

The Bodhi Cookbook

FRESH, HEALTHY, TROPICAL RECIPES FROM OUR KITCHEN TO YOURS.





**"PEOPLE WHO
LOVE TO EAT
ARE ALWAYS
THE BEST
PEOPLE."**

JULIA CHILD

A LETTER FROM OUR FOODIE-IN-CHIEF

Hi friends!

There's no question about it – food unites us. Not only does it nourish us and satisfy our palettes, it is also over the dinner table that many a laugh, interesting conversation, and unforgettable moment transpires. A good meal is greater than the sum of the ingredients that comprise it. A good meal made with care is just another expression of love, and sharing love is the loftiest goal of all.

At the Bodhi Surf + Yoga lodge, our goal is to serve food that is real – healthy, wholesome, and nutritious. All without sacrificing deliciousness, of course. As much as we can, we make everything from scratch, using locally-sourced and organic ingredients whenever possible. Our recipes also take various dietary restrictions into account. Vegetarian, vegan, gluten-free, or lactose-intolerant? No problem. We have plenty of alternatives and modifications in our arsenal.

We are proud to be an environmentally-conscious business (which in 2019 went carbon neutral). As such, Bodhi Surf + Yoga meals will occasionally feature chicken or fish on the menu, but we do not serve red meat in an effort to curb our environmental impact. Also, many of our recipes have ingredients which are local to us, but which may have to travel a great distance to get to you. Always consider using local, seasonal alternatives (like artichoke hearts instead of heart of palm if you're in California, or apples instead of pineapple if you're in the Northern Hemisphere).

More than anything, we are excited to share these recipes, to share love and bring a little Costa Rica to you. Whether those are memories from your surf and yoga camp with us, some tropical vibes, or inspiration to cook and eat more wholesome and delicious food. It's just one way we can send love out into the world! We hope you'll join us down here someday, and we can share one (or many) of these meals together.



Sincerely,
Adrienne and the whole team at Bodhi Surf + Yoga

A handwritten signature in black ink, appearing to be the name 'Adrienne' written in a cursive, flowing style.

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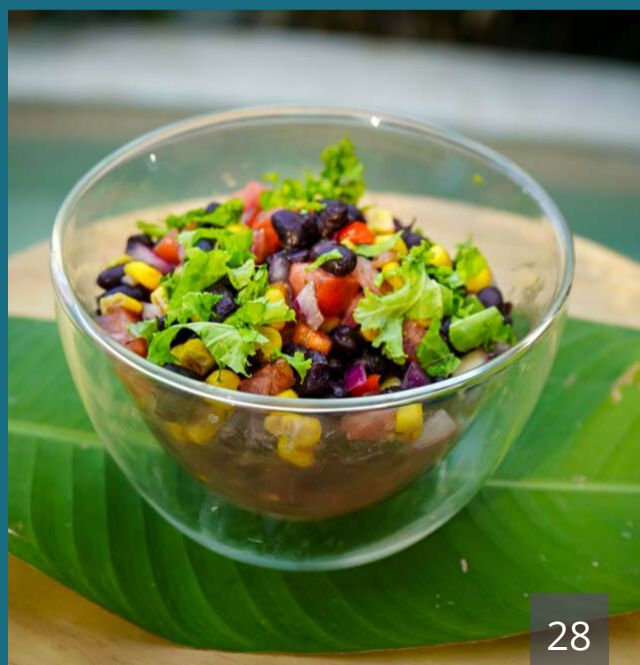
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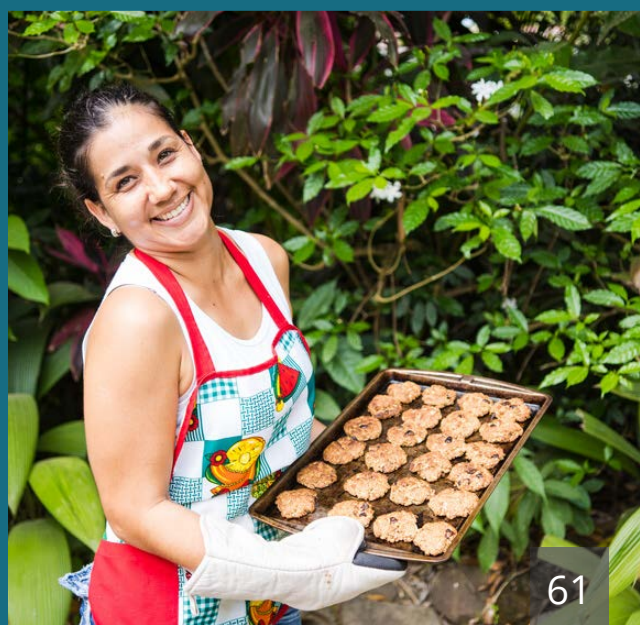
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BREAKFAST

There's no question about it: breakfast is the best meal of the day. It could be sweet, savory, or both if you want to get a little wild, and no one would even bat an eye! Here at Bodhi Surf + Yoga, we like to make sure each breakfast includes the following:

- A nice local, medium roast coffee (with a touch of cinnamon in the brewing process, of course)
- A mountain of fresh, tropical fruits (this is absolutely necessary)
- Lots of carbs – could be fresh bread, banana pancakes, or homemade tortillas (don't judge us – we're very active down here, okay!)
- An egg unit like our frittata or even the perfect hard-boiled egg (for the non-vegans, of course)

Always start your day right by eating a hearty and well-rounded breakfast!



**"ONE OF THE
GREATEST GIFTS
THAT YOU CAN
GIVE TO PEOPLE
IS TO COOK FOR
THEM."**

INA GARTEN



HOMEMADE YOGURT



IT IS SO SIMPLE TO MAKE AND A GREAT ADDITION TO ANY BREAKFAST — ALL YOU NEED IS SOME FRESH FRUIT AND GRANOLA TO TOP IT OFF!

INGREDIENTS

- 4 liters milk, not ultra-high pasteurized
- 4 tablespoons plain, unsweetened yogurt (this will be your "starter")

INSTRUCTIONS

1. Bring milk to a boil and hold it there for 1-2 minutes on medium-high heat, stirring constantly at the end so that it doesn't burn or boil over.
2. Allow milk to cool (either slowly by covering and letting sit for a few hours, or quickly by covering and placing pot in cold water for 60-90 minutes).
3. Disinfect all necessary equipment (one or more containers, metal spoon and spatula) by pouring boiling water over it.
4. When milk is tepid (room temperature or 45°C), mix roughly one cup of it with starter in disinfected container.
5. Pour remaining milk in and whisk thoroughly both in an "up and down" and "round and round" motion.
6. Cover container with lid and let sit for 18-30 hours in a warm, dark place (the cooler your environment, the more time is needed).
7. Place in fridge, serve cold with fruit and granola!



BODHI GRANOLA

THE SWEET AND HEALTHY TOPPING EVERYONE KNOWS AND LOVES...

INGREDIENTS

Dry ingredients:

- 3 cups steel cut oats
- 1/2 cup oat germ
- 1/3 cup sliced almonds
- 1/3 cup cacao nibs
- 1/4 cup flax seeds
- 1/4 cup chia seeds
- 1 cup shredded coconut (added after baking)
- Optional additions: cinnamon, nutmeg, ground cloves, or ground cardamom

Wet ingredients:

- 1/4 cup water
- 1/4 cup coconut oil or melted butter
- 1/4 cup brown or cane sugar
- Optional additions: vanilla, orange zest, honey, or maple syrup

INSTRUCTIONS

1. Preheat oven to 350°F (175°C).
2. Mix dry ingredients in a large bowl (minus the coconut).
3. Combine wet ingredients in a saucepan over medium heat and stir until near (but not quite) boiling.
4. Bit by bit, ladle mixture over dry ingredients and stir well until dry ingredients are coated.
5. Bake granola on a cookie sheet for 45-60 minutes (if granola exceeds one inch depth, divide batch into two and cook on two separate pans).
6. At halfway point, stir granola so that it browns more evenly.
7. When baked to your liking, remove from oven and incorporate coconut while granola is still hot. Let cool and store in an airtight container.





CHILAQUILES

A HEARTY MEXICAN BREAKFAST DISH THAT COMES TOGETHER QUICKLY AND IS SURE TO SATISFY!



INGREDIENTS

- Salsa roja or verde (see page 38)
- Tortilla chips
- Sour cream
- Queso seco (or vegan cheese of choice)
- Red onions, diced finely
- Avocado, diced
- Cilantro, chopped
- Eggs, fried

INSTRUCTIONS

1. Bathe tortilla chips in salsa of your choice.
2. Top with sour cream, queso seco, red onions, avocado, and cilantro.
3. Finish off with a fried egg.

*Easily made vegan, just skip the egg and substitute queso seco with vegan cheese.

BANANA PANCAKES

VEGAN, GLUTEN FREE, AND DELICIOUS WITH SOME HOMEMADE JAM AND HONEY!



