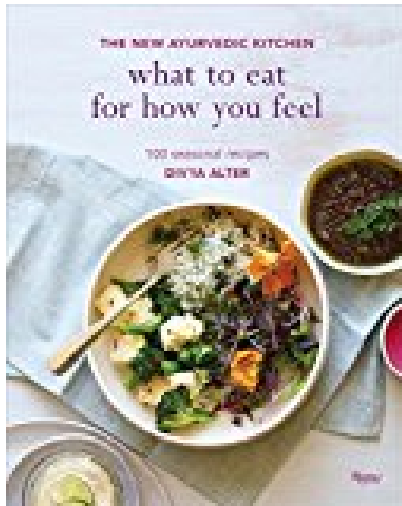


What to Eat for How You Feel The New Ayurvedic Kitchen - 100 Seasonal Recipes



BOOK DETAILS

- Author : Divya Alter
- Pages : 256 Pages
- Publisher : Rizzoli
- Language : English
- ISBN : 0847859681



BOOK SYNOPSIS

This indispensable kitchen companion brings the ancient art of delicious healthy cooking to the twenty-first century with flavors adapted for the contemporary Western palate. Drawing on her many years of vegetarian cooking, catering, and teaching, in this book Divya Alter explains how to create flavorful meals with seasonal ingredients by applying Ayurvedic principles. With food combinations, methods of preparation, and healing spices customized for individual needs, this is an inspirational guide to achieving optimal health through a personalized way of living and eating. This volume features 100 recipes for breakfasts, soups, salads, main dishes, one-pot meals, treats, and beverages in three seasonal-based chapters. It includes an ingredient guide along with recipes for staples such as cultured ghee, fresh cheese, yogurt, nondairy milk alternatives, dressings, chutneys, and spice blends. Alter offers practical ways to bridge the ancient wisdom of food with modern living beyond the boundaries of India. Dishes such as Asian-style Stir-Fried Red and Black Rice, Italian-style Spinach Risotto, and French-style Braised Root Vegetables are accessible to all and carry the healing benefits of Ayurvedic cooking.

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