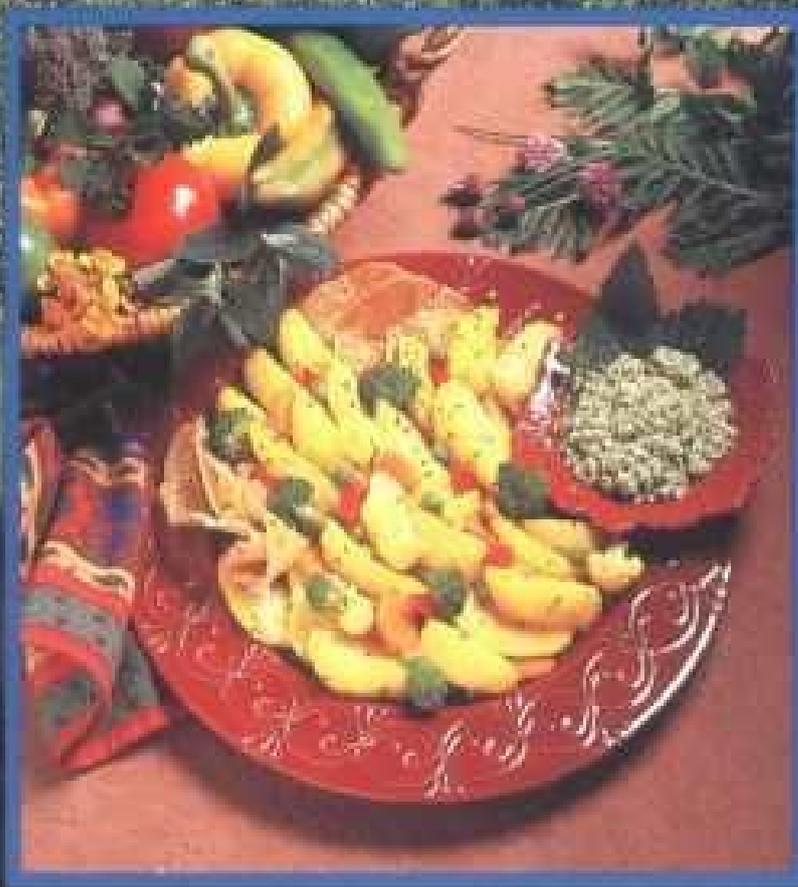


THE SHOSHONI COOKBOOK

VEGETARIAN RECIPES
FROM
THE SHOSHONI YOGA RETREAT



ANNE SAKS
AND
FAITH STONE

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The Shoshoni Cookbook

Vegetarian Recipes
from the
Shoshoni Yoga Retreat

by Anne Saks
&
Faith Stone

Book Publishing Company
Summertown, Tennessee

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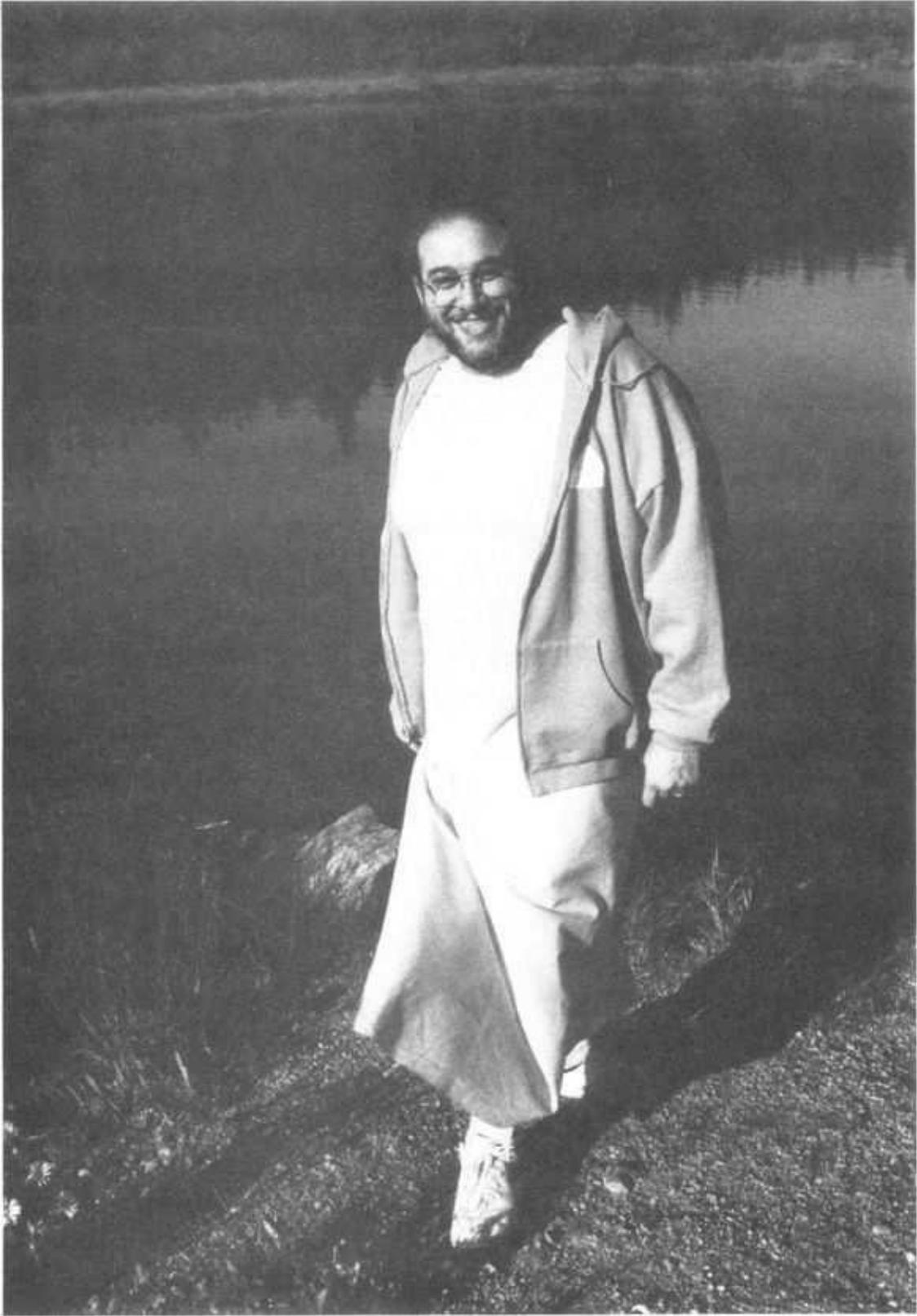
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Calculations for the nutritional analyses in this book are based on the average number of servings listed with the recipes and the average amount of an ingredient if a range is listed. Calculations are rounded up to the nearest gram. If two options for an ingredient are listed, the first one is used. Not included are optional ingredients, serving suggestions, or fat used for frying, unless the amount specified in the recipe.



We dedicate this book with love and gratitude to our teacher, Shambhavananda Yogi.

Meet Anne and Faith

In 1980, Anne Saks first came to study yoga with Shambhavananda Yogi. She immediately became an apprentice at Rudi's Restaurant—studying under the guidance of master chef Faith Stone. For ten years at Rudi's, Anne learned the fine nuances of gourmet natural foods cooking, extending the training to run the Ashram kitchen as well. As manager of the Shoshoni Yogi Retreat kitchen, she planned all the meals and prepared fine food for the many Shoshoni visitors and staff. "It has been a spiritual training ground to run the kitchen at Shoshoni," she says. "Cooking is creative and it serves other people. It has been the arena for learning things that people spend lifetimes and fortunes seeking." Today she still cooks at Shoshoni and for her husband and daughter, Dominique.

