

# It depends on the type: THE COZY

(In the Tibetan medical system **Pekan** = earth, water)

In the Tibetan Buddhist and also the Ayurvedic (constitutional) teaching, people are viewed holistically. In order to stay healthy or to regain health, body, mind and soul must be in a harmonious balance. The basic principle is based on the assumption that every person comes into the world with an individual basic constitution, i.e. with differently pronounced predispositions, which are expressed in character, external appearance and susceptibility to illness. According to the Tibetan and Ayurvedic healing doctrine, these are divided into 3 main characteristics:

- **Loong** (air, corresponds to the Ayurvedic **Vata type**)
- **Tripa** (fire, corresponds to the Ayurvedic **Pitta type**)
- **Pekan** (earth, water, corresponds to the Ayurvedic **Kapha type**)

In the best case we carry these energies in us in equal parts, which is seldom the case in practice. Normally, we tend to be "lopsided" which can throw us off balance. In addition, there are all the things from our everyday life that we do or that we allow ourselves to be 'seduced' into, but which are neither good for our body nor for our spirit and soul. Everyone knows what is meant.

**Tibetan doctors attribute the development of diseases primarily to precisely these „imbalances“.** They have specialized in bringing those seeking advice (actually everyone) back into their equilibrium on the one hand through a ***type-appropriate diet*** and on the other hand through the use of ***plant and herb recipes***. Your own way of life can be helpful or counterproductive.

Since the following recipe is suitable for the cozy type (earth, water), here is a very simplified description that can give a first life-oriented insight.

## So the cozy type is:

Cozy, lovable, not to be disturbed, persistent, patient and understanding. Kapha types like routine, regularity, and work in a structured and methodical manner. You are, so to speak, the 'solid as a rock'. By nature, they radiate calm with their usually stately figure. They are by no means lacking in appetite.

Disharmonies in this type of constitution often show up through indolence, heaviness, lethargy, possessiveness, a tendency to depression and overweight.

Typical illnesses: diabetes mellitus, obesity, depression, stone problems.

Those who have found themselves in the description will enjoy the following recipe and find it a relief. If you are unsure or cannot assign yourself to the overview, it is best to continue reading the other recipes.

# Venison medallions on fresh chanterelles on cherries marinated with vodka

## Ingredients for 2 servings:

6	Venison medallions of 50 gr. each
	salt
	pepper
a little	nutmeg
1 ½ tbsp	butter,
120 gr	chanterelles, ready to cook, alternatively frozen
25 gr	shallot coarsely diced
	pepper grains, green, pickled
	cognac
	parsley
60 gr	chopped morello cherries
	Vodka (at will)
	clove
	cinnamon
a little	gelatine, grained
	cranberries, as jam

Marinate the cherries with vodka the evening before, season with clove powder and cinnamon and chill. Carefully season the venison medallions with a little nutmeg, pepper and a little salt, fry in the heated butter for about 2 to 3 minutes on each side. Take out of the pan and keep warm. Venison should not be seasoned too much so that the taste is retained. Loosen the frying fat with a little cognac. Halve the large chanterelles. Fry the chanterelles and shallots vigorously in the frying fat, turning them, add a few peppercorns, season with salt and pepper. Add the parsley. Warm the marinated cherries, thicken the sauce with a little gelatin dissolved in water and add cinnamon if necessary. Pile the chanterelles in the middle of the preheated plate and pour the cherries over them. Pile 3 medallions on top of the chanterelles and garnish with a dollop of cranberries. Serve with chestnut puree. As a digestif, I like fruit schnapps.

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Working time	approx. 40 minutes
Total time	approx. 40 minutes
Difficulty	normal

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**ENJOY!**