INGREDIENTS

- 1 1/2 cups unsweetened non-dairy milk (we use almond milk)
- 2 overripe bananas, puréed
- 1 teaspoon vanilla extract
- 2 tablespoons melted coconut oil
- 2 tablespoons ground flax seeds
- 2 cups oat flour
- 1 tablespoon baking powder
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- Toppings: peanut butter, jam, honey, maple syrup, butter

INSTRUCTIONS

1. Whisk milk, puréed banana, vanilla, coconut oil, and ground flax seeds in a small bowl (whisking enough to incorporate the flax seeds). Let sit for 5 minutes.
2. Add oat flour, baking powder, cinnamon, and salt to a large bowl. Mix until combined.
3. Slowly add wet ingredients to dry ingredients, mixing well until incorporated.
4. On medium-high heat, lightly coat surface of pan with a very small amount of oil.
5. Ladle 1/3 cup of pancake mixture onto center of pan. Flip when underside of pancake is golden brown.





CHIA PUDDING

A TASTY, REFRESHING BREAKFAST THAT WILL INSTANTLY TRANSPORT YOU TO THE TROPICS!



INGREDIENTS

- 1 (15-oz) can full-fat coconut milk
- 1/3 cup water
- 3 tablespoons chia seeds
- 1/4 cup shredded coconut
- 1 tablespoon maple syrup or honey
- Toppings: slivered almonds, pumpkin seeds, dried cranberries, more coconut, fresh fruit, cinnamon, honey

INSTRUCTIONS

1. Add the coconut milk to a sealable container, then rinse remaining coconut milk out with 1/3 cup water.
2. Add remaining ingredients and whisk together.
3. Seal container and let sit in fridge for at least 12 hours before serving.
4. Don't forget to add toppings!



FANNY'S "HUEVOS ESPECIALES"



A FRIDAY FAVORITE AT BODHI SURF + YOGA — FANNY NEVER MAKES THESE EGGS QUITE THE SAME, SHE OFTEN ADDS DIFFERENT HERBS AND SPICES. JUST ADD OR ADJUST SEASONING TO YOUR LIKING.

INGREDIENTS

- 16 eggs (serves 8)
- 1 small red onion, diced
- 1 small white onion, diced
- 1 sweet pepper, diced
- 1/4 cup cilantro, finely chopped
- 1/4 cup green onions, finely chopped
- 1/4 teaspoon salt
- 1/4 teaspoon cayenne
- 1/4 teaspoon complete seasoning
- 1/4 teaspoon black pepper
- 1/2 pound (1/4 kg) shredded cheese

INSTRUCTIONS

1. In a large pan on medium-high heat, heat oil and sauté onions and pepper until caramelized.
2. In a large bowl, whisk eggs, salt, pepper, cayenne, and complete seasoning.
3. Add eggs to the pan, stirring constantly and cook to your liking. When nearly finished, turn off the stove and allow residual heat to finish the cooking process - this will ensure you do not overcook your eggs!

BANANA BREAD

EVERYONE HAS A FAVORITE RECIPE. AT BODHI SURF + YOGA WE LIKE A MOIST, NOT OVERLY SWEET, FLUFFY BANANA BREAD. HERE IS OUR TRIED AND TRUE CROWD-PLEASER!



INGREDIENTS

- 3 overripe bananas
- 1 egg (to make vegan, sub with flax egg)
- 1/3 cup sugar (preferably brown or cane sugar)
- 1 teaspoon vanilla extract
- 1/3 cup oil (coconut or vegetable)
- 1 3/4 cups whole-wheat flour
- 1/2 teaspoon baking soda
- 3 teaspoons baking powder
- 1/8 teaspoon salt
- 1/2 cup of additions: chocolate chips, shredded coconut, sliced walnuts, almonds

INSTRUCTIONS

1. Preheat oven to 350°F (175°C) and grease/flour a loaf pan.
2. In a large bowl, mash together bananas, egg, sugar, vanilla and oil.
3. In a separate bowl, mix together the flour, baking soda, baking powder and salt.

INSTRUCTIONS (CONT'D)

4. Pour dry mixture into wet mixture in 3 batches, stirring until incorporated.
5. Mix in additional ingredients (be sure to leave some extra to sprinkle on top at the end).
6. Pour batter into prepared loaf pan.
7. Bake for 1 hour to 1 hour and 10 minutes. To make sure bread is cooked through, check by inserting a toothpick after 50 minutes. Bread is ready when toothpick tester comes out clean.
8. Remove from oven and allow to sit on a rack until almost cool, then remove from pan, slice, and serve.

*EASILY MADE VEGAN: just sub egg with flax egg (mix 1 tablespoon flax seed meal with 2 1/2 tablespoons water and let sit for 5 minutes to thicken before adding to bowl).





HANNAH'S CRÊPES

OUR GO-TO "SPECIAL OCCASION" RECIPE. STARTING THE MORNING WITH HANNAH'S CRÊPES ALWAYS MAKES FOR A GREAT DAY!

INGREDIENTS

- 1 cup all-purpose flour
- 2 eggs
- 1/2 cup milk
- 1/2 cup water
- 1/4 teaspoon salt
- 2 tablespoons butter
- Toppings: peanut butter, jam, nutella, cream cheese, fresh fruit, cinnamon sugar, whipped cream

INSTRUCTIONS

1. In a large mixing bowl, whisk together flour and eggs. Then gradually add milk and water, stirring to combine.
2. Add salt and cooled, melted butter. Beat until smooth.
3. Heat a lightly oiled griddle or frying pan over medium-high. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each crêpe.
4. Tilt the pan with a circular motion so that the batter coats the surface evenly.
5. Cook the crêpe for about 2 minutes, until the bottom is light brown. Then loosen with a spatula, flip and cook the other side.



BAKED BANANA FRENCH TOAST

FILLING AND SO SATISFYING. THIS IS A GREAT RECIPE FOR AN INDULGENT, LAZY SUNDAY BRUNCH.

INGREDIENTS

- 1/2 cup butter
- 1/2 cup brown sugar
- 3-4 overripe bananas
- 2 slightly dry ciabatta bread loaves (day or two old is best)
- 9 eggs
- 1 1/2 cups milk (regular, almond, or coconut)
- 2 teaspoons vanilla extract
- Sprinkle of cinnamon
- 3/4 cup shredded coconut or almonds

INSTRUCTIONS

1. Preheat oven to 350°F (175°C).
2. Melt the butter and sugar in a small saucepan over medium heat.

INSTRUCTIONS (CONT'D)

3. Pour mixture into a 9x13 inch cake pan or dish.
4. Place sliced bananas evenly at the bottom of the pan followed by pieces of sliced bread and sprinkle with cinnamon.
5. In a medium bowl, whisk eggs, milk, and vanilla, and pour slowly over the bread with a ladle, soaking it evenly.
6. Sprinkle with coconut and cover with tin foil. Place in preheated oven and bake for 30 minutes. Then remove tin foil for the last 15-20 minutes until bread and coconut get crispy and golden brown.
7. Remove from oven, cover with foil, and let sit for about 10 minutes before serving.



VEGGIE FRITTATA



AT BODHI SURF + YOGA, WE USE CAMOTE IN THIS DISH. VERY SIMILAR TO THE SWEET POTATO, THE CAMOTE IS NATIVE TO CENTRAL AMERICA.

INGREDIENTS

- 3-4 medium potatoes (sweet and/or regular)
- 1/2 large white onion
- 1/2 sweet red pepper
- 1/2 cup other veggies (mushrooms, spinach, tomato, asparagus, etc.)
- 1 clove garlic, minced
- 8-10 large eggs
- 2 tablespoons milk
- 3 green onions, sliced thin
- 1/4 cup cilantro, chopped
- Complete seasoning
- Salt and pepper
- Dash of cayenne pepper
- Olive oil for cooking

INSTRUCTIONS

1. Peel potatoes and parboil until fork tender. Drain water and cut into small squares.
2. Fry onion, pepper, other veggies, and garlic in olive oil on medium-high heat. Add potatoes, salt, pepper, and complete seasoning. Fry until everything is browned.
3. In a large bowl, whisk eggs, milk, salt, pepper, and a dash of cayenne pepper. Add green onions and cilantro.
4. Add egg mixture to the pan. Turn heat to medium-low and cover with lid until egg is cooked through.
5. Sprinkle with cheese, cover and turn off heat. Let sit for 10-15 minutes before serving.



GORDITAS FLACAS

A MEXICAN BREAKFAST WITH A COSTA RICAN TWIST!

IN MEXICO, "GORDITAS" ARE THICK, HANDMADE TORTILLAS DEEP FRIED IN OIL. WE MAKE THEM "FLACAS" AT BODHI SURF + YOGA BY TAKING OUR HANDMADE TORTILLAS AND WARMING THEM IN A PAN, SANS OIL.

INSTRUCTIONS

Layer 1: Extra thick homemade tortilla (see page 24, but keep them thick!)

Layer 2: Refried beans (see page 33)

Layer 3: Fried egg

Layer 4: Thin slices of avocado

Layer 5: Sour cream

Layer 6: Choice of salsas (see page 38)

Layer 7: Queso (seco or fresco)

Layer 8: Pickled onions

Layer 9: Cilantro

GALLO PINTO



COSTA RICA'S NATIONAL DISH, THIS CLASSIC RICE AND BEANS RECIPE GETS AN UPGRADE TO MAKE BREAKFAST TRULY SATISFYING.

