute Kecipir with Lettuce or Spinach for an alternative.

Mix all ingredients. Top with bean sprouts.

CHEF TIPS:

If you cannot find Kecipir you may use lettuce or spinach leaves cut in half.

*Yield:* 4



An all-time favorite Indian street food, made by slow roasting corn kernels over fire. Tossed with onions, tomatoes and fresh herbs, in a spicy tangy dressing

## Bhuna (Roasted) Corn Salad

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1 whole cob of Corn; a pinch Turmeric powder Salt to taste; medium Onion; medium Tomato; 2 Green chilies; 1 Lemon; a few sprigs of Fresh coriander leaves; 15-20 Fresh mint leaves 3/4 teaspoon Chaat masala; 1/2 teaspoon Red chili powder 1 1 tbsp Olive oil.

Take the corn on the cob. Roast over open flame. When it turns brownish black, remove from heat. Microwave for 1 minute, if necessary to cook further. Shave corn off the cob and keep aside.

Chop onion, tomato, green chilies, coriander leaves and mint leaves into very small pieces, like the size of corn.

Add onion, green chilies, coriander leaves, mint leaves, salt, chaat masala, red chili powder, turmeric and juice of a lemon and mix well.

Make dressing with olive oil, chaat masala, turmeric, chopped green chilis, red chili powder, lemon juice and salt.

Mix the salad vegetables, with the corn and dressing. Serve.

### *Chef Tips:*

Shreds of lettuce can also be added in the salad.

To make the corn more flavorful, rub half a lemon and salt on the roasted corn before shredding it off the cob.

Can be served in rolled paper cones.

*Yield:* 2



A summer salad with grilled prawns, lettuce, olives, capers, tomatoes tossed in an orange dressing, served with a balsamic reduction to finish.

## Grilled Prawn Salad With Orange Dressing And Balsamic Reduction

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200gm Beans 300gm Prawns; 1 Orange, cut into wedges 500ml Orange juice  
Salt and Pepper to taste;

for Balsamic Dressing: 100ml Balsamic vinegar 30gm brown Sugar; 30gm  
Micro herbs 10 seeded Olives; 10 Capers; 100 mgs Lettuce; few sprigs of Dill  
leaves; 10 Cherry tomatoes, halved 50gms Red Capsicum, julienne.

Clean the prawns and marinate with salt, lemon juice, pepper, oil and dill leaves. Remove the orange segments and keep aside. String the beans and blanch with salt. Make the balsamic reduction by reducing the orange juice, sugar and balsamic vinegar over flame. Cool and keep aside.

Make orange dressing by mixing orange juice, lemon juice, olive oil, salt, pepper and a part of the balsamic reduction.

Mix all the ingredients for the salad except the reduction, and prawns. Season the salad then add orange dressing on top and around the plate. Arrange the balsamic reduction around the plate it.

Grill the prawns and arrange on top of beans and keep micro herbs on top as garnish.

*Yield:* 4





A refreshing cold salad from Thailand, made from rice noodles and raw papaya, served in a tangy and spicy dressing made with palm sugar, birds eye chilies and topped with roasted peanuts.

## Som Tam

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2 tbsp dried shrimp, rinsed 3 tbsp roasted peanuts; 2 garlic cloves Pinch of coarse salt; 2-6 whole bird's eye chilies, 200 gm rice noodles; 10 cherry tomatoes, halved 1 lime cut into wedges; 3 tbsp lime juice; 275g green papaya (about 1 medium fruit); 1 tbsp tamarind water 2 tbsp fish sauce; 3 tbsp shaved palm sugar Thai Basil for garnish

In a small pan, roast the peanuts, add salt. Toast the dried shrimp flakes. (optional) Peel the papaya and cut into narrow matchsticks; a julienne. If not, use a peeler to grate it roughly. The papaya should resemble the noodles.

Mix with the rice noodles and chill.

To make dressing: Mash the garlic with salt in a pestle and mortar, then add the shrimp and two thirds of the peanuts and crush to a rough paste.

Add the chilies and mash a little bit.

Mix the lime juice, tamarind water, fish sauce and sugar. it should be a balance of sour, salty and sweet. Adjust as necessary.

Add tomatoes and lime wedges to the mortar and roughly bruise with the pestle.

Toss the dressing and the salad ingredients together, making sure the peanut paste is well distributed, and sprinkle with the remaining peanuts before serving. Garnish with Thai basil and lemon wedges.

