

## U.G. AND FOOD

U.G. Krishnamurti is 84 years old and in perfect health. He travels twice around the world every year, by himself, carrying his portable “kitchen” and a tiny suitcase. Wherever he is, he cooks his own meals, and often cooks for his friends. Everything he makes is delicious, but he states emphatically that we eat too much, and we are obsessed with natural foods and concepts of nutrition.

The pleasure movement, whether it is for food or love or work or the search for God - all cultural input, our conditioning - is there to keep the status quo in place. We need variety to amuse ourselves, to keep the “I” (that we think we are) intact, to keep our identity going. In nature there is no such need, says U.G. Animals do not need a variety of food. A variety of food is like a variety of girls. U.G. needs neither.

U.G. is in the “natural state.” He has tremendous energy and vitality, he can travel for days on end, he can talk for 24 hours straight with hardly a break - and yet he eats minimally. When a reporter once exclaimed, “U.G. you’re so incredibly good-looking and youthful!” he explained, laughing, “That’s

because I don't eat health food, I don't take vitamins, and I don't exercise!"

U.G. has a unique approach to nutrition and health.

It is not a theory with him, but something that operates in his life. The approach is the following: The human body is a highly intelligent operating system which, when left alone and not plagued by concepts and demands of the "squatter" (the conscious mind that terrorizes the body with its ideas and imagined needs), can feed itself, heal itself, and reproduce itself with astonishing efficiency and precision.

We do not need to concern ourselves with nutrition and vitamins and health foods, says U.G. To survive in a healthy fashion the body needs **basic thermal units (BTUs)**. No more, no less. The body can handle whatever is "put in there" and turn it into the energy it needs to function. The key to health is **eating very little**, and allowing the body to dictate its own needs. "I'm not recommending this diet to you," says U.G. But it works for him and we see the results.

U.G.'s natural state came about at the age of 49 when an explosion took place in him, an explosion that left him functioning in this unusual way, devoid of

thoughts and concerns.

The concepts of the history of mankind that make up our collective minds were wiped out within a period of a few days.

After that time, what he calls his “Calamity,” he reverted to a kind of animal state of functioning, at once simple, graceful and amazingly intelligent and efficient. This state has attracted thousands of people over the years who experience U.G.’s power and clarity. But he tells them there is nothing to do to get to this state, it is a fluke of nature and of no spiritual or religious value.

Yet his friends find their lives become lighter, easier, and more functional as a result of meeting U.G. And interestingly, they find themselves eating in a more U.G.-like fashion, and cooking that way too. Their health begins to improve.

U.G. gave cooking lessons in Chicago in the 1950’s, long before his Calamity. He developed his own simple recipes and demonstrated them to the friends that visited him in the apartment where he lived then with his wife and small son.

Many years before, when U.G. was very young, in

India, he found his meditation teacher, Sivananda, eating spicy pickles in the ashram pantry, after having advocated a bland sattvik diet for his students. When U.G. was even younger, he discovered Brahmin priests, meant to be fasting prior to performing various religious rites in memory of his mother, eating lunch in a local restaurant. These hypocrisies surrounding food irritated U.G. and were instrumental in his subsequent questioning the merit of (and abandoning once and for all) spiritual advice and practice.

U.G. gives no advice at all (other than to say “get lost and stay lost!”). But what he says and what he does are identical. This fact has a strong impact. We see the way he lives, and try it, to some degree anyway, and we see we feel better and have more energy. He says most of us live to eat, but he eats to live.

“I could survive on sawdust and glue,” says U.G. “Americans are paranoid about salt.” The body needs salt, he says, and he uses it liberally in his cooking. He also says we are paranoid about fresh food, that there is nothing fresh in the markets anyway. He uses frozen vegetables whenever possible. These vegetables should be cooked and cooked until they change color, until the green turns white! And no meal should take longer than a few

minutes to prepare.

He uses heavy cream and oil liberally in his cooking and diet. He couldn't be less concerned about cholesterol. He says: "Fat eats fat!"

He says, "One who is healthy would never think in terms of health food at all. What we need is some energy for this body, that's all!"