INGREDIENTS

- 3 cups day-old white rice
- 3-4 cups black beans, cooked (1 cup liquid reserved)
- 1 tablespoon olive oil
- 1 onion, finely chopped
- 1 sweet pepper, finely chopped
- 1 tablespoon complete seasoning
- 2-3 tablespoons Salsa Lizano
- 3/4 cup cilantro, chopped

INSTRUCTIONS

1. In a large pan or skillet on medium-high heat, sauté onion and pepper with olive oil until cooked.
2. Add beans, complete seasoning, and Salsa Lizano.
3. Cook until beans are warmed through.
4. Add the rice and mix everything together.
5. Fry the gallo pinto until all of the flavors are incorporated (about 5 minutes). Top with cilantro.
6. Serve with scrambled eggs, platanos maduros, fresh fruit, and enjoy!

THE STORY OF GALLO PINTO

No trip to Costa Rica is complete without this famous dish. Gallo pinto is a simple and classic breakfast consisting of rice, beans, and Salsa Lizano (another Tico must-try). The history behind gallo pinto is a strange one. The literal translation from Spanish is “spotted rooster,” which probably refers to the spots of black beans within the white rice resembling the spots on a rooster. But, there is one tale that is much more entertaining...

In the mountains of Costa Rica some decades ago, a farmer invited friends and family over for a big meal. He was going to cook up his prized rooster - that’s right, the gallo pinto - and feed everyone. As word got out about this feast, more and more villagers decided to come along and by the time lunch was to be served, there were far too many people for one rooster to satisfy. In a panic, the farmer cooked up some leftover rice and black beans and added a few spices from his cabinet so that there was enough food for all the people gathered. As the story goes, from that day forward whenever the townspeople ate rice and beans they would jokingly ask, “Hey, how was your gallo pinto?” The saying stuck, and now gallo pinto is Costa Rica’s national dish.







SNACKS, SIDES, & SAUCES

Don't be fooled by their diminutive names, we all know snacks are life, sides can make or break a meal, and solid food is but a vessel for sauces! We snack a lot down here (because we're very active... yes, yes, that's why). Really, there's nothing like biting into a delicious, homemade coconut empanadita after a satisfying surf session. And don't even get us started on sides and sauces... sometimes the composition of our meals follow the 80/20 rule... that's to say 20% entrée (the baked stuffed sweet potatoes) and 80% sides and sauces (salsa roja, salsa verde, picadillo de palmito, tropical salad). But when they're as delicious as these, there's just no other way to do it!

FRESH TORTILLAS



***SO EASY, IT'S ALMOST UNBELIEVABLE. NO TORTILLA PRESS?
NO PROBLEM.***

INGREDIENTS

- 2 cups corn flour
- 2 cups lukewarm water
- Dash of salt

INSTRUCTIONS

1. Mix the corn flour with salt using a fork.
2. Add water 1/2 cup at a time until you can squeeze and form a ball that does not crumble (but it shouldn't be sticky either!). The amount of water needed is climate dependent, so you may not need all 2 cups.

INSTRUCTIONS (CONT'D)

3. Form rounds to golf ball size.
4. To press the tortillas:
 - a. Cut sides of a clean Ziploc bag.
 - b. Place dough between the sheets of plastic.
 - c. Press with a flat plate and then flatten completely to desired tortilla thickness.
5. To cook: on a medium-high heated pan, cook on one side till golden brown then flip and cook the other side.
6. Serve with gorditas flacas, rice and bean, any breakfast dish, etc.





PATACONES

REFERRED TO AS "TOSTONES" ELSEWHERE IN LATIN AMERICA, PATACONES ARE SO GOOD THAT WE ONCE HAD A FRIEND COMPOSE AN ENTIRE SONG ABOUT THEM.

INGREDIENTS

- 8 unripe, green plantains
- 1 liter vegetable oil
- Salt, to taste

INSTRUCTIONS

1. Peel the plantains and cut into 1 inch (3 cm) rounds. (TIP: when chopping green plantains, coat knife and fingers in a little bit of oil to avoid stickiness.)

INSTRUCTIONS (CONT'D)

2. Heat oil in a large pot or pan and fry for 2-3 minutes on each side.
3. Allow plantains to briefly cool and then pat dry with a paper towel.
4. Now, smush plantains until 1/2 cm thick (see same method as pressing tortillas, page 24).
5. Fry once again until crunchy, 1 minute on each side.
6. Sprinkle with salt and serve with refried black beans, vegan queso, guacamole, and chimichurri.





MADUROS

A CLASSIC SIDE TO GALLO PINTO, THESE MADUROS ARE ABSOLUTELY DELICIOUS. "MADURO" TRANSLATES TO "RIPE" IN ENGLISH, SO BE SURE TO USE SOFT, OVERRIPE PLANTAINS IN THIS RECIPE.



INGREDIENTS

- 8 overripe plantains
- Coconut or vegetable oil
- Salt, to taste

INSTRUCTIONS (CONT'D)

1. To prepare the plantains: Remove peel. Cut the plantain into 1 inch (3 cm) rounds on the diagonal.
2. Coat a large pot or pan with oil and bring heat to medium-high.
3. Fry plantains for 2-3 minutes on each side or until browned.
4. Allow the plantains to briefly cool and dry on a plate with paper towel.
5. Sprinkle with salt and serve warm.



HUMMUS



THIS IS OUR BASE RECIPE, FEEL FREE TO EXPERIMENT AND EXPLORE TO FIND YOUR FAVORITE COMBO!

INGREDIENTS

- 1 (15-oz) can chickpeas, water drained but reserved
- 3 cloves garlic
- 1 1/2 tablespoons olive oil
- 1 1/2 tablespoons lemon or lime
- 1 1/2 tablespoons tahini
- Salt and pepper, to taste
- A sprinkle of paprika or cayenne
- Other flavor combos:
 - In place of tahini - cilantro/jalapeno or roasted red pepper
 - In addition to tahini - curry powder (1 teaspoon) and cumin (1/2 teaspoon)

INSTRUCTIONS

1. Blend everything in food processor.
2. Add reserved chickpea water 1 tablespoon at a time until desired consistency is achieved.
3. To finish, drizzle with olive oil.
4. Serve and enjoy with bread, veggies, or falafel!

BODHI SALADS

WE SERVE SALAD WITH EACH AND EVERY ONE OF OUR DINNERS - HERE ARE A FEW OF OUR FAVORITES!

PILAR'S BLACK BEAN SALAD



A CLASSIC IN THE BAYS-SALAZAR HOME!

INGREDIENTS

- 1/3 cup olive oil
- 1/4 cup seasoned rice vinegar
- 1/2 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1 tablespoon honey or agave
- 1 medium sweet pepper, diced
- 1 (15-oz) can sweet corn
- 2 cups black beans, drained
- 1/2 medium red onion, diced
- 1/4 cup cilantro, chopped
- 1 mango, diced (optional)
- Salt and pepper, to taste

INSTRUCTIONS

1. In a large bowl, whisk oil, rice vinegar, oregano, garlic powder, and honey.
2. Add the rest of the ingredients and stir until evenly distributed and coated with dressing.

TICO SALAD

INGREDIENTS

- 1/2 head white cabbage, grated or finely sliced
- 1/2 head lettuce, chopped
- 1/2 medium white onion, thinly sliced
- 1 large tomato, thinly sliced
- 1/4 cup cilantro, finely chopped (optional)
- 1 lime, juiced
- Salt, to taste

Combine everything in a large bowl and serve!



TROPICAL SALAD WITH DRESSING



INGREDIENTS

- 1 head lettuce, chopped
- 1 cucumber, cut into half moons
- 1 red pepper, thinly sliced
- 1 small red onion, thinly sliced
- 1 cup pineapple OR mango, diced
- 1 apple, thinly sliced
- For the dressing:
 - 1/2 cup olive oil
 - 2 tablespoons dijon mustard
 - 2 teaspoons garlic powder
 - 1 teaspoon seasoned salt
 - 1/4 cup apple cider vinegar
 - 2 tablespoons honey or agave
 - 1/4 cup passionfruit or mango nectar (anything tropical!)

INSTRUCTIONS

1. First, prepare all salad ingredients and mix in a large bowl.
2. To make the dressing, combine everything in a food processor. Or, alternatively, place all ingredients in a jar and shake vigorously with the lid on.
3. Dress salad, serve, and enjoy!





ADRIANNE'S "OOH MAMI" FERMENTED HOT SAUCE

PACKING A PUNCH, THIS HOT SAUCE CAN BE MADE WITH ANY FLAVOR COMBO THAT SUITS YOU. WE LIKE MANGO & PINEAPPLE OR CARROT & GINGER.

INGREDIENTS

- 2-3 large spicy chilis (i.e. habanero or serrano)
- 1 head garlic, peeled
- 1 yellow onion, quartered
- 1/2 mango, cubed
- 1/2 pineapple, cubed
- 1 1/2 tablespoons salt (plus a pinch more to sprinkle on at the end)

INSTRUCTIONS

1. Sanitize a large jar by soaking both the inside and outside with boiling water. Set aside.
2. In a food processor, blend chilis, garlic, and onion until puréed.