*Yield:* 4



A classic salad made with romaine lettuce, chicken, croutons and bacon bits topped with a dressing made from mayonnaise, Dijon mustard, garlic, lemon juice, and shaved Parmesan cheese.

## Zen Caesar Salad

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### **For the chicken:**

1 chicken breast, Salt; Pepper Minced garlic 1 tbsp olive oil; Rosemary chopped.

### **For the dressing:**

1 tablespoon olive oil 1tsp minced garlic;2 tablespoons mayonnaise;2 tablespoons fresh lemon juice 1 teaspoon anchovies;2 tablespoons grated Parmesan, plus more, shaved,

### **for serving:**

1 teaspoon Dijon mustard salt and black pepper

### **For the salad:**

1/2 head romaine or iceberg lettuce, torn into pieces (about 6 cups); 1/2 cup cherry tomatoes cut in half. 1 chicken breast, sliced;1/2 cup croutons;1 bacon strip, chopped;1 boiled egg cut into 4 for garnish.

Marinate the chicken breast with olive oil, salt, pepper, garlic, rosemary. Grill it on a skillet. Let it cool down. Make slices.

In a medium bowl, whisk together the ingredients of the dressing. Mix well. Add all the remaining ingredients and toss to coat.

Top with the chicken, croutons and additional shaved Parmesan, if desired.

Garnish with whole egg.

*Yield: 2*



First presented at the Waldorf Astoria Hotel in 1893, our version of this all- American salad that includes chopped apples, celery, grapes, and toasted walnuts is made by substituting mayonnaise with a yogurt and honey dressing.

## Waldorf Salad

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6 Tbsp plain yogurt; 2 tbsp honey; 1/2 teaspoon salt. Pinch of freshly ground black pepper 2 sweet apples, cored and sliced; 1 cup red seedless grapes, sliced thinly (or 1/4 cup of raisins) 1 cup celery, thinly sliced; 1 cup chopped, slightly toasted walnuts Lettuce

In a medium sized bowl, whisk together the yogurt, honey, salt and pepper. Chop the celery, grapes, and walnuts.

Start layering apple slices on a bed of fresh lettuce. Stack them in a pillar while spreading dressing on them.

Finish by sprinkling the cut grapes and walnuts.

Garnish with mint or coriander leaves, or rocket leaves as well.

*Yield: 2*



# **Appetizers**





Vietnamese food is known to be one of the most refreshing cuisines. These rice paper rolls are packed with the wholesomeness of fresh vegetables, comes with a nutty and spicy dipping sauce.

## Vietnamese Summer Rolls with Two Dipping Sauces

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6 rice papers (preferably the circular sheets); 2-3 medium carrots, cut into matchsticks or 1/4 inch sticks; 1/2 cucumber, cut into matchsticks or 1/4 inch sticks; 1/2 bell pepper (yellow, red and/or orange), thinly sliced; 1/4 red cabbage, thinly sliced greens of choice: leafy lettuce, pea shoots, spring salad mix or micro greens; radishes, thinly sliced (optional) 8 oz. organic tofu (firm or extra firm), sliced (optional); mint, small handful of leaves; cilantro, small bunch of sprigs basil, small handful leaves lime wedges for garnish; Sweet Chili Sauce: (2 servings) 1/4 cup rice vinegar; 2 tablespoons soy sauce; 2 tablespoons warm water; 2 tablespoon honey/palm sugar 1 clove garlic, minced; 1 teaspoon red pepper flakes, juice of 1 lime; minced thai basil leaves; Peanut Sauce: (2 servings); 3 heaping tablespoons finely crushed peanuts; 1 tablespoon tamari or soy sauce 2 tablespoon honey/palm sugar 2 tablespoon warm water; 1 – 2 tablespoon rice vinegar,

Optional : juice of 1 lime; 1 teaspoon red pepper flakes, optional

Mix your dipping sauce together first, let set so the flavors can mingle. It will taste much different after a few minutes. Taste for flavor before serving. Fill a large shallow bowl 1/2 way with warm water. Making one roll at a time, dip the rice sheet into the water making sure to get both sides and all edges, no need to let it soak until completely soft. Lay on a flat surface and fold in half, the rounded side will be the top and the flat side the bottom. The paper will still seem a bit stiff but will keep absorbing the water and soften as you layer your veggies. In the center, layer your ingredients greens, herbs, tofu and veggies. Fold the end corner over the layer of veggies, give a nice tuck and roll. Serve with the dipping sauces and garnish with lime wedges.