"You eat ideas."

U.G.'s approach flies in the face of all established notions of health and nutrition.

We offer a few basic U.G. recipes. Please do not laugh at the ingredients. It is the very simplicity and unexpected and repetitive use of certain items that constitute the key to the diet of this remarkable man.



**U.G. and the contents of his portable, traveling kitchen:  
Gstaad, Switzerland**

**Note:** U.G.’s comment when he was shown this cookbook: “It goes against *everything* I stand for. Food is at the bottom of my list of needs, money is at the top!” U.G. eats standing up, he says sitting down at a dining table is obscene. The stink and stench of an ashram irritates him. He prepares and eats only one dish at a time.

Many of the following recipes are dishes U.G. prepares for others, for friends who visit him. Some of the recipes are made by them for him from time to time, usually after he has shown them how to do it.



**A note on measurements:** U.G. cooks by eye, measuring with his hand, a dash of this, a dash of that. Suggested measurements are *only suggestions*, guidelines. It should be a matter of personal taste.

U.G. is very liberal with salt and oil. (Remember, “fat eats fat!!”)

**Note:** An asterisk - \* - marks ingredients and products that can be purchased at Indian grocery stores. In New York, Sinha Trading Company is the good - located at 121 Lexington Avenue at 28th Street. (They also import the highly rated Basmati rice, Champagne Sinha.)



This is the inside of U.G.'s icebox - anywhere in the world. He likes to stay in hotels that have cooking facilities, so he can prepare his own meals and not rely on friends and restaurants. Or, he might rent a small apartment somewhere if he is going to stay for an extended visit. He does not accumulate anything, and this is a basic tenet of his approach to life. This applies particularly to food. He buys just what he needs, in small amounts, and then buys again, when he needs something. The hoarding instinct, so present in many of us, is entirely absent in him.



## **RECIPES**

Oatmeal - 11

Couscous - 13

Angel Hair - 16

Dahl - 18

Cucumber Pizza - 19

Upma - 22

Polenta - 23

Potato Buds - 24

Rice Sticks - 24

Iddli/Sambar/Chutney - 26 28 30

Rice Pudding & Rava Kesari - 32 33

Peas and Rice, Lemon Rice & Yogurt Rice - 35 36

Leftover Soup & Other Soups - 37 38

Gnocchi alla Romana - 39

Mango Mousse & Pineapple Lassi - 40 41

Eggless Cheesecake & Shortbread - 43

Thumb-print Cookies - 45



**Gstaad**

## OATMEAL

Oatmeal is the staple of U.G.'s diet. He can happily eat it three times a day if he finds himself in a place where other staples of his diet are unavailable. As he carries a tiny cook-top (and saucepan, plastic cup, bowl and spoon) with him wherever he goes, he can prepare his meals quickly wherever he is. He prefers Quaker instant oatmeal, in individual sachets. But he finds other good instant oatmeal in Switzerland, Australia, even India.

### **Ingredients:**

Instant oatmeal

Dole frozen pineapple juice

Heavy cream

Cook the oatmeal for one minute. Serve with heavy cream and unfrozen but undiluted Dole pineapple juice.

Some prefer oatmeal with yogurt. Maple syrup can also be added, for sweetness

### **A note on heavy cream:**

U.G. uses heavy cream, the thicker the better, another important element in his diet, in many

recipes, and drinks it with sugar and a dash of coffee (“for flavor”) once or twice a day. He is not concerned with cholesterol or any other disorder. He may consume over a pint of heavy cream a day.

“Is there anything wrong with me? No!” he responds to people when they ask about his diet.

**Note:** U.G. says mainland China is the one country (outside the U.S.) where he has been able to buy Dole frozen pineapple juice

## COUSCOUS

### Ingredients:

Couscous (Near East, or any quick cooking couscous)  
- 2 cups

Water - 2 cups

Vegetable oil (peanut, safflower, corn, etc.) - 1/4 cup

Salt - 2 heaping teaspoons

Canned tomatoes (or Pomi, strained, not chopped, in a box) - 1 cup

Coriander leaves, chopped

Curry powder - 2 tsp.