INSTRUCTIONS (CONT'D)

3. Add mango and pineapple and blend thoroughly.
4. Season with salt (Note: This may seem like a lot of salt, but this is necessary for the fermentation process. The salty flavor will dissipate during fermentation.)
5. Pour hot sauce into the prepared jar making sure to leave at least 1/2 inch of extra space so there is room for the sauce to expand during fermentation.
6. Sprinkle 1/2 tablespoon salt on top.
7. Lightly close lid (do not tighten all the way, this allows the gases created during fermentation to escape) and store in a cool, dark space for about 5 days (if you live in a more temperate climate, this may take up to 2 weeks).





SHER'S SIMPLE NO-KNEAD BREAD

THERE'S NOTHING QUITE LIKE A FRESHLY BAKED LOAF OF WARM BREAD, AND THIS RECIPE IS EASY. GIVE IT A SHOT!

INGREDIENTS

- 2 cups water, divided
- 3/4 tablespoon active dry yeast
- Pinch of sugar
- 3 cups bread flour (or all-purpose)
- 1 cup whole wheat flour
- 1 tablespoon salt
- Additional flavor ideas:
 - Rosemary
 - Sun-dried tomatoes
 - Olives

INSTRUCTIONS

1. In 2/3 cup water, dissolve yeast and a small pinch of sugar.
2. In a large bowl, combine all flour, salt, and any additional flavors.
3. Add the water and yeast mixture to the bowl. Mix.

INSTRUCTIONS (CONT'D)

4. Little by little, add the rest of the water (the amount of water needed depends on the humidity of your environment). Dough should be wet and sticky, but should form a loose ball.
5. Cover bowl with a damp towel and allow to rise in a warm area for 6-10 hours, or until double in size.
6. Place a dutch oven or soup pot with lid into oven and preheat to 450°F (230°C).
7. While oven is preheating, form dough into large ball and place on a sheet of parchment paper.
8. Sprinkle dough with flour and score with serrated knife. Then, quickly lift dough by picking up parchment paper and place in the hot pot. Cover with lid and bake for 35 minutes. Remove lid and bake an additional 15 minutes.
9. Allow to cool completely on a wire rack before slicing and serving.

VEGAN QUESO



THIS QUESO HAS IMPRESSED MANY VEGANS AND NON-VEGANS ALIKE. WE LOVE SMEARING A BIT OF THIS ON TOAST IN THE MORNING OR SERVING IT WITH PATACONES FOR LUNCH AND DINNER!

INGREDIENTS

- 2 medium potatoes, roughly chopped
- 1 large carrot, peeled and diced
- 1 small white onion, quartered
- 2-3 cloves garlic
- 2 tablespoons olive oil
- 1 tablespoon apple cider vinegar or lemon/lime juice
- 1 teaspoon paprika
- 1 teaspoon ground black pepper
- 1/2 teaspoon cayenne
- 1 teaspoon garlic powder
- 1/4 cup nutritional yeast

INSTRUCTIONS

1. Boil water with salt, add carrot and cook for 5 minutes. Add potatoes and cook for another 5 minutes. Add onion and garlic to the pot.
2. Once the potatoes and carrots are soft, drain and rinse with cold water.
3. Toss everything in a food processor with the remaining ingredients. Pulse until creamy!

REFRIED BLACK BEANS



REFRIED BLACK BEANS GO GREAT WITH LOADS OF COSTA RICAN DISHES. WE SERVE THEM WITH OUR GORDITAS FLACAS, AS A DIP FOR PATACONES, AND IN OUR VEGETARIAN ENCHI-LASAGNA!

INGREDIENTS

- 3 1/2 cups black beans, with liquid
- 1/2 white or yellow onion
- 2 cloves garlic
- 1/2 red pepper, roughly chopped
- 1/4 cup chopped cilantro
- 1 teaspoon cumin
- 1 teaspoon paprika OR chili powder
- 2 tablespoons Salsa Lizano
- Salt, to taste

INSTRUCTIONS

Blend it all together! Before serving, heat in a small pot until thickened.





COCONUT EMPANADITAS

THIS FANNY SPECIALTY IS A BIG HIT AS A SURF-TIME SNACK!

INGREDIENTS

- 6 cups all-purpose flour
- 1 cup sugar
- 2 sticks butter, softened
- 4 teaspoons baking powder
- 1/4 teaspoon salt
- 2 tablespoons vanilla extract
- 2 cups milk, room temperature
- For the filling:
 - 4 cups dried coconut flakes
 - 6 cups brown sugar
 - 1 cup water
 - 1 stick cinnamon
 - 4 cloves

INSTRUCTIONS

1. In a large bowl, mix dry ingredients together until evenly distributed.

INSTRUCTIONS (CONT'D)

2. Add butter and mix thoroughly with your hands until the flour and butter are combined.
3. Add vanilla and slowly incorporate the milk (you may not need all 2 cups, just add little by little until you can form a ball with your hand).
3. Now, to make the filling: in a pot, combine sugar and water on medium heat. When the sugar is dissolved, add coconut, cinnamon, and cloves. Cook for 15-20 minutes, stirring regularly. Allow to cool for 30 minutes.
4. Preheat oven to 350°F (175°C).
5. With 1 tablespoon of dough, form a flat circle, add 1 teaspoon of filling, fold in half and press the edges together with a fork.
6. Cook for 15-20 minutes, then cool on a wire rack and enjoy.



GREEN PLANTAIN CEVICHE



THE VEGAN ALTERNATIVE TO A COSTA RICAN FAVORITE!

INGREDIENTS

- 3 green plantains, peeled and chopped into 1 cm cubes*
- 1 tablespoon milk (or vegan substitute)
- 1 medium red onion
- 1/2 cup lime juice
- 2 teaspoons salt
- 1 teaspoon sugar
- 1 teaspoon garlic powder
- 1/2 cup red pepper, finely diced
- 2 dashes of paprika or cayenne

* TIP: when chopping green plantains, coat knife and fingers with a little bit of oil to avoid stickiness.

INSTRUCTIONS

1. Boil water. Add green plantains and milk (the milk draws out the brown color of the plantain). Cook for 10 minutes.
2. Meanwhile, combine onion, lime juice, and salt in a large bowl. Let sit for 1-2 hours to allow the onion to “cook”.
3. Then add the cooked green plantains, sugar, garlic powder, and red pepper. Chill in refrigerator for 2 hours.
4. Before serving, add 1/3 cup cilantro and paprika or cayenne.

PICADILLO DE PAPAYA (OR PALMITO)



PICADILLO (WHICH TRANSLATES TO "FINELY CHOPPED") HAS MANY VARIATIONS — WE PREFER GREEN PAPAYA OR PALMITO (HEART OF PALM)!

INGREDIENTS

- 1 small white onion, finely chopped
- 1 red pepper, finely chopped
- 3 cloves garlic, finely chopped
- 1 green papaya, finely chopped (or one bag of palmito)
- 1 teaspoon salt
- 1 teaspoon cumin
- 1 teaspoon complete seasoning
- 1/4 teaspoon cayenne
- 1 tablespoon achiote paste
- 1/4 cup cilantro

INSTRUCTIONS

1. In a large pan on medium heat, sauté onion, pepper, and garlic for 5 minutes.
2. Add the papaya (or palmito) and spices and mix together. Cook for 15 minutes with the lid on.
3. Then, pour the picadillo onto a cloth towel and squeeze out the excess moisture.
4. In your serving bowl, top with chopped cilantro.



SUMMER ROLLS



INGREDIENTS

- 1 head lettuce
- 1 carrot, julienned
- 1 cucumber, julienned
- 1 green onion
- 1 red pepper, julienned
- 1 (16-oz) package glass noodles
- 1 avocado, sliced (optional)
- Sprigs of cilantro (optional)
- 16-20 rice paper wraps

INSTRUCTIONS

1. Cook noodles according to package instructions.
2. Prepare all the vegetables.
3. Dip rice paper into warm water for 2 seconds, place onto clean, dry countertop and fill with veggies.
4. Burrito wrap the rolls and store in refrigerator until ready to serve. We suggest always serving with peanut sauce!

PEANUT SAUCE

INGREDIENTS

- 4 cloves garlic
- 1 small red onion, halved
- 1-inch ginger, peeled and thinly sliced
- 1/4 cup peanut butter
- 1/4 cup apple cider vinegar
- 1/4 cup brown sugar
- 1/4 cup soy sauce or liquid aminos (gf)
- 1/4 cup water

INSTRUCTIONS

In a pan, sear garlic, onion, and ginger. Toss in food processor with peanut butter, apple cider vinegar, brown sugar, soy sauce, and water. Blend until smooth.



- Note - to make the sauce spicy, just add a chili pepper during step 1.

SALSAS



A COMPILATION OF OUR FAVORITE SALSAS. GREAT ON ALMOST EVERYTHING!

SALSA ROJA

INGREDIENTS

- 4 medium tomatoes
- 1/2 large white or yellow onion, quartered
- 4 cloves garlic
- 1 jalapeño
- 2 teaspoons salt
- 2 teaspoons oregano

INSTRUCTIONS

1. Boil tomatoes and jalapeño in 3 cups water until skin is loose and tomatoes are relatively soft.
2. Turn off heat, remove tomatoes and jalapeño. Allow to cool.
3. Soak onion and garlic in remaining water for 10 minutes (reserve the liquid).
4. Once tomatoes are cool, remove skin.
5. In a food processor, blend onion and garlic, then add tomatoes and jalapeño. Finish by adding salt and oregano.
6. Add reserved water 1/4 cup at a time until consistency is smooth and pourable.