*Yield:* 6



These are sumptuous pancakes eaten all over Korea as an appetizer. Served with a hot sauce, it is a one of a kind blend between an omelet and traditional pancakes. The perfect combination of shrimps and scallion makes irresistible.

## Korean Pancakes with Spicy Dipping Sauce

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1 bunch green onions/scallions 1 large egg; 100g shrimp (cleaned and deveined)  
1-2 Tbsp n vegetable oil Batter; 20g corn starch; 50 gm all purpose flour; ½ tsp salt; ½ cup; cold water.

### **Dipping Sauce:**

1 Tbsp soy sauce; ½ Tbsp rice vinegar; 1 tsp green onions/scallions (thinly sliced); ¼ tsp chili flakes; ¼ tsp white and black sesame seeds (roasted/toasted); 1/8 tsp granulated sugar (optional)

Combine all the ingredients for the dipping sauce and set aside. Beat the egg in a small bowl and set aside. Cut the end of scallions and then cut in half. Combine flour, cornstarch and salt in a medium bowl to make batter. Mix all the three ingredients well till evenly spread. Slowly add cold water and whisk till just combined. Do not over mix the batter because it will create gluten and the pancake will not have good texture.

Place a non-stick frying pan over medium high heat and add the oil when the pan is hot. Then spread out the scallions on the bottom of the pan and add the shrimps. Drizzle the batter to cover the scallion and shrimp, and make sure there is batter between the ingredients so that they will be held together.

Lightly pour the beaten egg over the batter. Cook for 3 minutes, until the edge of the pancake gets crispy and the bottom of the pancake is nice golden brown. Flip and cook for another 3 minutes, pressing down the pancake with spatula occasionally, until the pancake is crispy and golden brown. Flip one last time and cook for 30 seconds. Transfer to a cutting board. Cut into small pieces and enjoy with the dipping sauce.

*Yield:* 4



# **Main Course**







Falafel is Mediterranean soul food. Baked Chickpeas fritters served with a sumptuous blend of hummus(chickpeas and sesame sauce), tabouleh (parsley and lime salad), baba ganoush (roasted aubergine dip) and multigrain pita bread.

## Falafel Du Lebanon

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### **For the falafel:**

1 1/2 cups cooked chickpeas; 2 tbsp sesame seeds; 1 large carrot; ½ red onion; 3 garlic cloves; 1/2 cup cilantro leaves (or parsley); 6 tbs flour of any type; 1 teaspoons cumin; 1 teaspoon salt; ½ teaspoon black pepper Pinch cayenne; 3 t bsp vegetable oil 2 pinches salt; Multigrain Pita bread.

### **for hummus:**

2 cups cooked Chickpeas 1tsp cumin powder; 2 tbsp extra-virgin olive oil; 3 tbsp tahini; 1 1/2 tbsp lemon juice; 1 small clove garlic, coarsely chopped; 1 tsp salt

1/2 tsp finely ground black pepper

### **for the tabouleh:**

1 large bundle (fresh parsley, chopped; 1/3 cup red onion, diced; 1 red bell pepper diced or sub cherry tomatoes; 1 lemon, juiced (3 tbsp or 45 ml); 1-2 tbsp (15-30 ml) extra virgin olive oil; Pinch each sea salt and black pepper;

Optional: 3 tbsp (30 g) hulled hemp seeds

### **For the babaganoush:**

1 medium or 3/4 of a large eggplant 1 large clove garlic, grated or finely minced; 1 lemon, juiced; ¼ tbsp tahini; 2 tbsp fresh cilantro, parsley or basil, chopped; Olive oil (for roasting)

For the falafel:

Preheat oven to 375°F.

In a food processor, add dried chickpeas, sesame seeds, then process until a very chunky paste-like consistency is formed. Scrape the mixture into a bowl. Mix in the

vegetables, followed by the flour. Stir in the spices and seasonings and mix well. Make round patties of this mixture and keep aside.

## Falafel Du Lebanon continue...

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In an ovenproof frying pan, heat 3 tablespoons oil over medium heat. Place the patties in the pan and fry them for 5 minutes, covered, then flip and fry for 5 minutes more.

Place the pan in the oven and bake the patties for 15 minutes. Remove the patties from the oven and let them cool for at least 15 minutes to firm up.

### **for the hummus:**

Cook chickpeas in a boiler with water, salt and a little cumin powder. Drain and rinse the chickpeas. Combine all ingredients in the food processor. Combine the chickpeas, olive oil, tahini, lemon juice, garlic, salt, and pepper in the bowl of the food processor fitted with the blade attachment or blender. Blend hummus until smooth, at least 5 minutes. Taste and adjust seasonings.