Pour boiling water (equal parts water to couscous) over couscous in a bowl, cover with a plate. When liquid is absorbed, in a moment or two, fluff the couscous with a fork and if it seems dry, add a little more water. Fluff. Put aside.

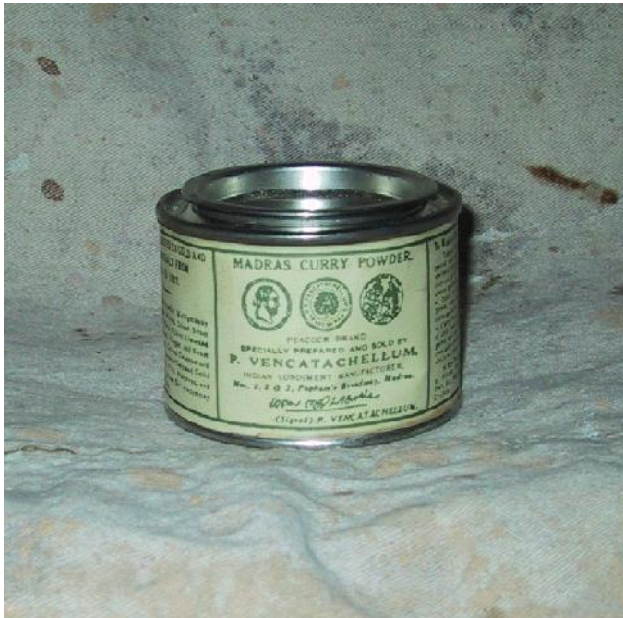
Heat oil in a wok or large frying pan. Add tomatoes, simmer a moment, then add a heaping teaspoon or two of curry powder, and a heaping teaspoon or more salt (to taste). Cook another minute or so. Add chopped fresh coriander leaves. Then add the

couscous and mix.

U.G. eats couscous with Cambozola cheese. Some friends like it with yogurt and mango, lime or ginger pickle. (Patak is a good brand, also Priya and Eenadu)

Note: Peas or broccoli or spinach can be substituted for the tomatoes. They should be frozen, then cooked until very tender, or until, as U.G. says. They change color.

**A note on curry powder.** Short of being Indian and making it at home, the best curry powder is Sharwood's. Buy a cannister of hot and a cannister of mild, then combine the two to make medium. Sharwood's is sometimes hard to find. Another good one is Bolst's mild curry powder. U.G.'s all-time favorite was Venkat's (Vencatachellum), only available in New Zealand and Zurich, Switzerland, though made in Madras. They stopped making it. U.G. thinks Sharwood's uses the same recipe and is equally good.



**Note:** You can serve couscous with papadums, plain or with cumin. They are best deep-fried in vegetable oil and drained on a paper towel. They can also be cooked on top of the burner, holding on to the edge, while turning frequently to avoid burning.

## **ANGEL HAIR**

### **Ingredients:**

Angel hair pasta - 8 ounces

Canned tomatoes, or Pomi strained tomatoes - 1 ½ cups

Salt - 3 tsp.

Vegetable oil - 1/4 cup Curry powder - 2 tsp.

Coriander leaves Gruyere cheese

Similar to the preparation for couscous, the key is finding very thin nests of angel hair pasta. The best is De Cecco pasta nests, next best cappellini by De Cecco.

Crush angel hair into small pieces in a bowl. Cook in salted boiling water until very soft. Drain angel hair in a colander and rinse with cold water.

In frying pan or wok, heat oil and add canned tomatoes, or Pomi strained tomatoes. Cook a moment, then add curry powder and salt. Cook a few more minutes. Add chopped coriander (“just the leaves, no branches,” that is, stems).



Add the cooked angel hair to the tomato sauce and mix well.

Serve with grated Gruyere cheese.



Auckland, New Zealand

## DAHL

### Ingredients:

Red lentils\* (Masoor dahl) - 1 cup Canned or Pomi  
tomatoes - 1 cup Vegetable oil - 2 tsp.

Salt - 3 tsp.