SALSA VERDE

INGREDIENTS

- 8-10 tomatillos verdes, dehusked and washed
- 1/2 large white or yellow onion, quartered
- 4 cloves garlic
- 1 jalapeño
- 2 teaspoons salt
- 1/2 cup cilantro, coarsely chopped

INSTRUCTIONS

1. Boil tomatillos and jalapeño in 3 cups water until skin is loose and tomatillos are relatively soft.
2. Turn off heat, remove the tomatillos and jalapeño. Allow to cool.
3. Soak onion and garlic in the remaining water for 10 minutes (reserve the liquid).
4. In a food processor, blend onion and garlic first, then tomatillos and jalapeño with salt and cilantro.
5. Add reserved water 1/4 cup at a time until consistency is smooth and pourable.

GUAJILLO SALSA

INGREDIENTS

- 3 dried guajillo chilis, stems removed
- 1/2 large white or yellow onion, quartered
- 4 cloves garlic
- 1 large tomato
- Dash of salt
- Dash of sugar
- Dash of paprika
- Dash of cumin
- Squeeze of lemon or lime juice

INSTRUCTIONS

1. Boil guajillo chilis in 3 cups water for 5 minutes. Add tomatoes, cook for 5 more minutes until skin is loose and tomatoes are relatively soft. Remove from water.
2. Soak onion and garlic in remaining water for 10 minutes (reserve the liquid).
3. Once tomatoes are cool, remove skin.
4. In a food processor, blend onion and garlic first, then chilis and tomatoes with salt and oregano.
5. Add reserved water 1/4 cup at a time until consistency is smooth and pourable.
6. To be used for enchiladas, enchiladas, and chilaquiles.

CHIMICHURRI

(AKA Pico de Gallo AKA Salsa Fresca)

INGREDIENTS

- 4 large tomatoes
- 1 medium red onion
- 1 jalapeño, seeded
- 1/2 cup lime juice
- 1 tablespoon sugar (OR 1/2 cup diced pineapple)
- 1/2 cup cilantro, finely chopped

INSTRUCTIONS

1. In a large bowl, mix everything together.
2. Let sit for at least 2 hours before serving.

SPENCER'S GUACAMOLE

Spencer's famous, healthified version of the classic dip.

INGREDIENTS

- 4 hass avocados
- 1-2 jalapeños, seeded
- 1 tablespoon garlic powder
- 1 teaspoon turmeric powder
- Salt and pepper, to taste
- 1/2 lime, juiced

INSTRUCTIONS

In a large bowl, mash the ripe avocados until desired consistency (Spencer likes it chunky). Mix everything together.

HOMEMADE SALSA LIZANO



SALSA LIZANO IS AS TICO AS IT GETS. WE PUT IT ON EVERYTHING HERE AT BODHI SURF + YOGA - GALLO PINTO, GORDITAS FLACAS, CHILAQUILES, ETC. THIS IS A VERSION YOU CAN MAKE AT HOME IF IT IS NOT AVAILABLE AT YOUR LOCAL MARKET!

INGREDIENTS

- 2 guajillo chilis, dried
- 1 white onion, quartered
- 6 cloves garlic
- 1/2 cup brown sugar
- 1/2 cup apple cider vinegar
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- 1 teaspoons salt
- 1 tablespoon tamarind paste (optional)

INSTRUCTIONS

1. Boil guajillo chilis, white onion, and garlic in 2 cups water for 10 minutes. Set aside and allow to cool (in water).
2. Put everything (including water) in a food processor and add brown sugar, apple cider vinegar, cumin, smoked paprika, salt, and tamarind. Blend until smooth.

HOW TO MAKE YOUR KITCHEN MORE SUSTAINABLE

QUICK TIPS TO LOWER YOUR CARBON FOOTPRINT IN THE KITCHEN:

- 1. Make some changes to your diet!** One of the best courses of action you can take to reduce your environmental footprint is to reduce your consumption of animal products. Switching to a more plant-based diet can mean trying “Meatless Mondays,” incorporating more vegan recipes into your repertoire, or just being more conscientious of the impact your food choices have on the planet. At Bodhi Surf + Yoga, the vast majority of our meals are plant-based, so we’ve got a ton of great recipes for you to try – black bean burgers (page 47), Adrienne’s Pad Thai (page 51), and even Costa Rica’s national dish, gallo pinto (page 20)!
- 2. Keep it local and seasonal!** It is estimated that the average American meal travels over 1,500 miles (2,400km) from farm to plate. Choosing to buy local, seasonal foods means you can greatly reduce those “food miles,” thereby reducing the carbon footprint of your diet. Local, seasonal food even tends to taste better – eating a papaya in Costa Rica definitely isn’t the same experience as eating a papaya in Canada. If possible, try shopping at a local farmers market or joining a community-supported agriculture (CSA) program!
- 3. Reduce your food waste!** To the best of your ability, plan out your meals and buy the right amount of groceries. After buying, store your fruits and veggies appropriately to maintain freshness for as long as possible. Store veggies in the fridge or freezer, keep fresh herbs in a jar of water, and check expiration dates regularly so you can be sure to eat things before they go bad! You should also save your fruit and vegetable scraps. With scraps (like vegetable peels, stems, etc.), you can regrow herbs right at home or make a delicious homemade vegetable stock. And finally, that which cannot be eaten or salvaged should be composted. You can start your own backyard compost like we have at Bodhi Surf + Yoga or look into curbside compost pickup services.
- 4. Buy organic when and where you can!** Organic produce is grown without chemicals, meaning it is healthier for you and for our planet. Organic farms improve soil quality, reduce pollution from runoff and fertilizer, and enhance plant diversity. Buying organic when grocery shopping is a great, simple way to make your kitchen more sustainable.
- 5. Reduce your single-use plastics!** A few easy switches can be made in your everyday shopping to reduce the amount of single-use plastics in your life. Bring reusable grocery bags to the store, ditch the paper towels for dish rags, and buy in bulk where you can. As Ocean Guardians, preventing plastic pollution is an issue of great importance to Bodhi Surf + Yoga. By reducing your single-use plastics, you are playing an active role in reducing pollution across the globe.




 Bodhi
SURF+YOGA





DINNER

After a busy, active, and sweaty day, there is one reward that is like no other: dinner. Here at Bodhi Surf + Yoga, sometimes it feels like we go through our day with the foremost mission of sitting ourselves down together around the dinner table for a delicious plate (and an ice-cold drink, of course). Certainly, everything we do down here – a combination of surfing, yoga, chilling hard, and scheming to make the world a better place – helps us work up a truly impressive appetite. Whether it is the “little bit of everything” Casado Tipico, a hearty Veggie Burger, or the Bodhi Surf + Yoga invention Veggie “Enchi-Lasagna”, we make eating healthy taste goooooood.

A kitchen scene featuring a stove with a control panel. On the stove, there is a pan of green beans and a pot of soup. The text is overlaid on the image.

**"COOKING IS LIKE
LOVE. IT SHOULD
BE ENTERED INTO
WITH ABANDON
OR NOT AT ALL."**

HARRIET VAN HORNE



ARROZ CON POLLO (OR PRIMAVERA)



THIS TRADITIONAL LATIN AMERICAN DINNER IS BOTH SIMPLE AND SATISFYING.

INGREDIENTS

- 1/4 cup olive oil
- 1 large white onion, diced
- 2 sweet peppers, diced
- 5 cloves garlic, finely chopped
- 2 pounds (1 kg) chicken, diced to 1-inch pieces (optional)
- 2 large carrots, diced
- 1 pound (1/2 kg) green beans, diced
- 5 cups day-old rice
- 1 (15-oz) can sweet corn
- 6 green onions, chopped
- 1 bunch of cilantro, finely chopped
- 1 teaspoon complete seasoning
- 1 teaspoon Salsa Lizano
- Salt and pepper, to taste

INSTRUCTIONS

1. In a large pan on medium-high, heat oil and add onion, peppers, and garlic.
2. After about 5 minutes, add chicken, carrots, and green beans and cook for 20 minutes.
3. Add rice and mix until evenly distributed. Then add Salsa Lizano, complete seasoning, and salt and pepper to taste.
4. Off the heat, add sweet corn, green onions, and cilantro.
5. Serve with patacones, chips and chimichurri, and salad for a classic Bodhi dinner!

*EASILY MADE VEGAN: Just leave out the chicken!



VEGGIE BURGERS

WITH A BLACK BEAN BASE, THESE VEGGIE BURGERS ARE PACKED WITH PROTEIN AND ABSOLUTELY DELICIOUS!

