

Ayurveda Parkschlösschen Summer Recipe 2010



Cucumber cream soup



(Serves 4)

1 1/2 cucumbers
1/2 tsp. cumin seeds
1/2 tsp. yellow mustard seeds
1/2 tsp. each of peppercorns and coriander seeds
Vegetable stock
1 Tbs. olive oil
1 bunch of dill, finely chopped
2 Tbs. coconut powder
1 lime
1 litre water



Peel and deseed the cucumbers, and cut them into coarse pieces. Heat the olive oil in a pot, and fry the cumin and mustard seeds, peppercorns and coriander seeds until the seeds pop. Then add the pieces of cucumber and water. Stir in the vegetable stock, part of the chopped dill and the coconut powder. Cook for at least 20 minutes. Then puree with a hand-held blender, and add some lime to taste. Stir the rest of the dill into the soup.

Tip:

This dish is well suited for Vata and Pitta. Kapha should add seasoning e.g. chilli or ginger.

You will find many more delicious recipes, tips on nutrition and information about Ayurveda und the Parkschlösschen in our cookbook, "The Art of Ayurvedic Cooking" with executive chef Eckhard Fischer.