Curry powder - 2 tsp. Coriander leaves

Wash dahl, then boil in a large pot with 4-6 cups water. Add oil, tomatoes, and curry powder. Cook until lentils are soft, about 20-30 minutes (high altitudes require more cooking time). At the end add salt and chopped coriander leaves. (If you add the salt at the beginning, it will impede the dahl from cooking properly.)



## **CUCUMBER PIZZA**

### **Ingredients:**

Frozen pizza dough, or fresh dough rolled and placed on pizza pan.

½ cucumber

2 fresh tomatoes

Oregano Gruyere cheese Salt and pepper

Peel and thinly slice cucumber, then boil in water until slices turn translucent white. Drain.

Boil tomatoes and peel them, then cut in small pieces. Fry in vegetable oil, add salt.

Lay layer of tomatoes and layer of cucumbers on the pizza dough. Sprinkle with salt, pepper, oregano, oil and grated Gruyere cheese

Bake at 340B in oven until brown

## UPMA

### Ingredients:

Cream of wheat - 1 cup (suji in Indian stores)

Vegetable oil - 1/4 cup

1/4 cauliflower, cut in small pieces

Curry powder - 2 tsp. Coriander leaves

Salt - 2 tsp.

Heat oil in large frying pan. Saute cauliflower and salt, add curry powder.

Then add water (2 cups water to 1 cup cream of wheat).

When water boils, add cream of wheat slowly, and stir constantly (otherwise it becomes lumpy).

Add coriander leaves at the end.

Upma is good for any meal, including breakfast.

**Note:** Instead of cauliflower, any other vegetable can be added, peas, beans, tomatoes, cabbage.





# POLENTA

## Ingredients:

Cornmeal - 2 cups

Water - 9 cups Salt - 2 tsp. Cambozola cheese

Boil water, add salt. Gradually add polenta, stirring constantly. When it thickens and pulls away from the pan, add cubes of Cambozola cheese and allow to melt into the polenta.

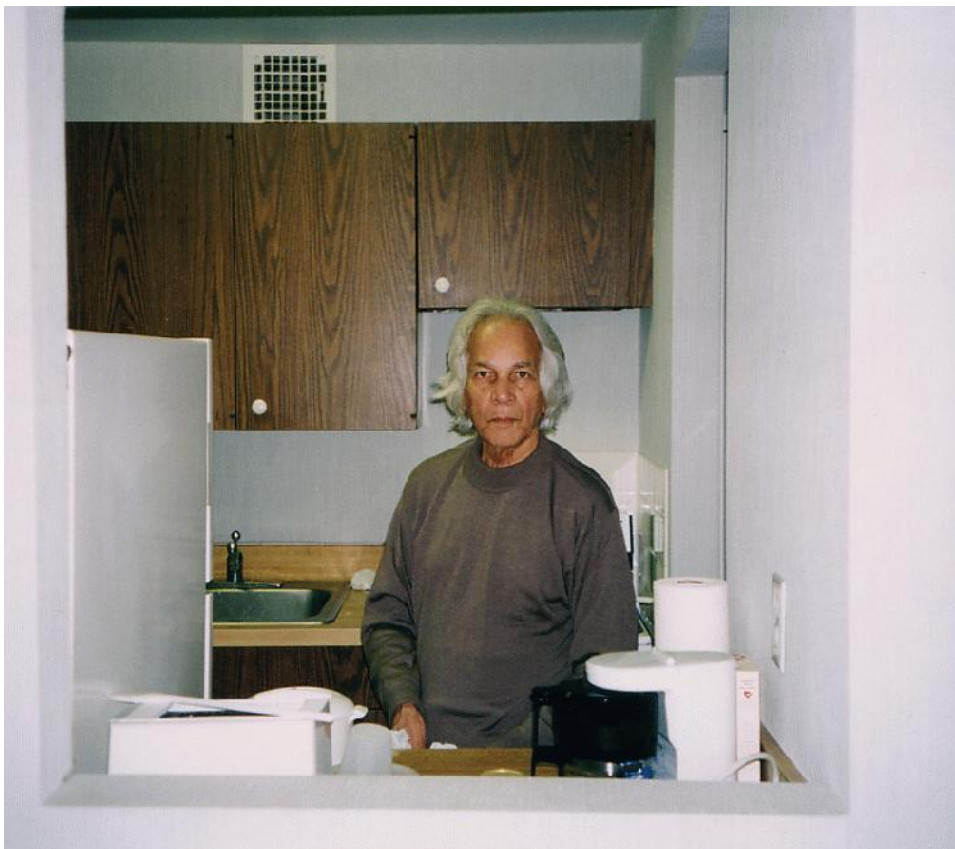
**Note:** Polenta can also be left to cool and become firm, then cut into slices and sauteed in oil in a frying pan, then covered with a tomato sauce and baked in an oven. (U.G. would never bother with this last step.)



