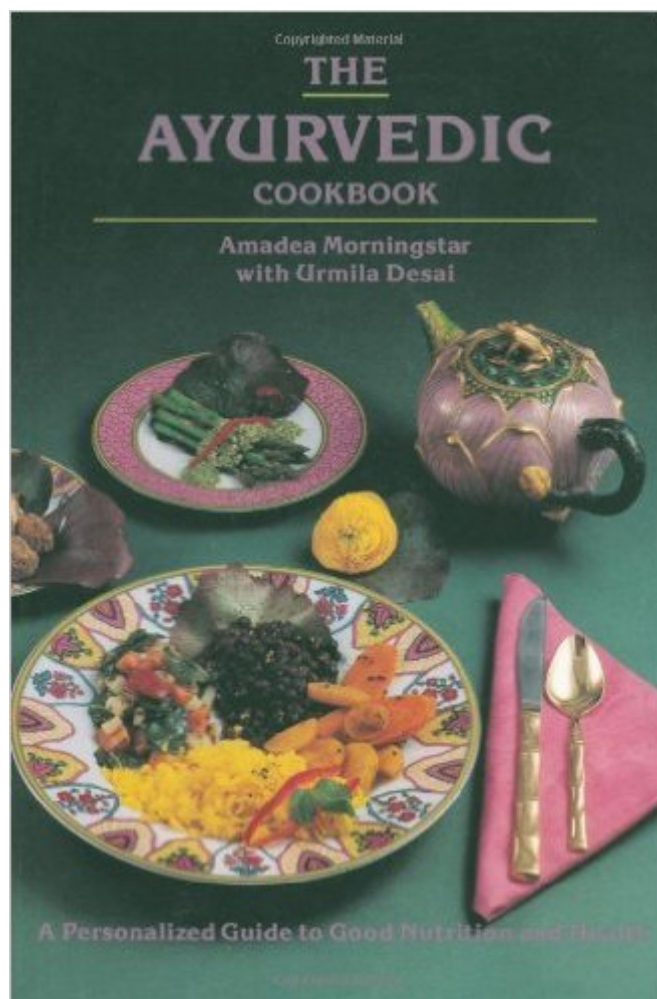


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The Ayurvedic Cookbook



Synopsis

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

Book Information

Paperback: 351 pages

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (73 customer reviews)

Best Sellers Rank: #97,313 in Books (See Top 100 in Books) #22 in [Books > Cookbooks, Food & Wine > Asian Cooking > Indian](#) #31 in [Books > Health, Fitness & Dieting > Alternative Medicine > Ayurveda](#) #1009 in [Books > Cookbooks, Food & Wine > Regional & International](#)

Customer Reviews

Amadea Morningstar not only gives you delicious, simple recipes for meals but also recipes for medicinal drinks, based on Ayurveda. She talks about the spiritual side of cooking, which has affected my personal approach to cooking everything - not just these foods. She also gives good information on dairy and how it is best digested. The one recipe I keep coming back to in here is the one for banana muffins. No one can resist them! I change the flours at times, and find that this recipe is the best vegan muffin recipe I've ever found! BTW -if you are vegan or vegetarian, this book is an excellent resource.

I have been really pleased with the Ayurvedic Cookbook! It gives an excellent introduction into Ayurvedic nutritional theory, along with a self-exam so that you may determine your Dosha. There is a great index in the back which lists all foods according to their Dosha which makes menu planning easier. For the most part, the recipes are tasty and easy to prepare. You may find it difficult, however to locate some of the unique Indian spices and food items, especially if you are not living in a large metropolitan area. I did not care for some of the recipes as they were a little strange to my taste, but most were excellent!

Covering the ancient science of Ayurvedism in one book and relating that science to your daily

menu is no easy task. Yet this book does so quite well, and is appropriate for the beginner or the expert. If you know very little, you can learn how to determine your own dosha and begin assessing what foods are best for you. If you are beyond that, you will benefit from the many insights offered in a wide range of topics including seasonal and daily diets, nutrition, ingredients, and of course the recipes. As a chef with an interest in healthful cuisines, I must admit that some of the recipes are a bit bland. However, as the book points out, our taste buds have become accustomed to excessive salt and these recipes allow you to experience the pure flavors of the ingredients. Some recipes are completely delicious, such as Spicy Cumin Eggplant or Cream of Greens Soup. Another benefit of this book is that most of the ingredients are easy to find, which can be a problem for American cooks trying to make Indian food.

I'm not a vegetarian, but when I use the recipes in this book, I don't miss the meat. Yes, this book will teach you about the ancient art of Ayurveda, but that would all be useless if it didn't taste good because I wouldn't use it. It emphasizes well spiced foods specific to your particular constitution, and I found that the recommendations often went along with things that I had already figured out, for example that I needed to eat well cooked foods. Most the ingredients in this book are easy to find - if I can get them in Philly, you can probably get them anywhere. If this were only a vegetarian cookbook, it would be a 5-star book (and I say that as a meat-eater). With all of the extra Ayurvedic information, this is a book you should have if you do any of your own cooking.

This book is the very first which transformed me from one who dislikes cooking into one that is eager to cook and learn more and more!!! I just simply cannot believe this is happening to me. I have never liked cooking. And it makes for the most thrilling reading too!! Because of various health problems I was always advised to try different diets but never liked what I cooked. It was always the most boring task. This book has changed my attitude in the most profound ways, where I begin to perceive food not only as a source of nourishment but also a way to understand my own body's energetical needs and how to heal it. It is the most interesting fact to learn the connection between the food and my emotions. Through these quick, simple and most delicious recipes I am learning how to create foods which calm me when I need calming, ground me when I need grounding and cool or warm me depending on the season and the balance in my energy pattern. But it's not only that, I can even effect a positive emotional and digestive change in my husband through dishes that are meant for his type! This book is slowly turning me from "cook hater" into "cook lover" and I cannot wait to try all of those recipes. The pumpkin or sweet potato halva recipe had us on our

knees. It is sublime. The Indian tastes are simply like swimming in a deep ocean while the American cooking is more like swimming in a small and shallow pond. Why not jump in on the deeper side of life?

If you have read Tibetan Ayurveda you will find a lot of similarities with this book. This book is Indian Ayurveda. The authors have made a small confusion between Neem leaves and curry leaves. This book will teach you about the ancient art of Ayurveda and its benefits. You will have a nice understanding about various aspects of Indian Cooking, the ingredients and the way they make an extremely healthy food system, whether it is your breakfast, lunch or dinner. With all the additional information on Ayurveda, it will become extremely useful if you ever decide to do your own delicious cooking. Since I have been on this diet, all the cravings for junk food have gone. I was someone who lived for sugar and now I do not want any of it. I use to crave coffee in the morning as well but realized I didn't want that wired up feeling & acid stomach. I switched over to a caffeine-free coffee substitute made from soyabeans I found on the net at [...] o y c o f f e e . c o m. It so easy for someone to tell you to eat less, but if you are craving bad foods, eventually you will fail. In the first five days I was on this diet all the craving ceased and I was already 8 lbs down. If you were like me and cannot wait for your next slice of cake and at the same time really want to change your lifestyle, Try this.

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