### **For the tabouleh:**

To a large mixing bowl, add parsley, onion, and bell pepper. Top with lemon juice, olive oil, salt, and pepper and toss to combine. Add hemp seeds at this time if desired (optional). Refrigerate.

### **For the baba ganoush:**

Wash and clean the eggplant. Dry roast a washed and cleaned eggplant on open fire. Roast till the entire skin turns crumbly and black. peel away most of the skin of the eggplant (a little is ok) and add flesh to a food processor. Add lemon juice, garlic, tahini, a pinch of salt and mix until creamy. Add herbs last and pulse to incorporate. Taste and adjust seasonings as needed.

*Yield:* 4



A healthy take on the Authentic Italian Risotto. Black rice is lower in carbs higher in fiber, and a better source of protein than brown or white rice. It includes the outside hull of the grain has one of the highest levels of anthocyanin antioxidants of any food!

## Mushroom and Black Rice Risotta

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1 1/2 cups black rice 2 tbsp butter; 1/3 cup shallots/diced 3 cloves garlic/diced 1/2 cup white wine; 1 sprig fresh Thyme; 6 1/2 cups chicken stock or veggie stock; 1 cup milk/1/2 cup fresh cream; 1 tsp paprika powder; 1/4 tsp salt; 1/4 tsp pepper; 1 cup Mushrooms- sliced. Few fresh basil leaves/Parsley Leaves 1 cup Parmesan cheese 1 tbsp olive oil.  
1 cup finely shredded Cheddar Cheese.(optional)

### **To Garnish:**

few sprogs of basil leaves shaved Parmesan cheese Sautéed ;mushrooms.

Bring broth to a steady simmer in a medium sauce pan.

Melt butter in a large sauté pan over medium low heat, add diced shallots, thyme and cook until they begin to become translucent. Add diced garlic and black rice to the pan, stirring/toasted the rice for 3 minutes. Add sliced mushrooms.

Pour the white wine into the pan slowly, stir ever minute or so until the wine has reduced. Sprinkle the paprika, salt and pepper evenly over the rice, stir to mix in.

Add simmering broth a ladle at a time, stirring the rice every couple minutes until the broth reduces. Add milk the same way. Repeat this process until all broth has been added and the rice is al dente. It Takes anywhere from 45 minutes to an hour depending on how your stove cooks.

Turn off heat, sprinkle cheese over rise and stir to mix in.

Drizzle olive oil on top. Garnish with sautéed mushrooms, parmesan cheese, and basil/parsley leaves. Serve with toast.

*Yield:* 3



## Pear Seared Salmon in Lemon Butter Sauce

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5 (6 ounce) salmon filets; 1 teaspoon salt + ½ teaspoon pepper; ½ teaspoon garlic powder; ¼ teaspoon paprika olive oil; 1 ½ – 2 lbs. fresh broccolini; 1 tsp finely chopped lemongrass and galangal;

### The Sauce:

⅓ cup freshly squeezed lemon juice; ½ cup heavy cream; 4 tablespoons cold butter; 2 tablespoons chopped herbs (parsley and tarragon)

For the Lemon Butter Sauce: Heat the lemon juice in a small saucepan over medium heat and let the lemon juice simmer and reduce until you have about 1 tablespoon remaining, this will take approximately 5-8 minutes.

Increase the heat to medium-high and add in the cream and whisk. You want to let the cream reduce for a few minutes or until it's thick enough to coat the back of a spoon. Turn the heat down to low, add in 2-3 small pieces of butter and whisk until it melts, do this slowly. Do not add all the butter at once. Continue to add in the butter until it's all gone. Stir in the herbs along with freshly cracked pepper and let the sauce sit on the lowest heat setting (so it just stays warm) until ready to serve. To prepare the broccolini: in a pan, heat oil, add finely chopped lemon grass and galangal. Toss in the broccolini. Cook till tender. Keep aside to serve.

For the Salmon: In a small bowl, combine the salt, pepper, garlic, paprika and white wine.. Sprinkle this mixture on both sides of the tuna generously. Set aside. Heat a large nonstick skillet over medium high heat. Add in a quick swish of olive oil. Add 3 pieces of salmon to the skillet and let cook for 2-4 minutes on each side. It's difficult for me to tell you exact cooking time as this depends on the thickness of the filet. To Serve, Drizzle the warm lemon butter cream sauce on the tuna and on the broccoli. Garnish with parsley and lemon wedge.