New York

## POTATO BUDS

This recipe must be made with instant potatoes, any brand will do. Following directions on the box, boil water and add salt and potato buds, pouring in slowly. Add  $\frac{1}{2}$  cup heavy cream, grated Gruyere cheese and 1 tbsp. butter. Stir thoroughly.



New York

## **RICE STICKS**

### **Ingredients:**

Rice Sticks (thin rice noodles) - whole package  
Vegetable oil - 1/4 cup Tomatoes, strained, 1-1½  
cups Coriander leaves  
Salt - 2 tsp.  
(Optional: cumin & mustard seeds, curry leaves\*,  
cashew nuts)

Place rice sticks in large pot of salted boiling water.  
Cook about five minutes. Drain in a colander.

Cut the drained rice sticks in a criss- cross fashion  
with a knife, into “cubes.”

In another large pan, heat oil, add strained tomatoes.  
Cook a moment, then add curry powder and salt.  
Cook another moment or two, and then add chopped  
coriander leaves.

Mix the rice sticks in with the above mixture.

**Note:** Cumin and mustard seeds can be fried in oil in  
a small saucepan until they pop, then add curry



leaves. Can be added to rice sticks at the end with cashew nuts which have been lightly fried



**Sydney, Australia**

## **IDDLIS**

The preparation for iddli is a little complicated, and takes time. But it is well worth the effort. Soft fresh iddlis are enjoyed at any meal, even breakfast.

Mix again thoroughly and pour into greased iddli stand\*. Place stand in large pot with about an inch of boiling water. Cover and steam for about 5 minutes.

Serve with ghee,\* or with sambar and chutney.

### **Ingredients:**

Urad dahl\* Cream of rice\* Salt - 2-3 tsp

Wash 1 cup urad dahl.

Soak dahl in water for three hours or more.

Soak 1 ½ cups cream of rice in a separate bowl.

Blend the dahl in a good blender with small amount of water until it is very fine and smooth. There should be no grain to the touch.

Mix the blended dahl and cream of rice together in a large bowl. The mixture should be the consistency of sour cream, not too watery. Cover the bowl and

leave the mixture to ferment overnight in a warm place.

When it bubbles slightly and there is a slight smell of fermentation, add salt to taste.

Mix again thoroughly and pour into greased iddli stand\*. Place stand in large pot with about an inch of boiling water. Cover and steam for about 5minutes.

Serve with ghee,\* or with sambar and chutney.



## **SAMBAR**

### **Ingredients:**

Toor dahl (yellow lentils)\* - 1 cup  
Vegetables - cauliflower, beans, onion, eggplant, etc.  
- as much as desired  
Tamarind paste\* - 1 tsp., or to taste  
Tomatoes - 1 cup  
Sambar powder (MTR brand is best)\* - 2 heaping  
tbsp.  
Salt - 2 tsp.  
Cumin, mustard & fenugreek seeds  
Coriander leaves Curry leaves\* Asafoetida powder\*

Boil Toor dahl in water until soft, about half hour, or  
5 minutes in a pressure cooker. When cooked, add  
ample salt, tomatoes, vegetables (cauliflower, beans,  
onion, eggplant), 2 tablespoons sambar powder and  
cook until vegetables are done.

Add about one teaspoon of tamarind paste (to taste).