INGREDIENTS

- 3 1/2 cups black beans
- 1/8 cup soy sauce
- 3 eggs
- 1/2 cup sunflower seeds, chopped
- 1/2 cup almonds, chopped
- Vegetable oil for cooking
- 1 yellow onion, diced
- 1 red pepper, diced
- 3 cloves garlic, minced
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon salt
- 1/4 cup parsley or cilantro, chopped
- 1 1/2 cups fine bread crumbs
- 1 1/2 cups oats, ground
- 1 large carrot, grated
- Flour (for dredging)

INSTRUCTIONS

1. Drain black beans well and blend with soy sauce and eggs in a food processor.
2. In a large pan on medium-high heat, toast sunflower seeds and almonds, then grind and put in a large bowl.
3. Add oil to skillet and sauté onions, red pepper, and garlic. Add mixture to bowl and let cool slightly.
4. Add all remaining ingredients to bowl and mix well.
5. Place in container and let sit for at least 6 hours in fridge.
6. Shape into patties, dredge lightly in flour, and cook on medium-hot pan with 1/2 cup vegetable oil.

CARIBBEAN CHICKEN (OR VEGGIE) CURRY

A GOOD CURRY RECIPE IS NECESSARY IN EVERY KITCHEN. HERE IS OUR RECIPE WITH A TOUCH OF TROPICAL FLARE!



INGREDIENTS

- Chicken (leg or thigh meat is best), chopped into small pieces and marinated in complete seasoning for a few hours
- 2-3 tablespoons vegetable oil
- 6 cloves garlic, minced
- 1-inch ginger, minced
- 1 tablespoon curry powder
- A few dashes cayenne
- 1 (15-oz) can full-fat coconut milk
- 1/2 cup water (using the coconut milk can, fill halfway and swish around to get all of the milk out)
- 2 cups pineapple, chopped
- 1/4 cup cilantro, finely chopped

* Easily made VEGAN - replace chicken with roasted veggies

INSTRUCTIONS

1. Using a large pan on high heat, heat oil and sear chicken pieces until golden brown.
2. Add garlic, ginger, curry powder, and chile powder and allow to brown a tiny bit (20-40 seconds).
3. Turn the heat down to medium-low, add coconut milk and water. Cover and cook for 10-15 minutes.
4. Add pineapple pieces and cook uncovered for another 5 minutes.
5. Just before serving, sprinkle with cilantro and enjoy!



BODHI CHILI

WE SERVE THIS CHILI WITH CORN BREAD OR TORTILLAS AND LOAD IT UP WITH TOPPINGS. A GREAT MEAL FOR A BIG FAMILY - LIKE THE BODHI FAMILY!



INGREDIENTS

- 1 large white onion, finely chopped
- 2 red peppers, finely chopped
- 1/8 cup oil
- 2 tablespoons balsamic vinegar
- 2 sweet potatoes, diced
- 2 carrots, diced
- 12 medium tomatoes, ripe
- 1 zucchini, chopped
- 1/2 head cauliflower, cut into florets
- 1 teaspoon paprika
- 6 cloves garlic, finely chopped
- 1 teaspoon cumin
- 1 tablespoon sugar
- 1 3/4 cups black beans
- 1 (15-oz) can white beans
- 1 (15-oz) can kidney beans
- 1-3 teaspoons of chipotle con adobo paste (optional)
- Salt and pepper, to taste

INSTRUCTIONS

1. In a large pot, heat oil and fry onion and pepper. Add balsamic vinegar and caramelize.
2. Then, add sweet potatoes and carrots until cooked through.
3. Meanwhile, blend tomatoes, add to the pot. Cook for approximately 15 minutes.
4. Add zucchini and cauliflower to the mix, then spices and garlic.
5. Add black beans, white beans, and kidney beans. To make spicy, add chipotle con adobo paste.
6. Let cook on medium-low heat with the lid on. The longer this chili cooks, the better (around 3-4 hours).
7. Serve with vegan cheese, sour cream, queso seco, diced white onion, diced avocado, and tortillas.

NOTE: If using a slow cooker, make sure to brown the veggies ahead of time.



CARIBBEAN RICE & BEAN

HAILING FROM THE CARIBBEAN COAST OF COSTA RICA, THIS DISH IS A NATIONWIDE CLASSIC.



INGREDIENTS

- 3 cups rice
- 3 cups red beans, cooked, liquid reserved
- 2 tablespoons oil
- 1 white onion, diced
- 4 cloves garlic
- 1/2 red pepper, diced
- 2 (15-oz) cans full-fat coconut milk
- 10 sprigs fresh thyme OR 2 tablespoons dried thyme leaves
- 2 teaspoons salt
- 2 hot peppers (habanero or panameño)

INSTRUCTIONS

1. Heat oil in a large pan on medium-high. Fry onion, pepper, and garlic.
2. Add rice and mix well. Fry until some of the rice is toasted brown.
3. Mix in salt and beans.
4. Then add coconut milk and 2 cups of the reserved liquid from the beans. Mix well.
5. Finally, add thyme and hot peppers. Cover the pan with a lid and cook for 20-30 minutes.

ADRIANNE'S PAD THAI

THIS IS ADRIANNE'S SPECIALTY. IT COMBINES SWEET, SALTY, SPICY, AND SOUR IN EQUAL PORTION AND IS SURE TO PLEASE!

INGREDIENTS

- 1 (7-oz) package Pad Thai rice noodles
- 1 medium red onion, halved
- 1/2 inch ginger, peeled and sliced
- 6 cloves garlic, minced
- 1/3 cup peanut butter
- 2 tablespoons brown sugar
- 2 tablespoons apple cider vinegar
- 1 tablespoon Sriracha (optional)
- 2 tablespoons fish sauce, soy sauce (vegan), or liquid aminos (gf)
- 1 jalapeño (optional)
- 4 cups roasted veggies (i.e. broccoli, carrots, sweet potatoes, zucchini, peppers, onions)
- 3-4 eggs scrambled (optional)
- 1 1/2 cup protein (chicken, shrimp, prawns, tofu), cooked and seasoned
- Toppings: cilantro, green onions, lime, peanuts, and Sriracha

*Note: To make a fancier sauce, we like to use tamarind. In the food processor, use 1 1/2 tablespoons peanut butter, leave out the apple cider vinegar, and add 3/4 cup tamarind paste and 3/4 cup water. Keep everything else the same.

INSTRUCTIONS

1. In a large pot, bring 4 cups of water to a boil. Then turn off the heat and add rice noodles for 3-5 minutes (until flexible but maintaining a bite). Drain, then run noodles under cold water to stop the cooking process. Set aside.
2. Meanwhile, in a smoldering hot pan (or cast iron skillet) with a bit of oil, fry the onion, ginger, jalapeño, and garlic for 5-10 minutes. Once cooked, remove from heat and allow to cool.
3. To make the sauce: in a food processor, blend peanut butter, sugar, apple cider vinegar, Sriracha, fish or soy sauce, 1/4 cup of water, and the cooked onion, garlic, ginger, and jalapeño (*see note if using tamarind paste).
4. Now, in a large pan on medium heat, add scrambled eggs, protein of choice, roasted veggies, and half the sauce. Then add noodles and stir until coated.
5. Put the Pad Thai in your serving bowl, heat the rest of the sauce, add to the bowl and stir to combine.
6. Finally, top with chopped cilantro, green onions, sliced lime, chopped peanuts, and Sriracha.



BAKED & STUFFED SWEET POTATOES

A GREAT MEAL FOR A CROWD, THESE POTATOES ARE FILLING AND FLAVORFUL.

INGREDIENTS

- 6 sweet potatoes or yams
- Chicken filling:
 - 1/2 pound (1/4 kg) chicken breast or thighs
 - 3 cloves garlic, minced
 - Salt and pepper, to taste
- Veggie filling:
 - 1 1/2 cups quinoa, cooked
 - 1 1/2 cups vegetables (carrots, zucchini, green beans, onion, garlic), diced small and cooked
 - 2 tablespoons soy sauce
 - 1 tablespoon sugar
 - 1 teaspoon cumin
 - 1 teaspoon paprika
 - 1 teaspoon garlic powder

INSTRUCTIONS

1. To bake sweet potatoes or yams: preheat oven to 350°F (175°C). Puncture potato with a fork several times. In a square of foil, drizzle a bit of oil and a dash of salt, then roll potato to coat and wrap foil closed. Bake for 45-70 minutes until soft. Allow potatoes to cool for several hours.

INSTRUCTIONS (CONT'D)

2. Dice chicken breast or thighs into small pieces. Add to pan on high heat with a bit of oil, season with garlic, salt, and pepper. Cook until seared golden brown (the rest of the cooking will be done in the oven).
3. OR cook your quinoa and mix with vegetables. Season with soy sauce, sugar, and spices.
4. Preheat oven to 350°F (175°C).
4. Once cool, cut potatoes open lengthwise, then pinch the points to form a kind of bowl. Put approximately 1/2 cup chicken or quinoa mix into each potato. Bake for 30 minutes uncovered until warm and slightly crispy.
5. Serve with salsa (preferably verde), sour cream, dry cheese (queso fresco, queso seco), cilantro, finely chopped onion, green onions, and guacamole. Season to taste.





ENCHI-LASAGNA

THAT'S RIGHT, A COMBINATION OF ENCHILADAS AND LASAGNA. THE MARRIAGE OF TWO OF THE GREATEST COMFORT FOODS, WHAT'S NOT TO LOVE?



