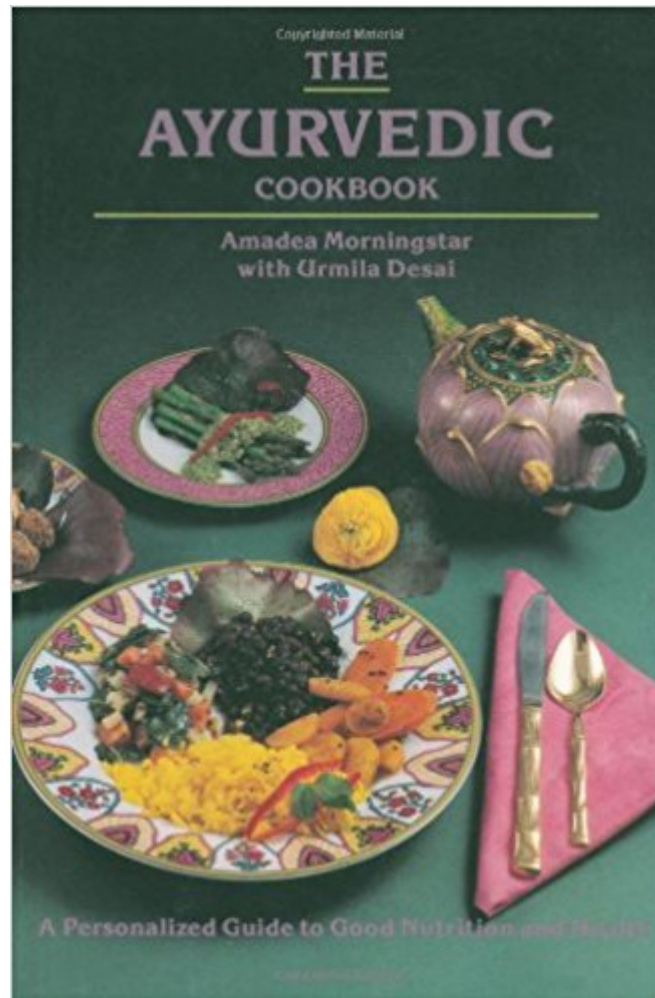




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The Ayurvedic Cookbook



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Synopsis

How to apply Ayurvedic principles to your cooking with hundreds of delicious, easy recipes.

Book Information

Paperback: 351 pages

Publisher: Lotus Press; 1st edition (December 3, 1992)

Language: English

ISBN-10: 0914955063

ISBN-13: 978-0914955061

Product Dimensions: 6.2 x 0.8 x 9.1 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 79 customer reviews

Best Sellers Rank: #112,872 in Books (See Top 100 in Books) #22 in Books > Health, Fitness & Dieting > Alternative Medicine > Ayurveda #36 in Books > Cookbooks, Food & Wine > Asian Cooking > Indian #1073 in Books > Cookbooks, Food & Wine > Regional & International

Customer Reviews

I realize that no book can replace an in-person evaluation from an ayurvedic practitioner, but this book is very straightforward and includes explanations of the basic principles of ayurvedic living and then provides clear dietary guidance through its recipes. I have recently adopted a vegetarian and mostly vegan lifestyle (not wanting to consume any cholesterol), and this book helped to provide guidance in maintaining a balanced approach to eating. I will be trying a lot of the recipes based upon my doshas and will be keeping track of whether my results are in keeping with the guidance provided in the book. I figure that a dietary approach that is centuries in the making is better than trying random, popular diets that focus not on the content of what you eat, but the quantity / number of calories consumed. I love Indian food in general (though I tone down the heat on many of the recipes I prepare, eliminate dairy and reduce fat content). This cookbook provides excellent recipes for doing just that. A definite keeper cookbook!

Loved the combination of recipes and advice on how to balance the different doshas. The recipes are not only healthy but delicious and easy to make. This is the first cookbook that I actually use on a daily basis and can't get enough of! I'm working on changing to a 100% Ayurvedic diet and after a couple of weeks I can already see the benefits, have lost weight, never feel deprived and have more energy. also sells a lot of the spices needed (black mustard seeds, methi seeds, etc) for a cheaper

price.

I bought a used edition as a friend loved this cookbook. The book I received was a hardcover copy made from a copy machine. I was surprised to get a fake copy of the book. At this point, I have only made the dosas and they weren't very good but I am excited to try other recipes. I'll update my review once I make a few items.

As with her book, *Ayurvedic Cooking for Westerners*, there are recipes with glaring errors in them in this book. In many cases proportions are off, there is too much liquid in the recipe or not enough. Not so serious for kichadis or curries, but for some of the desserts and snacks, such errors create a disastrous mess. When trying new recipes from this book I always have a pencil nearby so that I can note bad recipes. The book is an excellent reference for eating for your dosha and there are some recipes that are very good. But beware of the bad ones! Less experienced cooks might find it frustrating to cook from this book.

If you are looking for an Ayurvedic cookbook that is well organized with a variety of recipes, look no further. The only things that keep this from being a 5 star cookbook is the size (print is kind of small) and a lack of a ring bound binder, which would allow it to lie flat while reviewing the recipes during preparation of a meal.

Came in great condition, after I study my textbooks of Ayurveda vol. 1,2 & 3 I plan drive right into this book!

Lots of great info here. Recipes are very clear if they reduce, aggravate or have no affect on a dosha. They're simple recipes and quite tasty. When I eat this way, i feel great.

I use it everyday. I carry it with me to work to plan my meals and shopping list for the week. Almost every recipe is very easy and doesn't take more than an hour to prepare. The list of common ingredients may be intimidating to someone who is brand new to this style of cooking. Most of the recipes are Indian style dishes but they are so delicious you won't mind eating Indian everyday. I also love the commentary on how the recipes affect the three doshas. If you are curious about ayurveda this for you. I seriously use it everyday :)

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