In separate pan, fry cumin, mustard & fenugreek seeds in tbsp or two of oil, then after they have “popped,” add curry leaves and a pinch of asafoetida powder. Add chopped coriander leaves. Add this mixture to sambar.

## IDDLI CHUTNEY

### Ingredients:

Coconut

Chutney dahl\*

Tamarind paste\* - 1 tsp. Salt - 2 tsp.

2 or 3 green chilies Coriander leaves Water

Cumin, mustard seeds

Curry leaves

Cut a fresh coconut into small pieces. If large, use half, if small, use whole coconut. Blend together in a blender coconut pieces, 1 cup chutney dahl, ½ teaspoon tamarind, salt, 2 or 3 chilies, coriander leaves and small amount of water. Grind until it becomes a fine paste.

Fry seasonings in oil, as above - cumin, mustard seeds, curry leaves. Add to the chutney.

**Note on ghee:** You can buy ghee at an Indian store, or you can make your own, slowly cooking unsalted butter in a saucepan until it clarifies. Cook at a low heat, let it foam, and let it liquify. When brown sediment forms on the bottom of pan, turn off heat. Cool and store in a jar for future use.



**Palm Springs**



## **RICE PUDDING**

(Paravannam)

### **Ingredients:**

1 cup uncooked rice

4-5 quarts milk

1 cup sugar

1 teaspoon freshly ground cardamom

1 cup cashew nuts

Boil rice with milk until soft.

Add sugar and cardamom powder.

In a separate pan, lightly fry cashews in ghee or melted butter and add to the pudding.

