

CUCUMBER CASSEROLE WITH DILL-POMEGRANATE-SAUCE



PREPARATION

1. Wash, cut in half and core the cucumbers.
2. Heat ghee in a pan and add ginger, pepper and lemon grass to it. Once it is slightly browned, fill the pan half full with hot water, let it boil and add the cucumber halves. After 10 min place the cucumber on a plate, add salt to it and keep it warm. Sieve the cucumber brew and store it for later.
3. Filling: Heat ghee in a pan, add mustard seeds and wait for them to start popping. Then add paprika and ginger powder, as well as the grated squash and the bulgur.

INGREDIENTS

- 4 small cucumbers
- Ghee
- 1 halved stem of lemon grass
- ½ tsp. black pepper
- 1 tsp. chopped ginger
- ½ tsp. herbal salt
- For the filling:
- 1 small Hokkaido squash, finely grated
- 100g bulgur
- 1 tsp. ground ginger
- 1 tsp. black mustard seeds
- 1 tsp. ground paprika
- Juice of ½ lemon
- 1 tbsp. soy sauce
- ½ tsp. cloves
- ½ tsp. rock salt
- For the sauce:
- 300 ml cucumber brew
- 4 tbsp. rice flour or flaked rice
- 150 ml rice milk
- 1 tbsp. grated almonds
- ¼ tsp. turmeric
- 1 pinch of salt
- 2 tbsp. chopped dill
- Seeds of half a pomegranate

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4. Stew the mixture for a few minutes, then add 2 or 3 ladles of the cucumber brew and cook the bulgur until soft. Season everything with rock salt, cloves, lemon and soy sauce.

5. Decant the mixture into a piping bag or a clean plastic bag, cut off the tip and fill the stewed cucumber halves with it.

6. Sauce: Heat 350 ml of the cucumber brew with turmeric and salt and let everything boil. Mix rice milk, rice flour and the grated almonds and add the mixture to the boiling brew. Let it thicken a bit while stirring, add pomegranate seeds and dill and serve warm.

Enjoy your meal!



HEALTH TIPS

Cucumbers have a diuretic cooling effect on the body. At the same time cucumber, as well as pumpkin reduce the body acidity and are therefore helpful in treating and preventing diseases by balancing the Pitta dosha. Pomegranate supports restoring the Dosha harmony.

Spices like ginger, black pepper, mustard seeds and cloves speed up the fat metabolism and reduce Kapha.

Dill, almonds, rice flakes and rice milk supply the body with important nutrients and balance Vata.

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