*Yield: 5*



A classic Mexican dish where eggs are cooked along with Rancheros sauce, served with spicy Mexican rice, Jack Monterey cheese, avocado, lime wedges, fresh parsley springs.

## Huevos Rancheros With Mexican Rice

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For the rice

1 tablespoon olive oil; 2 cloves garlic, minced; 1 onion, diced; 1 1/2 cups rice; 1 tbsp tomato sauce; 1 cup corn kernels; 1/2 cup diced carrots; 1/2 cup frozen peas; 1/4 teaspoon chili powder; 1/4 teaspoon cumin; Kosher salt and freshly; 1/4 tsp ground black pepper, 2 tomatoes, diced; tablespoons chopped fresh cilantro leaves; 2 tablespoons chopped chives/spring onions. **For the Ranchero sauce:** 1 tablespoon olive oil; 1/2 medium onion, diced 1 medium jalapeño, diced 1 clove garlic, minced; 1 teaspoon ground cumin; 1/2 teaspoon chili powder; 1/2 teaspoon oregano; 1/2 teaspoon salt; 1/4 teaspoon freshly ground black pepper; 800g crushed tomatoes. **Other ingredients:** 4 eggs; 1/2 avocado sliced; 50 g Jack Monterey Cheese Parsley and Coriander leaves; Lemon wedges to garnish

Heat olive oil in a large skillet over medium heat. Add garlic and onion, and cook, stirring frequently, until onions have become translucent, about 2-3 minutes. Stir in corn, carrots, peas, vegetables chili powder and cumin; season with salt and pepper, to taste. Stir in tomatoes and the sauce. Cook for about 2 minutes and Keep aside. **To Make the sauce:** Heat the oil in a large skillet over medium heat until shimmering. Add the onion, jalapeño, and, garlic, and cook, stirring occasionally, until softened, about 5 minutes. Stir in the cumin, chili powder, oregano, salt, and pepper and cook for 1 minute. Add tomatoes. Bring to a boil, reduce heat to low and simmer for 10 minutes. Cook the sauce well till its thick.

**To finish the dish:** Place cooked rice in a skillet. Pour the sauce on top. Break the whole eggs on the sauce. Add grated cheese on top and cook in the oven for 5-7 minutes or till the egg is cooked. The dish is ready; let it rest for 30 second before serving. Garnish with coriander and parsley leaves, lemon wedges and avocado slices. Serve hot.

*Yield:* 4



# Desserts





## Dadar Gulung (Balinese Coconut and Pandan Pancakes)

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### **For The pancake:**

250 grams flour; 4 eggs; 1 tsp salt; 350 milliliters thin coconut milk (add up to 250 ml if not watery enough); 1/2 teaspoon pandan extract (adjust to the desired color); Margarine.

### **For the Filling:**

1/2 cup coconut (grated); 150 grams of brown sugar 100 milliliters water; 2 pandan leaves; 2 tbsp Butter; 1 scoop vanilla ice cream palm sugar; mint leaf to garnish.

Mix all ingredients until a uniform mixture is formed. Add some water, then heat over a low flame. Stir evenly until cooked. Keep this aside.

To make the pancake:

Mix flour, eggs and salt together.

Add milk little by little, then stir until a smooth batter forms. Add the pandan essence to the batter for coloring.

Heat the frying pan and make thin pancakes, dab them with margarine.

Fill all pancakes with coconut mixture, and roll them. Do the same for all the pancakes.

Serve cut into half, along with Vanilla ice cream, fruits and some palm sugar poured on top.

*Yield:* 1 Person





Mango Shikhand is a favorite Indian dessert which has the wholesomeness of mangoes, and the nutrition from yoghurt. Hailing from Gujrat and Maharashtrian region of India, it has a sweet and sour flavor, and is served Chilled!

## Mango Shikhand

---

3 cup yogurt; 1 cup mango puree  
1/3 cup brown sugar (approx use as needed)  
1/4 tsp crushed cardamom

**For Garnishing:**

1/4 cup mango (cut into small pieces)  
1 Tbsp sliced pistachios (pista)

Preparing yogurt – Put a muslin or cheese cloth over a strainer. Pour the yogurt over muslin cloth. Place a bowl underneath the strainer to collect the excess water. Next gently squeeze the excess water from yogurt. Make sure not to squeeze out the yogurt.

Move the yogurt with strainer and bowl into the refrigerator for at about four hours to drain excess water. Occasionally squeeze the excess water. Yogurt will become thick in consistency, like a cheese ball. Add mango pulp, sugar, and cardamom powder to yogurt and mix well till sugar dissolves.