**Note:** Cardamom seeds can be ground fresh in a coffee grinder - for best flavor.

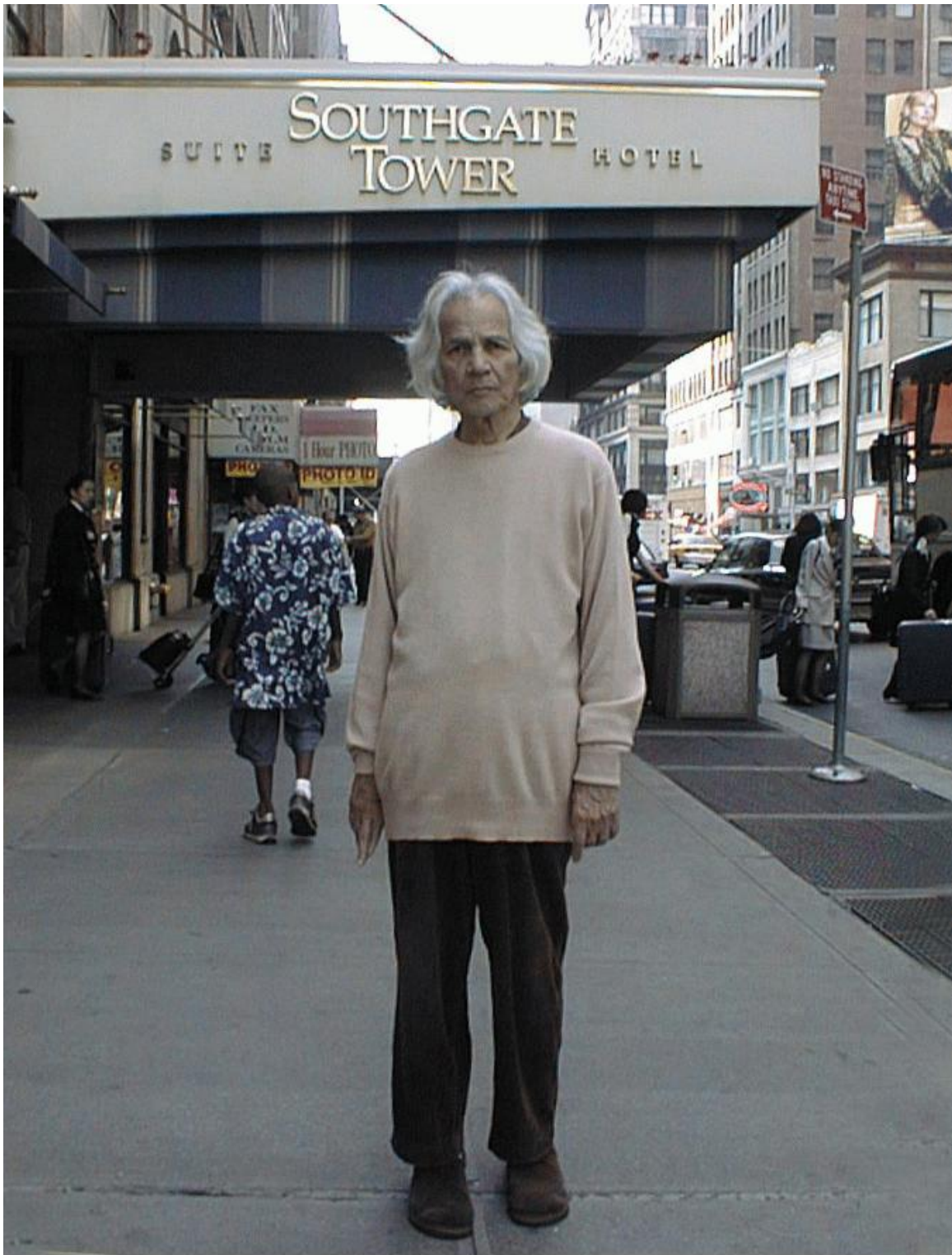


## **RAVA KESARI (Halwah)**

Dry fry 1 cup cream of wheat in a little butter.

Separately, lightly fry 1/4 cup cashews and 1/4 cup raisins in butter.

In a large pot, bring to a boil 1 1/4 cup milk and 1 1/4 cup water. Add 1 cup sugar and a little butter. Add the cream of wheat gradually, stirring constantly. When the cream of wheat is absorbed, add more butter and 1 teaspoon cardamom powder. Add cashew nuts and raisins to the cream of wheat and mix.



New York

## **PEAS AND RICE**

Rice - 2 cups cooked

Oil - 1/4 cup

Frozen peas (cooked slightly) - 1 cup

Curry powder - 2 tsp

Salt - 2 tsp

Coriander leaves

Fresh green hot chilies - 1-2

U.G. doesn't eat rice. But he makes this recipe for others.

## **LEMON RICE**

Fry in oil a teaspoon of urad dahl, a teaspoon of chana dahl\*, cumin and mustard seeds\*, and raw peanuts. Cook until the seeds pop. Turn off heat and add a pinch of asafoetida powder, curry leaves, salt, chopped coriander leaves and raw cashew nuts. Fry briefly until cashews are brown, add chopped chilies and chopped coriander leaves, salt, the juice of one lemon (for two cups of rice). Add cooked rice. Mix well. If desired, add juice of another lemon.

## YOGURT RICE

Add to 2 cups yogurt, salt, chopped coriander leaves, and optionally chopped green chilies and grated ginger.

Cook cumin and mustard seeds in oil, and add curry leaves at the end. When mixture has cooled, add it to the yogurt.

Mix with precooked and cooled, or leftover rice.



Sydney

## LEFTOVER SOUP

Add any leftover - angel hair, polenta, couscous, etc. - even cut-up bread - to water. Add 1 cup strained tomatoes, 2 tsp curry powder, 2 tsp salt, Cambozola cheese or butter.

At the end add ½ cup heavy cream.



Palm Springs

## **SPINACH, BROCCOLI & OTHER SOUPS**

Boil frozen cubes of spinach (or broccoli spears) in water. Add oil, salt, and curry powder. Simmer. If soup is tomato or asparagus, add heavy cream at the end.

## **RICE FLAKES\* SOUP**

Boil 1 cup rice flakes\* in 2 cups water. Add 1 cup strained tomatoes, 2 tsp salt, 1 tbsp butter, 2 tsp curry powder and, at the end, cream.

**Note:** Serve soups with French bread.

## **GNOCCHI ALLA ROMANA**

### **Ingredients:**

Semolina - 1 cup

Water - 4 cups Salt - 2 tsp Parmesan cheese

Boil water and add salt. Pour in semolina, a little at a time, stirring constantly.