INGREDIENTS

- 3 cups roasted veggies
- 1 serving refried beans (see page 33)
- 18-20 homemade corn tortillas (see page 24)
- Shredded cheese (i.e. mozzarella, Monterey Jack, cheddar, vegan cheese, etc.)
- Salsa roja (or salsa of your choice)

INSTRUCTIONS

1. Prepare all of your ingredients. Preheat oven to 350°F (175°C).
2. Using a 9x13 inch pan, build layers:
 - a. Layer 1: 1/2 cup refried beans
 - b. Layer 2: 1 cup veggies
 - c. Layer 3: 6 tortillas
 - d. Layer 4: 3/4 cup salsa
 - e. Layer 5: 1/2 cup cheese of choice
3. Repeat 3 times!
4. Cover with foil and bake for 20-25 minutes. Remove foil and allow the cheese to brown (another 20-25 minutes).



PINEAPPLE FRIED RICE

WITH THE ADDITION OF THE PINEAPPLE, THIS FRIED RICE IS BROUGHT TO THE NEXT LEVEL.



INGREDIENTS

- 1/2 cup oil, divided
- 1 large white onion, chopped to 1-inch pieces
- 2 red peppers, chopped to 1-inch pieces
- 6 cloves garlic, minced
- 1 inch ginger, minced
- 1/2 jalapeño, minced
- 1 tablespoon curry powder
- 3 tablespoons fish sauce, soy sauce (vegan), or liquid aminos (gf)
- 2 cups pineapple, chopped
- 6 cups day-old jasmine rice
- 1/4 cup raisins
- 1/2 cup cashews
- 2 cups protein (scrambled eggs, chicken, garbanzo beans, tofu, or shrimp), cooked
- 1/2 cup green onions, chopped
- 1/2 cup cilantro, chopped
- Lime wedges

INSTRUCTIONS

1. In large pan on medium-high, add 1/4 cup oil and fry onion, red pepper, garlic, ginger, jalapeño, and pineapple until lightly browned. Add curry powder, raisins, and cashews, mix well.
2. Add the leftover rice by breaking apart with your hands as you pour it into the pan. Then add fish sauce.
3. In a separate pan, cook the proteins of your choice using remaining oil.
4. Mix everything together. Top with green onions, cilantro, and lime to serve.

CASADOS TIPICOS

A VERY TYPICAL COSTA RICAN DINNER, CASADOS BRING TOGETHER ALL THE ELEMENTS OF A WONDERFUL MEAL.



INGREDIENTS

- Rice
- Beans
- Protein (chicken or fish)
- Barbudos (string bean fritters)
- Salad (green, tropical, Tico)
- Picadillo (papaya, palmito, or veggie with carrots, green bean, potato)
- Maduros
- Corn tortillas

INSTRUCTIONS

To make casados, prepare all of the elements and serve everything together. Don't forget your hot sauces and Salsa Lizano!




ADRIANNE'S TIPS FOR ROASTING VEGGIES...

MANY OF OUR RECIPES CALL FOR ROASTED VEGETABLES (ENCHI-LASAGNA, BAKED SWEET POTATO, ETC.) SO WE THOUGHT IT BEST TO PUT TOGETHER A QUICK HOW-TO GUIDE TO GET PERFECT ROASTED VEGETABLES EVERY TIME!

1. Cut veggies into similar size pieces (or know that bigger pieces of denser vegetables will need to go in first and cook longer).
2. Cook denser veggies first. Here is a general guide on vegetable density (most → least): sweet potato, carrot, potato, cauliflower, broccoli, green beans, zucchini, pepper, onion, garlic.
3. Cook veggies until down to the density of the next veggie, then add next veggie. So if you are cooking with carrots, broccoli, and onion you would first add the carrot and cook it until it is about the density of broccoli. Then add the broccoli to the pan and cook it until it is the density of onion. Then finally add the onion. This should mean that everything is done cooking at about the same time.
4. If using garlic, add it last. Garlic has sugars that easily burn, it generally only needs a few minutes of cooking (1-3 minutes or until aromatic).
5. Do not overcook your vegetables. Adrienne likes to cook veggies in a pan on high heat, giving the veggies a good sear then turning down the heat to cook all the way through. You want your veggies to maintain their crisp (no soggy veggies here!).



A close-up photograph of two large, round loaves of bread resting on a metal cooling rack. The bread has a golden-brown, slightly cracked crust and is dusted with white flour. The background is a dark, textured surface.

**"ONE CANNOT
THINK WELL,
LOVE WELL,
SLEEP WELL, IF
ONE HAS NOT
DINED WELL."**

VIRGINIA WOLFE

DESSERTS

Ahhh, yes. The crowning jewel for many, the treat, the reward, that which makes life worth living. While internally, we have a clear division between the sweet and savory lovers, there isn't a soul here who doesn't love to indulge in a delicious and lovingly homemade dessert whenever the opportunity presents itself. Our sincere belief is that treats and desserts can be delicious without being wildly unhealthy. We realize it's a very fine line to balance, but we think we pull it off, and once you try these recipes, we know that you'll agree.

ANKI'S VEGAN ZUCCHINI BREAD



ANKI'S DESSERT OF CHOICE, THIS CAKE-LIKE BREAD IS SURE TO IMPRESS VEGANS AND NON-VEGANS ALIKE.

INGREDIENTS

- 3 cups all-purpose flour
- 3 tablespoons flax seeds
- 1 teaspoon salt
- 1 teaspoon baking soda
- 2 teaspoons ground cinnamon
- 1/2 teaspoon baking powder
- 1 cup puréed papaya or unsweetened applesauce
- 1 cup packed brown sugar
- 3/4 cup vegetable oil
- 2 teaspoons vanilla extract
- 1 cup vegan chocolate chips
- 2 1/2 cups shredded zucchini

INSTRUCTIONS

1. Preheat oven to 325°F (160°C). Grease and flour two 9x5 inch loaf pans.
2. Whisk together flour, flax seeds, salt, baking soda, cinnamon, and baking powder in a bowl until evenly blended and set aside. Whisk together papaya or applesauce, brown sugar, vegetable oil, and vanilla extract in a bowl until smooth. Fold in the flour mixture and shredded zucchini. Add chocolate chips. Divide batter between the prepared loaf pans.
3. Bake until a toothpick inserted into the center comes out clean, about 1 hour 10 minutes. Allow to cool for 10 minutes before removing from pan to finish cooling on a wire rack.



VEGAN OATMEAL CHOCOLATE CHIP COOKIES



INGREDIENTS

- 1 cup old-fashioned rolled oats
- 1 cup oat flour
- 1/2 cup all-purpose flour
- 1/2 cup dried coconut
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup coconut oil
- 1 cup brown sugar
- 1/4 cup white sugar
- 1 tablespoon vanilla
- 1 1/2 cups almond milk
- 3/4 cup vegan chocolate chips

INSTRUCTIONS

1. Preheat oven to 350°F (175°C).
2. In a large bowl, mix the dry ingredients (minus the sugars) until evenly distributed.
3. In a food processor or blender, blend the coconut oil, brown sugar, white sugar, and vanilla.
4. Add wet ingredients to dry ingredients and mix.
5. Add almond milk. Start with 1/2 cup, then add little by little until cookie dough sticks together and you are able to form a ball.
6. Now add vegan chocolate chips and stir.
7. On a cookie sheet lined with parchment paper, form cookies and bake for 20-25 minutes.

PAL'S CHOCOLATE CAKE

THIS CAKE HAS MADE ITS ROUNDS THROUGH MANY BODHI BIRTHDAYS — THIS IS A CLASSIC HOT WATER CHOCOLATE CAKE RECIPE FROM ADRIANNE (AKA PAL).

INGREDIENTS

- 1 1/4 cups white sugar
- 2 3/4 cups all-purpose flour
- 1/4 cup unsweetened cocoa powder
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1/2 cup butter
- 1 cup water
- 1/2 cup milk + 1 tablespoon vinegar
- 2 eggs, beaten
- 1 teaspoon vanilla extract

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Grease and flour a 9x13 inch pan.
2. Mix together sugar, flour, cocoa, baking powder, baking soda and salt. Set aside.
3. In a large saucepan, bring butter and water to a boil. Remove from heat. Stir in flour mixture. Pour in buttermilk, eggs and vanilla. Mix thoroughly.
4. Pour cake batter into pan. Bake in preheated oven for 25 minutes or until a toothpick inserted in center comes out clean. Remove cake from oven and frost.

PAL'S CHOCOLATE ICING

- 2 tablespoons butter, softened
- 4 tablespoons cream cheese, room temperature
- 3 cups icing sugar, sifted
- 1/2 cup cocoa powder, sifted
- 2 teaspoons vanilla extract
- 1/2 cup shredded coconut

To make icing, combine all ingredients and whip until smooth.

ANKI'S PEANUT BUTTER CHOCOLATE BITES

THE PERFECT MID-AFTERNOON PICK-ME-UP IN THE HEAT OF SUMMER AT BODHI SURF + YOGA.



INGREDIENTS

- 1 cup oats
- 1 cup peanut butter
- 3/4 cup vegan chocolate chips
- 1/3 cup agave or maple syrup (optional)
- 1 teaspoon vanilla extract
- Pinch of salt
- Pinch of cinnamon

INSTRUCTIONS

1. With wet hands (to decrease stickiness), mix all ingredients into a bowl.
2. Form 1-inch balls and store in the fridge or freezer. A hearty, filling afternoon snack!





