

POST-PARTUM RECIPES

These are some classic traditions and recipes to be cherished and enjoyed generously.

LACTATION TEA

Lactation tea is prepared for the new mother to strengthen her recovery process, aid digestion, warm the body for healing. In addition, it prevents colic in babies.

It's simple as all the spices are commonly found in the kitchen and have wonderfully healing postpartum properties. Not only does this tea support healthy lactation and breastfeeding, it also supports digestion and soothes the nerves. Drink this lactation tea throughout the day.

Traditional Lactation Tea

This post-partum tea is drunk by mum whether she is breast-feeding or not.

Ingredients

- 1 teasp fennel seeds
- 1 teasp fenugreek
- 1 teasp vakumba(broomrape)
- 1 teasp dill seeds
- 1/2 teasp ajmo/celery seed
- 5 cups of water

Preparation

Method

Boil the water with the spices for 2 minutes, then simmer for 5 minutes, strain and drink copious amounts through the day. This tea can be drunk warm or chilled. Use throughout the period of breastfeeding.

Variations of Post-partum tea

Each family has their own recipe, so the recipe has evolved and can varied to suit availability of spices.

Optional ingredients: cardamom, motherwort, shatavari, oatstraw, Tulsi, Cinnamon, Cardamom



Properties of spices

- Dill aids digestion, stabilise mood, stimulate lactation
- Vaar and Vakumba aids digestion, stabilise mood, stimulate lactation
- Ajmo is an anti-inflammatory
- Fennel Seed to enhance breast milk production and digestion, prevent colic in baby
- Cardamom will help neutralize the effects of the caffeine in black tea
- Nettle Leaf rich in iron, micronutrients, silica, magnesium
- Shatavari tones the uterus
- Tulsi, an adaptogenic herb to calm, build digestion
- Cinnamon is warming and nourishing to aid digestion
- Calendula and Rose Petals calms and restores mental health
- Oatstraw calms nervous system and prebiotic
- Motherwort calms, alleviates cramping, restores hormone balance



KATLU

Katlu is traditional food prepared to supplement the nutritional needs of women during the postnatal period and induce lactation.

Traditionally, the new mum is nurtured with care and would be cared for, massaged and stay indoors for 40 days. Healing sattvic food is served to allow mum to heal and prepare for motherhood.

Katlu is the Indian way of nourishing the nursing mothers as well as the infant. This rich preparation made with a special list of ingredients usually prepared by the elders.



Ingredients

- 1 kilogram jaggery, grated
- 1kg ghee
- 1 kilogram whole wheat flour, coarsely ground
- 200g sliced dried coconut
- 100 grams dried dill seeds
- 250 grams edible gum granules/goond
- 250 grams almonds, roughly chopped/sliced
- 100 grams Katlu powder/ batrisu powder
- 100 grams peepramul powder/ganthoda powder
- 100 grams dried ginger powder
- 100 grams poppy seeds/khus khus
- 1 nutmeg, freshly grated Ghee

What's special about the ingredients?

Batrisu (Batris means 32 in Gujarati, 32 herbs and warming spices)

Goond (edible gum), a resin from the Babul tree is believed to warm the body as well as help postpartum backache. Dill seeds, khus khus and dry coconut promote lactation. Ghee boosts metabolism and strengthens bones.

Katlu is prepared prior to birth and is gifted to the new mum as soon as comes home with the baby after giving birth.

Method

1. Heat ghee in a large heavy bottomed pot (low to medium heat)
2. Add edible gum to the warmed ghee till it pops, decant the popped gum, allow to cool and grind to a powder. Transfer to a dish.
3. In the same ghee, roast the almonds and decant to dish when browned slightly
4. Roast the flour in ghee till brown and aromatic (approx. 30 minutes on low heat), decant
5. Roast chopped jaggery to ghee till melted and add the decanted mixture
6. Add remaining ingredients
7. Whilst warm, roll into balls like bliss balls.
8. Store in a cool place in an air tight container

Nursing mothers would have 1 to 2 ladhoos (balls) a day.

RAAB (Soup)

A soup called raab, can be eaten as a porridge with berries and nuts or as a soup for a meal. Raab with special grains (now called superfoods) is rich in magnesium, potassium and minerals. These grains have been used to heat digestive fires, provide sources of minerals like iron and magnesium, improve blood circulation and maintain blood pressure.

Grains that can be used are: whole wheat

Finger millet, Ragi flour, Eleusine coracana is a dietary fibre controls glucose spikes and promotes weight loss

Pearl Millet, Bajra flour is a complex carbohydrate rich in iron, protein, folic acid, fibre for anaemia, constipation, obesity, detoxification

Bajra raab rich in minerals used to prevent bloating

Masoor dal, pink dhal with ghee can enhance breast milk production

Method

1. Roast 1 tablespoonful of grain in 1 tablespoon of heated ghee on low heat stirring all the time till aromatic
2. Add 1 teaspoonful of jaggery or sugar or honey
3. Add a pinch of ajmo, ginger and/or cardamom
4. Add sufficient water to make a porridge consistency.



Variation:

Add ghee roasted flour to soups to thicken and nourish.

Optional spices and additions to raab: Cinnamon, saffron, almond, coconut cream, nutmeg, goondar(edible gum)