Chill the Shikhand before serving. Garnish with mango pieces, and pistachios

*Yield: 6*



This frozen Banana soft serve with Caramel Popcorn is a quick and easy dessert, with minimal ingredients that are almost always there in the kitchen. Wholesome goodness of Bananas along with a crunchy caramel popcorn top is all you could ever ask for!

## Banana Soft Serve With Caramel Popcorn

---

**For the soft serve:** large ripe banana; **For the Caramel Popcorn:** 10 Cups of Popped Popcorn Salt ;1 Cup Butter; Start with a ripe banana; Cup Brown Sugar; 1 tsp. Vanilla (optional) 1/2 tsp. Baking Soda

**For Garnish:** 1 tbsp Caramel Sauce.

Peel the banana and chop evenly sized. Put the bananas in an airtight container or freeze safe bag. Freeze the banana pieces for at least 2 hours, until they are hard. Preferably overnight. Pulse the frozen banana pieces in a small food processor or powerful blender. Keep pulsing — the banana will look crumbly.

Keep blending — the banana will look gooey, Keep blending — the banana will look like oatmeal.

Suddenly, as the last bits of banana smooth out, you will see the mixture shift from blended banana to creamy, soft-serve ice cream texture. Blend for a few more seconds to aerate the ice cream. Transfer to an airtight container and freeze until solid

For the Caramel Popcorn: make popcorn and set aside.

Melt 1 cup of butter in a medium saucepan over medium heat and Add 1 cup of brown sugar and stir until thoroughly mixed. Stirring continuously, bring the butter and sugar mixture up to a boil on medium heat. When it reaches a boil allow it to cook for 5 minutes without stirring. Add the vanilla and Continue to boil for one addition minute and then add the 1/2 teaspoon of baking soda.

Drizzle the caramel mixture over the popcorn. Use a spoon to gently fold the popcorn with the mixture until the kernels are all covered. Pour the popcorn out onto a cookie sheet covered with aluminum foil or a silpat liner. Let the popcorn cool. Serve with banana soft serve and caramel sauce.

*Yield:* 1 Person



A perfect way to enjoy a chocolaty dessert with the wholesomeness of Avocados and honey guilt free!

## Guilt free Chocolate and Avocado Mousse

---

2 ripe avocados  
3/4 cup heavy cream  
1/2 cup chocolate chips(unsweetened) melted  
1/4 cup honey  
1 tbsp. cocoa powder  
1 tsp. vanilla  
1/2 tsp. salt

To garnish:

1/4 cup Chocolate curls,  
1/4 cup cut berries.

Combine all ingredients except chocolate curls in food processor and process until smooth.  
Pour into glasses and refrigerate 30 minutes to an hour.  
Garnish with chocolate curls and berries and serve.

*Yield:* 4



## Samoa Apple Slices

---

3 Granny Smith apples (green apples) 1 cup jarred caramel (or make fresh); 1 cup coconut flakes; 1/2 cup semisweet chocolate chips 3 tbsp butter; 1 scoop vanilla icecream; Slice apples into 1/4"-thick slices.

Use a small biscuit cutter or melon baller to remove the core from the apples. Set aside. In a medium-sized bowl, add caramel and coconut flakes, stirring to combine.

Spoon caramel-coconut mixture onto each apple slice.

In a small microwave-safe bowl, combine chocolate chips and butter.

Microwave in 30-second intervals, stirring in between, until fully melted.

Drizzle melted chocolate on apple slices and serve along with a scoop of vanilla ice cream.

*Yield:* 4



# **Zen 3 Day Detox Plan**





## Zen Powerhouse Smoothie

---

1 Banana; 100 ml Coconut Milk; ¼ cup Cashew nuts/Almonds; ¼ cup Sunflower seeds; ¼ cup Pumpkin seeds

Wash and clean all ingredients.

Blend them together in a juicer/blender. Add water to get the desired consistency.

Serve chilled.

*Yield:* 1 Person



## Zen Golden Glow Smoothie

---

½ cup Spinach leaves; ¼ cup Pineapple; 300 ml Tender Coconut water

*Yield:* 1 Person

## Zen Beetroot Bliss

---

1 cup peeled Red beets  
1 cup Cucumber  
½ cup Carrot

Wash and clean all ingredients.

Blend them together in a juicer/blender. Add water to get the desired consistency.  
Serve chilled.