LIME COCONUT BARS

A BODHI SURF + YOGA TWIST ON A TART, TROPICAL DESSERT!

INGREDIENTS

- 1 cup butter, softened
- 2 1/4 cups all-purpose flour, divided
- 2 cups white sugar, divided
- 4 eggs
- 2 mandarin limes (or lemons), juiced
- 1 cup toasted coconut flakes

INSTRUCTIONS

1. Preheat oven to 350°F (175°C).
2. In a medium bowl, blend together softened butter, flour, and 1/2 cup sugar. Press into the bottom of an ungreased 9x13 inch pan.

INSTRUCTIONS (CONT'D)

3. Bake for 15 to 20 minutes in preheated oven, or until firm and golden.
4. In another bowl, whisk together the remaining 1 1/2 cups sugar and 1/4 cup flour. Whisk in the eggs and lime juice. Pour over the baked crust.
5. Bake for an additional 20 minutes. The bars will firm up as they cool.
6. Top with toasted coconut flakes, then cut into 2-inch squares and serve.

SHERIDAN'S PEANUT BUTTER COOKIES

DEFINITELY ADDICTIVE, THESE PEANUT BUTTER COOKIES ARE SOFT, CHEWY, AND BEST SERVED WARM STRAIGHT OUT OF THE OVEN!

INGREDIENTS

- 1 cup peanut butter
- 1/2 cup butter, softened
- 1/4 cup granulated sugar
- 3/4 cup packed brown sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 1 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt

INSTRUCTIONS

1. Preheat oven to 350°F (175°C).
2. In a large bowl, mix together peanut butter, butter, and sugars using a hand mixer (or a stand mixer), until soft and creamy.
3. Add the egg and vanilla extract and continue to mix until fully combined.
4. In a separate bowl, whisk together flour, baking soda, and salt. Add dry ingredients to wet ingredients, continuously mixing.
5. Roll the dough into 1 to 2-inch balls and place on an ungreased, parchment-lined baking sheet. Using a fork, press down on each ball of dough to slightly flatten and create a criss-cross pattern.
6. Bake for 8-10 minutes or as soon as tops begin to slightly crack. To keep cookies soft and chewy, be careful not to overbake. Let cool on the baking sheet for a few minutes and then transfer to a wire rack.

LAMINGTONS

THIS AUSTRALIAN RECIPE HAS BEEN BROUGHT TO THE TROPICS AND BECOME A TOTAL CROWD-PLEASER!

INGREDIENTS

For the cake:

- 1 stick butter, softened
- 1 cup sugar
- 1/2 teaspoon vanilla extract
- 3 eggs, room temperature
- 1 3/4 cups all purpose flour, sifted
- 3 1/2 teaspoon baking powder
- 1/2 cup milk

Icing:

- 4 cups powdered sugar, sifted
- 1/3 cup cocoa powder
- 1 tablespoon butter
- 1 1/2 cups boiling water

Coating:

- 3-4 cups coconut flakes

INSTRUCTIONS

1. Preheat oven to 350°F (175°C) and grease an 8x12 inch cake pan.
2. Sift flour and baking powder together.
3. Beat butter, sugar and vanilla with an electric mixer on medium high speed until light and fluffy, about 1 1/2 to 2 minutes.

INSTRUCTIONS

4. Add eggs 1 at a time, beating well after each addition so the batter is smooth.
5. Add half the flour and gently fold to combine, then stir in half the milk. Repeat with remaining flour and milk.
6. Pour batter into the prepared pan and bake for 25 minutes until a skewer inserted into the center comes out clean.
7. Let the cake cool completely, then cut into 15 pieces and freeze for 1 1/2 hours.
8. Combine the icing ingredients in a bowl and mix until smooth (should be a syrupy consistency, not watery).
9. Place coconut flakes in a shallow bowl or pan.
10. Place a piece of cake in the icing and roll to coat using 2 forks. Transfer to coconut flakes and quickly roll to coat. Transfer to tray.
11. Repeat with remaining cake.
12. Let stand until set. Keep cake in the refrigerator until ready to serve.



CARROT CAKE

TRAVIS'S BIRTHDAY CAKE OF CHOICE — ADRIANNE MAKES IT FOR HIM EVERY YEAR!


INGREDIENTS

- 1 1/3 cups all purpose flour
- 2 1/2 cups white sugar
- 1 teaspoon cinnamon
- 2 teaspoons baking soda
- 1 cup oil (veggie, coconut, or sunflower)
- 1 teaspoon salt
- 4 eggs
- 3 1/2 cups shredded carrots

INSTRUCTIONS

1. Preheat oven to 325°F (160°C), grease and flour a cake pan.
2. First, mix the dry ingredients until evenly distributed.
3. Then, add the wet ingredients and mix everything together.
4. Pour cake batter into the prepared pan and bake for 30-35 minutes until a toothpick inserted comes out clean.
5. Allow to cool and top with cream cheese frosting and a sprinkle of coconut flakes!





**"NO ONE WHO COOKS,
COOKS ALONE. EVEN AT
HER MOST SOLITARY, A
COOK IN THE KITCHEN IS
SURROUNDED BY
GENERATIONS OF COOKS
PAST, THE ADVICE AND
MENUS OF COOKS
PRESENT, THE WISDOM OF
COOKBOOK WRITERS."**

LAURIE COLWIN

DRINKS (BEBIDAS)

NO BODHI SURF + YOGA DINNER IS COMPLETE WITHOUT A LITTLE BOOZE. BREAK OUT YOUR COCKTAIL SHAKER AND DISCOVER THAT "BODHI" IS A STATE OF MIND BEST ACHIEVED WITH A DRINK!

TROPICAL SANGRIA

INGREDIENTS

- 1 bottle of dry red wine
- 1/2 cup triple sec or orange liqueur
- 1 can of ginger ale
- 1 stick cinnamon
- 1 inch ginger
- 1/4 cup sugar
- 3/4 cup water
- Fruit of choice (1/3 cup finely chopped apple, 1/3 cup finely chopped pineapple, orange chopped into slices)

INSTRUCTIONS

1. Boil water with ginger and cinnamon for about 5 minutes. Remove ginger and cinnamon and add sugar until dissolved. Set aside and allow to cool.
2. Put fruit in a pitcher, then add triple sec, wine, and simple syrup. Let sit overnight (if in cooler climate) or 8 hours in the tropics.
3. Serve with ice and top with a splash of ginger ale and a scoop of additional fruit.

CAIPIRINHA

- 2 ounces white rum, cachaca, cacique, or guaro
- 1 ounce simple syrup
- 1 ounce citrus juice (lime, mandarin lime, or lemon)

Shake with a lot of ice. Best served in the tropics.

MOJITOS

- Mint leaves
- 1 tablespoon sugar
- 1 1/2 ounces white rum
- 1 ounces lime juice
- 1/4 cup sparkling water

Muddle a few leaves of mint with sugar, add the rum and lime juice. Shake, pour into glass and top with sparkling water.

DRINKS (BEBIDAS)

MARGARITAS

- 1 1/2 ounces tequila
- 1/2 ounce triple sec or orange liqueur
- 1 ounce simple syrup
- 1 ounce lime juice or mandarin lime

*OR for fruity margarita: 1/2 ounce lime juice with 1 ounce fresh tropical fruit nectar (tamarind, pineapple, passionfruit, strawberry)

Salt the rim and serve over ice!

TICO MICHELADA

- Salt
- Lime juice
- Light beer (i.e. Corona, Pilsen, Imperial, or Modelo)

Salt the rim of a pint glass, add ice, lime juice, and beer.

BODHI MULE

- 1 ounce white rum
- 1 ounce lime juice
- 1 ounce ginger simple syrup
- Sparkling water

Shake on ice and top with sparkling water.

BAHIA SUNSET

- 1 passionfruit
- 1/2 cup water
- 1 1/2 ounces rum
- 1 1/2 ounces simple syrup

Blend passionfruit and water, then strain to remove seeds. Shake rum, simple syrup, and 1 1/2 ounces of passionfruit juice with plenty of ice, and enjoy!

MEXICAN MICHELADA

- Chili salt rim (mixture of salt and Tajin seasoning)
- 4 dashes Worcestershire sauce
- 4 dashes hot sauce (preferably Cholula)
- 1 tablespoon lime juice
- 1/4 cup Clamato juice
- Shake of salt
- Shake of Tajin seasoning
- Light beer (i.e. Corona, Modelo, or Sol)

Prepare your pint glass with a chili salt rim. Mix everything together with 3-4 cubes of ice and top off with beer.





GRACIAS!

Just as Adrienne said in the intro – food unites us, and writing this cookbook has certainly united the Bodhi Surf + Yoga crew! Putting together this cookbook has been a challenging, beautiful, collaborative project. From Hannah and Anki’s incredible photos to Adrienne’s many recipes and Fanny’s patience as I pestered her in the kitchen, every one of our team has played a special role in this process. We knew that the best way for guests, pals, and loved ones to bring Bodhi Surf + Yoga home is through sharing our food. Food truly is the best way to connect – to each other, the earth, and to our bodies. We are so excited that we get to share this piece of Bodhi Surf + Yoga with the world and we hope that cooking up some of these meals will bring a little more “Bodhi” into your everyday life!

Happy cooking!

Sheridan