

*Bring Balance To Your Life
with Food*

Vata
Season
Recipe

Sarahjoy's Ayurvedic Recipes



Winter Dal

Qualities of Vata: airy, cold, mobile, dry

Vata Season in the Pacific Northwest:

Mid-October to Mid-February

Tastes to balance Vata Dosha:

sweet, sour, salty



Ingredients for Digestion:

Cumin + Coriander seed, ginger, ghee



This dal is made with split yellow mung beans, cumin seeds, ginger and ghee. We'll add red chilies at the end for additional winter-warming. This recipe is a great choice for the transition from Vata season into Kapha season, as it's **easy to digest, grounding, and nourishing**.

The recipe incorporates **warming spices** like ginger, coriander, cumin, turmeric and black pepper to help **stimulate digestion, clear stagnation, and bring warmth** to Vata and Kappa's cold qualities.

Coriander Seed

Cumin Seed

Turmeric Powder



Nutrition In Split Yellow Mung Beans:

Plant-based protein, fiber, and essential amino acids, mung beans support digestion and heart health.

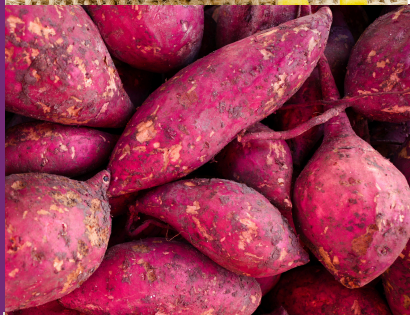
Nutrition In Sweet Potatoes:

Rich in vitamins A + C, fiber, and antioxidants, sweet potatoes supports immune health and digestion.



Ingredients:

- 1 cup yellow mung beans
- 2 TBS ghee
- 1 tsp mustard seeds
- 2 tsp cumin seeds, divided
- 2 tsp coriander seeds, divided
- 1 tsp grated fresh ginger
- ½ tsp turmeric powder
- 1 tsp cumin powder
- 1/4 tsp black pepper
- 3 cups liquid (water, broth)
- 1 cup coconut milk
- 1 tsp salt
- 1 large sweet potato, cubed
- 2 Whole Dried Red Chilies
- 4 curry leaves
- 1 TBS lemon juice
- Fresh cilantro for garnish



Benefits of Ghee:

Nourishes the body, improves digestion, and promotes mental clarity while balancing the doshas.



Benefits of Tempering Spices:

Releases essential oils, enhances flavor, aids digestion, and boosts the medicinal qualities of the spices.



Instructions:

1. Rinse the Dal

- Rinse the mung dal thoroughly in water until the water runs clear. This helps to remove excess starch.

2. Temper the Spices

- In a small pan, heat the ghee over medium heat. Add the mustard seeds. Then add the cumin and coriander seeds and sauté for 30 seconds until fragrant. Add the grated ginger and sauté until the ginger softens and becomes aromatic.

3. Add Ground Spices

- To the tempering, add turmeric powder, coriander powder, cumin powder, sea salt and black pepper. Stir the spices into the ghee and cook for 1-2 minutes, letting them bloom and become fragrant.

Benefits of High Quality Salt:

High-quality salt, like Himalayan or sea salt, aids digestion, balances the doshas, promotes the body's natural detoxification process, and supports overall vitality and hydration.



4. Add the Dal

- Add the mung dal, stirring until it glistens in the spices. Add 3 cups of hot water (heat your tea kettle for the water to be hot when adding it). Bring to a boil and then reduce the heat to a simmer.

5. Add the sweet flavor

- Add 8 ounces of coconut milk and the cubed sweet potato. Simmer for 40 minutes until dal and sweet potatoes are soft and fully cooked.

5. Temper Final Spices

- Melt ghee. Add 1 tsp cumin seed, 1 tsp coriander seed, 2 red chilies, 4 curry leaves. Temper until fragrant.

6. Finish and Serve

- Add salt, tempered spices and chilies. Stir in fresh lemon juice. Garnish with fresh cilantro.

Serve & Enjoy!