

GOOD FOOD

VEGETARIAN ISSUES

Sathwic, Rajasic & Tamasic Foods

by the late Raj

Koushik

The type of food we eat largely influences and modifies our personality traits. Tamasic foods, like fowl and red meat, foods that are putrid and bloody, induce Tamasic qualities.

Rajasic foods, like onion, garlic, eggs, etc., induce passion and rob a person of inner peace.

Sathwic foods, like pulses, grains, vegetables and fruits, calm our nerves and induce subtle thoughts.

Heath, according to WHO (World Health Organization) is not confined to mere physical health alone. WHO defines health as a state whence there is a perfect equilibrium in the body, mind, intellect mechanism and thus ensures physical well being, emotional balance and intellectual propensity towards inner peace.

THE EASTER-EGG

by G.

Kucy

The egg is the symbol of the beginning of all life. (Not unlike in shape of the 'Lingham' - oval).

Because of the egg's shape and its enclosed possibility of 'creation,' the 'Easter-egg' came into existence, which again was based on Jesus Christ's teachings of 'everlasting life'.

But how did it get its paints? In the Russian and Greek Orthodox Christian churches people will bring a red painted, hard-boiled egg to the Easter-service, and smash it together with another person's egg afterwards in a gesture of brotherhood and good wishes. The red colour stands for Jesus' Christ's blood that he gave on the cross.

In time people decorated the Easter-eggs with holy symbols, like crosses, etc. From these other designs eventually emerged, and thus the Easter-egg painting and decorating became a widespread Christian way to embellish their Easter celebration.

The egg is also the symbol of the Universe.

SPINACH ROLL LASAGNA

- 3/4 lb. lasagna noodle
- 5 cups Italian Sauce (recipe follows)
- 1/2 lb. firm tofu, crumbled

- 2 10-oz pkgs. chopped frozen spinach, (thawed and drained)
 - 2 cups shredded cheddar-style tofu cheese
- Cook noodles according to package directions, cut 8-9 inches long. Spread 1 1/2 cups Italian sauce into a 10X13 inch baking dish. Spread 2 tsp. sauce on top of noodles. Sprinkle 1 tsp. crumbled tofu, 2 tsp. spinach and 2 tsp. cheese over sauce. Roll up and place (end on bottom) into baking dish. Repeat, laying rolls side by side into baking dish. Then spread sauce along center of top, over rolls. Cover and bake at 350 F. for 20-25 minutes. Uncover, and sprinkle with 1/2 cup of cheese. Continue to bake until cheese is melted. Serves 15.

ITALIAN SAUCE

- 1/2 cup onions, diced
 - 2 tbs. olive oil
 - 3 cups tomato sauce
 - 1 1/2 cups tomato paste
 - 1 quart water
 - 2 tbs. sweet basil
 - 1 1/2 tsp. Italian seasoning
 - 1 1/2 garlic powder
 - 1/8 tsp. salt
 - 1 1/2 tsp. lemon juice
- Mix all well.

TOOKA

Indian Fried Potatoes

This is a nice snack, instead of the common chips.

- 2 large potatoes, peeled and cut into rounds 1/2" thick
 - 1/2 cup peanut oil
 - 1/2 tsp. red chili flakes
 - 1/2 tsp. ground coriander
 - 1/2 tsp. ground cumin
- salt to taste

In a wok or heavy skillet, heat oil just to smoking point. Fry the potatoes in the hot oil. When about half-done, remove and press (place a cutting board above them all and press down in spots) each slice to half its thickness. Return the slices to the hot oil, add all of the spices, and fry until golden brown. Serve them piping hot. Serves 4.

Attention: Ladies and all of our Gentlemen Cooks! The Newsletter staff would appreciate it *very* much if you supplied us with your favorite recipes.