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by the rhythms of ne nature and constantly changing parameters.

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Harish Johari ...
In spite of its flaws as
a cook book,
Ayurvedic Healing
Cuisine has great
material on
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Cuisine q Cuisine Ayurvedic Healing Cuisine has some delicious recipes but this book is only useful if you are an experienced cook and have plenty of time. Last night I made the Kofta recipe on p.83. Delicious, but 2+ hours prep time. I am an ex-professional

cook (western style) and new to Indian & Ayurvedic cooking.

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