*Yield:* 1 Person



## Zen Chlorophyll Fix

---

1/2 cup Kale; ¼ inch fresh Ginger  
pinch Cinnamon powder; ½ cup Spinach Leaves  
¼ Cucumber; 2-3 sprigs Mint Leaves

Wash and clean all ingredients.

Blend them together in a juicer/blender. Add water to get the desired consistency.  
Serve chilled.

*Yield:* 1 Person



## Zen Ginger Tea

---

1 inches fresh Ginger 250 ml Water  
½ inch fresh Turmeric

Heat water in a pan, add all the ingredients except lemon and honey together and let it simmer for 10 minutes. Strain. Serve hot.

*Yield:* 1 cup

## Zen Green Goodness Smoothie

---

½ cup Cucumber; 1/3 cup Spinach leaves; ½ Avocado; 3-4 Mint Leaves  
200ml Tender Coconut water 1 tbsp Lemon juice; One quarter of a Green Apple

Wash and clean all ingredients.

Blend them together in a juicer/blender. Add water to get the desired consistency.

Serve chilled.

*Yield:* 1 Person



## Zen Revitalizer

---

4 medium length Celery sticks; ½ bunch Wheat grass; ½ cup Broccoli  
1 tbsp Lemon Juice; ¼ inch fresh Ginger

Wash and clean all ingredients. Blend them together in a juicer/blender.

Add water to get the desired consistency.

Serve chilled.

*Yield:* 1 Person



## Coconut Cream and Vegetable Soup

---

1 tsp butter/coconut oil; ¼ cup chopped Onion; 1 cup chopped Carrot  
¼ cup Peas; ¼ cup cut Cauliflower

Heat oil in a pan.

100 ml Coconut cream 200 ml water

Salt to taste Pepper to taste 1 tsp Lime juice

Add the vegetables. Add the water when vegetables are browned.

Once vegetables are cooked, finish with coconut milk, salt and pepper.

Serve hot.

*Yield:* 1 Person



## Zen Alkalizer Tea

---

1 inch piece of fresh Ginger; Juice of ½ a Lemon; 1 inch piece of fresh Turmeric 200 ml Water; 1 tbsp Honey (optional)

Heat water in a pan, add all the ingredients except lemon and honey together and let it simmer for 10 minutes. Strain. Finish by adding lemon juice and honey.

*Yield:* 1 cup



## Zen Flush Smoothie

---

1 cup chopped Celery; ½ cup Green apple; ¾ cup peeled Cucumber 1 tbsp Aloe vera

Wash and clean all ingredients.

Blend them together in a juicer/blender. Add water to get the desired consistency.

Serve chilled.

*Yield:* 1



## Zen Green Berry Booster

---

½ cup Strawberry 1 cup Spinach; ¼ cup Cashew nuts/Almonds

Wash and clean all ingredients.

Blend them together in a juicer/blender. Add water to get the desired consistency.

Serve chilled.

*Yield:* 1



## Guidelines for Zen Detox

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These are the basic dos and don'ts one should follow while starting a detox Diet:

1. Morning lemon juice: This is an oldie but a goodie to kick start the digestion and cleanse the system
2. Raw foods
3. Detox the mind
4. Drink water
5. Body brushing
6. Chew: Aim to chew each mouthful of food 10 to 12 times before swallowing. Bringing mindfulness to mealtimes improves digestion, allowing you to feel a sense of fullness without a need to overeat.

Don't detox if you are pregnant, breastfeeding, elderly, have high blood pressure, are underweight or against your health practitioner's recommendation. If you are concerned about your health, book an appointment with your DOCTOR who will advise a correct treatment plan.

At least 1 Day Prior the Detox:

### AVOID

- Animal products
- Processed sugar, high fructose corn syrup
- Artificial sweeteners
- Processed foods (such as pasta, bread, soy products, pre-packaged salads, soups and dressing)
- Coffee and black tea (suggestion: switch to caffeinated green tea at least a week before juice detox and stop drinking caffeinated green tea all together at least two days before juice detox)

- Alcohol
- Soda
- Dairy
- Refined flour
- Raw fish
- Fried foods
- Over salting your food (no table salt)
- Overeating
- Eating poorly combined foods when you know they stress your system (fruit with protein or starch with grains, for example)
- Eating before bed
- Dehydration
- Stress, lack of sleep, sedentary lifestyle, people who drain your energy (as much as possible)

### What to Expect When You're Fasting:

Tiredness, moodiness, anger, weakness, light headedness, insomnia, skin breakouts, irritability are among the more common ones. If you have a recurrent health issue (ie. eczema, acne, sinus issues), be warned that may get worse before it gets better.