Spread on a greased tray and allow to cool and dry.

When hard, cut circles with a small glass.

Place circles on greased tray.

Sprinkle with grated Parmesan cheese.

Bake in 340B oven until roasted brown.

## MANGO MOUSSE

### **Ingredients:**

Alphonso mango pulp\* - whole can  
Heavy cream - 1 cup Confectioners' sugar Lemon

Whip heavy cream until stiff with wire whisk or fork. Add a little confectioners' sugar.  
Add a dash of lemon juice to the mango pulp.  
Carefully mix the mango pulp and whipped cream together, using a wooden spatula. Blend thoroughly.

### **Note:**

Fresh mangos, strawberries, or blueberries can be substituted for the mango pulp.



## PINEAPPLE LASSI

### Ingredients:

½ cup Dole frozen pineapple juice  
(undiluted)

½ cup plain yogurt

Blend, add a little water if too thick

Dole pineapple concentrate can also be mixed with cottage cheese.





**Gstaad**

## **EGGLESS CHEESECAKE**

### **Ingredients:**

20 graham crackers  
2 tbsp butter  
1 cup heavy whipping cream  
8 oz. cream cheese  
2 tbsp arrowroot powder  
1 tbsp vanilla  
3/4 cup maple syrup  
1 cup sour cream

### **For crust mix together:**

20 graham crackers, finely crushed (can use a blender to powder them)  
2 tbsp butter, melted  
1/4 cup heavy whipping cream  
Pat into pie pan

### **Blend:**

8 oz. Cream cheese  
2 tbsp. Arrowroot powder  
1 tbsp vanilla  
1 cup maple syrup  
1 cup sour cream  
1/2 cup heavy whipping cream

Pour into crust and bake at 350B for 30-35 minutes (until top is slightly browned), let cool for 20 minutes.

**For topping blend:**

1 cup sour cream

½ cup heavy whipping cream

1 tbsp sugar (if possible, use maple syrup)

1 tsp vanilla and/or almond essence. Can squeeze juice of ½ lemon if desired. Actually, U.G. doesn't like the lemon flavor.

Pour over cheesecake and refrigerate for 4-6 hours before serving.

## **SHORTBREAD THUMB-PRINT COOKIES**

### **Ingredients:**

#### **Cookies:**

1 cup butter, softened

2 cups all purpose flour

½ cup jam, raspberry or other favorite flavor

Glaze: 1 cup powdered sugar

½ tsp vanilla

2 to 3 tsp water

Heat oven to 350B. In large mixing bowl, combine sugar and butter. Beat at medium speed until creamy, 2 to 3 minutes. Reduce speed to low. Add flour. Beat until well mixed, 2 to 3 minutes. Cover and chill dough at least 1 hour. Shape dough into 1 inch balls. Place 2 inches apart on cookie sheet. With thumb, make indentation in center of each cookie - edges may crack slightly. Fill each indentation with about ¼ tsp jam.

Bake for 14 to 18 minutes or until edges are lightly browned. Let stand 1 minute, remove from cookie sheet. Cool completely.

Meanwhile, in small bowl stir with wire whisk all glaze ingredients until smooth. Dribble over cookies. Recipe makes 3 ½ dozen cookies.



Gstaad

## **A NOTE ON LEONIDAS CHOCOLATES**

U.G. has a soft corner for Leonidas chocolates, the white ones, “Manons Blancs,” filled with coffee cream. They are made in Belgium, sold all over Europe and in the United States.

U.G.’s friends never fail to bring him a 1 or 2 pound box of “Leonidas” when they come to visit him, either bringing it to India in insulated bags, or carrying it by car or plane from all parts of Europe or the United States.

U.G. calls these chocolates “food of the gods.” When a new box arrives, it is opened immediately and offered to any and all friends who might be visiting. Some people are inexplicably urged to take two or three!

(Leonidas has a website, [leonidas.com](http://leonidas.com), or they can be ordered from Jacques at the Madison Avenue shop in New York - tel: 212-980-2608.)