In 1975, Faith Stone and Swami Shambhavananda opened Rudi's Restaurant in Boulder to serve tasty, fresh, wholesome foods prepared with grace and love. Today, Rudi's is a Boulder landmark, and Faith's many delicious creations attract people from all over the region. She cooks for visitors and staff at Shoshoni Yoga Retreat, teaches cooking classes in the Boulder/Denver area and is also a member of the American Culinary Federation. Considered a pioneer in the Boulder gourmet vegetarian scene, she is also a very advanced student of yoga and the mother of a beautiful little girl, Tara.

INTRODUCTION

About Shoshoni

Shoshoni Yoga Retreat, named after nearby Shoshoni Mountain, rests on 210 acres of colorful Colorado high country-surrounded by lush national forest. Our land has a friendly, joyful quality. Bright prayer flags and large Buddhas painted on rock walls adorn the valley much as one would see in India or Tibet. Log cabins nestled in the forest provide rustic charm with all the comforts of home for our guests.

A day at Shoshoni begins with morning meditation and chanting followed by a hearty, healthy breakfast. Our cuisine is low-fat, vegetarian, and very tasty. After a day of yoga, meditation, hiking and massage, guests often relax in the hot tub or doze on the deck overlooking Little Bear Mountain. Dinners are often shared outside on the spacious deck overlooking nearby snow-capped peaks.

It is remarkable to watch the change in visitors as the Shoshoni environment strips away years of tightness and tension from their bodies and minds. Many guests attribute the change to the pristine mountain air, the pure spring water, and the incredible food. The resident yogis know it is the meditative energy (or Shakti) which heals, cleanses, and restores people. And this energy is put in every dish prepared in the Shoshoni kitchen.

About Our Teacher

Eldorado Mountain Yoga Ashram and Shoshoni Yoga Retreat were founded by Shambhavananda Yogi. He is a radiant, big-hearted teacher who is a master of Kundalini Yoga. He teaches a method for meditation and growth called Shambhava Yoga. His vision for Eldorado and Shoshoni is to create an environment conducive to inner growth which nurtures practitioners toward the realization of the true Self or Buddha nature. Facilities include residential areas for full-time yogis, non-residential classes, and retreat or visitor facilities.

Shambhavananda is rightly described by the name: Shambhav-ananda, which means the bliss of the natural state. His method of training students of yoga is unencumbered by dogma. He relates to the latent spiritual energy within aspirants, not to their limited view of themselves. Sri Nityananda, our root Guru, taught, "The heart is the hub of all sacred places. Go there and roam in it." It is this holy place within which Shambhavananda encourages seekers to explore.

The Shoshoni Kitchen

The Shoshoni kitchen is a fascinating place. It was once a kitchen for a summer camp that served hundreds of children. Central to the kitchen is a new shiny stove with two large ovens surrounded by giant, stainless steel pots, pans, cast iron skillets, and hanging spoons and ladles. Five-gallon buckets overflow with various beans, grains, and colorful fresh vegetables. Quart jars brim with aromatic spices and herbs. Come on in and spend some time with our chefs.

Before daybreak, the breakfast cook enters the kitchen, lights the devotional candle, and puts on a chanting tape. Her quiet voice follows the chant as she hoists a large, stainless steel pot onto the flame. In go the oats, the water, and the masala, and Indian Cereal is started. Fresh muffins, toast, and fruit are prepared as she dances like a Shiva before dawn.

The Shoshoni staff works together to clean up after each meal. Guests love to join in the clean-up activities when a joyful family feeling makes work fun. After a brief morning meeting, the lunch cooks review the menu and plan for the day. Last minute changes are almost always made to include the unexpected, such as the arrival of fresh picked greens from the Eldorado Ashram. Today's lunch will be Spanakopita, Fragrant Rice Salad, and Savory Lentils. The chanting continues, creating a light atmosphere where the cooks focus on their work, repeating mantras as lunch is prepared.