It's important to be patient and breathe through these periods, call on a friend or chat with someone who is going through the same thing. You might find that a lot of emotional stuff surfaces, too.

Just take deep breaths and know that these moments shall pass. By the end of the three days, you will be feeling incredible. Journaling every day helps, too.



## Zen 3 Day Detox Plan

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Detox, short for detoxification, is the body's natural, ongoing process of neutralizing and eliminating toxins. Toxins are substances that can potentially harm body tissue, such as waste products that result from normal cell activity (like ammonia, lactic acid, and homocysteine) and chemicals that we are exposed to in our environment, food, and water.

The liver, intestines, kidneys, lungs, skin, blood, and lymphatic systems work together to transform toxins to less harmful compounds and excrete them from the body.

At Zen, our team of Ayurvedic doctors create a personalized detox diet for individuals who wish to undergo a detox diet while their time at Zen. Here is a basic three day detox plan that will suite all dosha and health types.

### DETOX DAY-1

7:00 AM : Zen Green Berry Booster (A Strawberry and Spinach Protein Smoothie)

11:00 AM : Zen Alkalizer Tea (An aromatic blend of Ginger, Lemon and turmeric)

01:00 PM : Zen Flush Smoothie (celery, green apple, cucumber and aloe vera)

04:00 PM : Coconut cream and Vegetable Soup.

07:00 PM : Zen Ayurvedic Cleanse Smoothie. (Parsley, aloe vera,

coriander, ginger, turmeric, lime juice, mint leaves, basil leaves, rosemary, salt)

## DETOX DAY-2(GREEN DAY)

07:00 AM : Zen Golden Glow Smoothie (spinach, banana, pineapple , coconut water)

11:00 AM : Zen Ginger Tea

01:00 PM : Zen Green Goodness Smoothie (a wholesome blend of Cucumber, Spinach, Avocado, Celery, Mint, Coconut Water, Lemon, and Green Apple)

04:00 PM : Zen Chlorophyll Fix (Chopped Kale, Ginger, Cinnamon Powder, Spinach, Cucumber, Mint)

07: 00 AM : The Zen Revitalizer (Celery, Wheat Grass, Broccoli,Lemon Juice, Ginger)

## DETOX DAY-3

07:00 AM : Zen Powerhouse Smoothie (banana, coconut milk, nuts blended with loads of Sunflower and Pumpkin Seeds)

11:00 AM: Zen Ayurvedic Punch (Lemon Juice With Turmeric &Ginger)

01:00 PM: Wholesome Pumpkin Soup, with Freshly Tossed Green Salad.

04:00 PM: Zen Beetroot Bliss (A Blend of Dark Red Beet Juice)

07:00 PM: Special Enriching Cabbage Soup along with an Assorted Salad.

# Zen Guidelines for Ridding the Body of Toxins

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The following are some ways in which you can enhance detoxification process of your body while on the diet. There are various ways to remove toxins from the body other than a detox diet; however, the combination of a detox diet with any one or more ways from the list below is a wonderful way for Detoxification.

## Sauna

Sauna during a detox is very beneficial for the body. It is so because the steam has cleansing properties and penetrates deeper into the skin's layers and targets organs to detox from the inside out. Avoid going for intensive temperatures as too much of heat can cause a lowering of blood sugar levels. Just a nice dry, comfortable heat sauna will work wonders for detoxifying, cleansing your pores making your skin glow.

## Massage

This is a wonderful way to move toxins out of the body. Not only does it feel great, it will help you sleep better, too. The use of essential oils such as tea tree oil, Eucalyptus oil, Coconut oil etc. with the massages will enhance the cleansing, and leave your mind and body in a rejuvenated and calm state.

## Exercise

Mild exercising while doing a detox diet has proven to be very beneficial. Keep in mind to workout at a pace that suits your body's energy levels during the juice fast. Gentle walks or yoga are great for the low energy days. If you feel up to it, you can take it up a notch and go running or hit the gym.

Working up a sweat is also a great way to get toxins out of the body.

## Sun

Direct sunlight on our bodies gives us energy, and that really important vitamin, vitamin D, which boosts our immune system and helps prevent cancer. Sunlight also triggers our body to produce 200 anti-microbials that kill off bad bacteria, fungi, parasites and viruses. Try to get at least 15 minutes to half an hour of sunshine a day, as the best way to get vitamin D into your body is on skin without sunscreen. (Try to avoid peak UV periods if you're concerned about sunburn.) Roll up your sleeves or expose a leg or two!

