03-13-22 Cooking Class List of Ingredients:

Note: Do not be alarmed, as the list of ingredients is longer than I have sent in the past.
As mentioned in my email to you, a few days before our class, I will be sending another message which will help break down the prep and cooking time.

Ingredients:

1.5 pounds of boneless chicken breast (about 3 chicken breast)

1 cup well cooked Mung beans (mushy is good)

8 to 10 oz cream cheese bring to room temperature prior to class

1 cup cooked red quinoa (cook it your desired consistency)

3 medium red onions diced (separate portion into 2:1)

2 to 4 oz heavy cream (or whole coconut milk used for cooking)

28 oz (2 cans) whole coconut milk used for cooking

4'' ginger peeled (about an inch grated, keep the rest as is)

10 green olives stuffed with garlic/pimento/Jalapeno

2 to 3 oz pecans or walnuts soaked overnight in water

2 to 4 TBS powdered sweetener of your choice

3 to 4 celery sticks cut in 2 to 3 inches long

2 tsp of turmeric powder

1 tsp of red chili powder

1/2 cup whole milk yogurt

2 medium tomatoes diced

Copyright © Asha Paul

3 TBS organic virgin coconut oil

1 tsp fenugreek seeds ground

3/4 tsp black peppercorns ground

1 to 2 TBS silvered/sliced almonds

2 to 3 TBS pumkin seeds

6 to 8 garlic pods ground

2 tsp cardamom ground

2'' cinnamon stick ground

6 to 7 cloves powered

1 green lime or 1 lemon

1 TBS Olive oil

2 to 3 green chili's

1 tsp red chili flakes

1 large handful cilantro

Celtic or sea salt to taste

1 tsp dried oregano

6 to 8 TBS butter

1/2 cup baby carrots

Handful of snow peas

1 medium cucumber

1 tsp garlic powder

Copyright © Asha Paul

10 green olives

6 to 8 cups water

Copyright © Asha Paul