Yogiji often enters the kitchen close to mealtime and tastes each dish. He takes a spoonful sample and a deep, inwardly focused breath. He immediately knows what it needs and, like a magician, transforms the food into nectar. The food is offered to Sri Nityananda, our root Guru, with a blessing chant, then served to a hungry group who just finished a Hatha Yoga class or chanting.

When we have a full house at Shoshoni, the kitchen is a hub of activity. Mountains of fresh vegetables are chopped with one-pointed perfection. We all wonder how we got it done. Somehow the Shakti, or meditative energy, took over and the results are delicious Shoshoni meals.

Shoshoni's two master cooks, Faith Stone and Anne Saks, who created these delicious recipes, believe the most important ingredient in any dish is the heartfelt love put into it by the chefs.

Cooking with Shakti

People have been requesting our recipes for years. What makes the food so good? What did you put in this? How can vegetarian food taste so good? The cooks always look at each other and smile. They know that what is in the food can't be bought in the store or duplicated by the finest chefs. The magic ingredient we put into every dish is Shakti or Divine Energy. Food is treated as God because it contains the essence of life, a conscious energy that nourishes that same energy in you. The cook who seeks God in himself or herself while preparing food, cooks from a special place and adds Shakti to the food.

Simple Methods To Add Shakti To Your Food

Blessing the Food

Set aside a high, clean place in your kitchen to set up a small altar. Before serving your meal, offer to God with a prayer or blessing chant. At Shoshoni we prepare a plate of food for the lineage teachers. We offer it up with a chant, then each item is stirred back into the original food. It is like adding a secret spice that turns the food into ambrosia.

Preparing to Cook

A very important element of cooking is the state you are in while preparing food. Anger, depression, or negativity can go into the food and give people a stomach ache. No matter how you feel, pause a moment before you start and take a deep breath. Let go of thoughts just as you do in meditation, let go of negative emotions by breathing into your heart and allowing heavy tensions to drop down the arms and out of the hands. Shake off the hands and repeat this exercise a few times while asking to release all deep negative tensions. Now, feel an openness in your heart and let that expand. Deep from within the heart a feeling of love wells up. Let that light energy flow down the arms and into the hands which are your main tools for cooking. Feeling new all through, begin to cook with a clear mind and open heart.

Mantra and Chanting in the kitchen

Om Namah Shivayah, Om Namah Shivayah! Mantra repetition is the heartbeat of the kitchen. Mantra is sacred sound, infused with Shakti (divine energy), and repeated silently or out loud to evoke that divine energy. Mantras permeate the cooks, permeate the food, and permeate you when you eat the food. If you have been given a mantra by your teacher, use that; if not, repeat “Om Namah Shivaya,” which translates as “I bow with respect to my Inner Self,” while preparing food.

RECIPE FOR A YOGI

1 pound of insatiable desire to unite with God 365 days (per year) of practice Handfuls of private retreats Handfuls of private retreats Unlimited surrender 2 dashes of insanity A sense of humor, to taste

1. Combine all. Marinate in Shakti.
2. Using one very good teacher to stir, bring to a boil, and simmer for lifetimes.
3. Serve with love and devotion.

About The Shoshoni Cookbook

All the recipes in this book have been tested at Shoshoni and received rave reviews from our guests. We selected them because they're tasty, healthful, and nourishing.

While you're trying these new dishes, please remember one important point. Whenever you're cooking, begin with the intention that what you're creating will be wonderful, and don't doubt. Create food as an act of love, and think positively. This attitude is really more important than the tangible ingredients you use.

A lot of people feel paralyzed in the kitchen unless they have fancy ingredients such as walnut oil, balsamic vinegar, or sun-dried tomatoes. We love all of those things, however, our attitude while cooking is more important to us than the actual ingredients. Don't worry if you don't have all the ingredients called for in a recipe. Experiment. Allow yourself to be creative. Go beyond yourself and the limits of your mind: love the food and have fun. Think of these recipes as a basic outline to a wholesome dish, and add your own creative touches. Each recipe in this book may still need a pinch of salt or a dash of spice. Recipes are simply maps that give directions to a place that has been experienced before, so please feel free to create your own visions. It's best to use up what you have on hand and not to waste food.

Our teacher, Swami Shambhavananda, often talks about a yogi's ability to turn poison into food. However, many people turn food into poison with negative emotions such as anger and fear. From a yogic point of view, you can eat anything and purify it inside yourself. Most of us aren't capable of that. For us, a healthful diet provides the energy to develop other parts of our lives—such as spiritual work. At Shoshoni we believe that food can balance us and make us stronger so that we can better serve other people.

Why Vegan? Why Low-Fat?

You may notice that our recipes don't contain eggs, meat, or dairy products. Our guests don't notice anything missing from our food; in fact, they rave about its nourishing qualities.

However, we've chosen to eliminate these ingredients because it's widely acknowledged that these are the primary sources of fat and cholesterol in our diet. At Shoshoni, we want to serve only the most healthful, nourishing food—both spiritually and physically. By eliminating these ingredients, we reduce the fat by fifty percent or more in most of our recipes.

Don't be confused about our reason for reducing the fat. We aren't trying to encourage weight loss (although that happens effortlessly on this food). The latest scientific research shows that high-fat and meat-based diets are directly linked to our nation's high rates of cancer and heart disease.

We're sure you'll feel spiritually and physically better by preparing delicious, nutritious recipes such as those we've collected here. Not only are they low-fat and plant-based, but tasty too. You'll feel nourished inside and out. Enjoy!



To contact Shoshoni Yoga Retreat, write to:
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or phone: (303)642-0116

GLOSSARY

Agar: A clear, flavorless, freeze-dried sea vegetable used like gelatin. The recipes in this book call for agar flakes, but it is also available in bars.

Agar

Anasazi Bean: A red and white speckled bean similar to a pinto bean. Originally cultivated by Native Americans.

Anasazi Bean

Arrowroot: A natural thickening agent derived from the tuber of the arrowroot plant. May be substituted for cornstarch in sauces and puddings. Should be dissolved in cold water first to prevent lumps.

Arrowroot

Asafetida: This aromatic resin from the root of the giant fennel plant has a distinctive pungent flavor. Use minute quantities to add unique flavor to curries and dals. Powdered asafetida, also called *hing*, can be found in Indian and Asian markets.

Asafetida

Atta (Chapati flour): A low-gluten whole wheat flour used for Indian flatbreads. Atta is highly nutritious, as it contains the entire wheat kernel. Available in Indian and Asian groceries.

*Atta
(Chapati flour)*

Balsamic Vinegar: A sweet, full-bodied red wine vinegar.

Balsamic Vinegar

Basmati Rice: A light-textured, long grain, aromatic rice from North India and Pakistan with a wonderful fragrance and flavor. Basmati is typically white, but a brown variety is now available. Look for basmati rice at natural food stores, well-stocked groceries, or Asian and Indian markets.

Basmati Rice

Brown Mustard Seeds: Also known as *rai*, this is a commonly used seed spice in Indian cuisine. Fry these seeds in hot oil to release their nutty, pungent flavor before adding to curries.

*Brown Mustard
Seeds*

Brown Rice Syrup: A thick syrup made from brown rice. Its mildly sweet taste is perfect in baked goods, desserts, and sweets as an alternative to processed sugar or honey.

Brown Rice Syrup

Bulgur Wheat: A grain product made by parboiling and drying whole wheat kernels and crushing them into various sizes. It has a chewy texture, pleasant nutty taste, and is rich in protein, calcium, phosphorus, and iron.

Bulgur Wheat

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