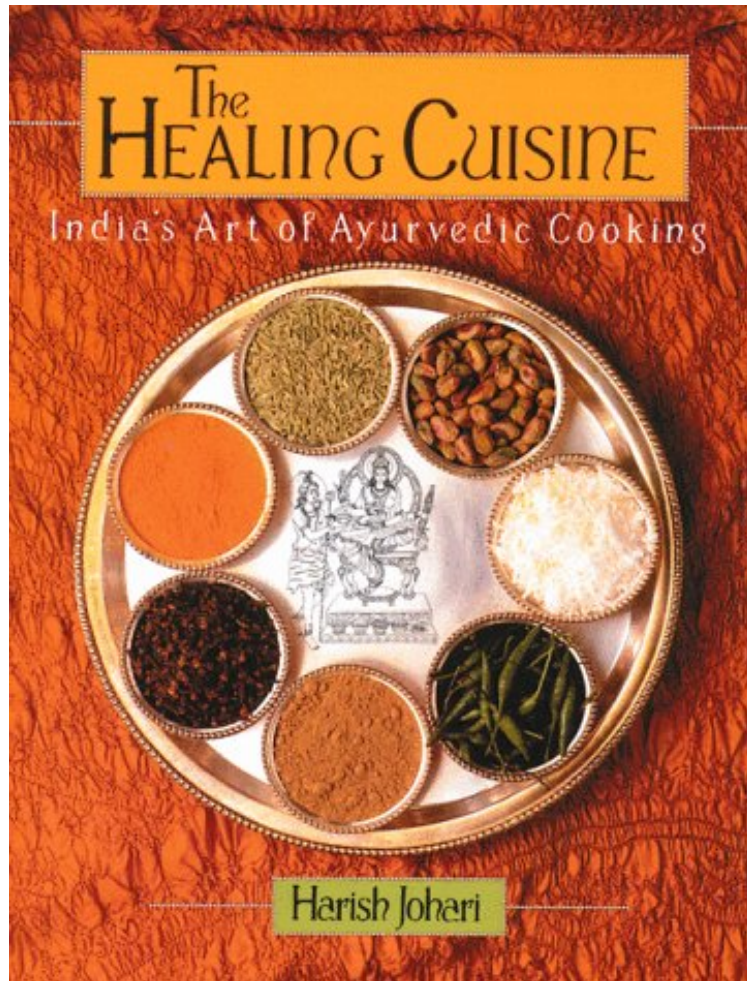


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The Healing Cuisine: India's Art of Ayurvedic Cooking (Healing Arts Press)

Harish Johari

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#1672693 in Books Healing Art Press 1994-09Ingredients: Example IngredientsOriginal language:EnglishPDF # 1 .92 x 8.52 x 11.00l, 1.54 #File Name: 0892813822264 pages | File size: 21.Mb

Harish Johari : The Healing Cuisine: India's Art of Ayurvedic Cooking (Healing Arts Press) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Healing Cuisine: India's Art of Ayurvedic Cooking (Healing Arts Press):

0 of 0 people found the following review helpful. Five StarsBy PandaGood book, good price, prompt shipping. Thanks!21 of 21 people found the following review helpful. Superb book... *and* vegan-friendlyBy A CustomerI could write a very long and thorough critique of this book, but i won't. i just want to make a few points. First foremost is that this is the only book of its kind (that i'm aware of); that is, it's a vegetarian indian cookbook based directly on ayurvedic science, with a complete introduction to ayurvedic theory application... and it's vegan-friendly... (there's a small section of the recipes devoted to paneer cottage cheese and yogurt, and some of the other main recipes call for

yogurt or cream, but these are few comparatively, and of course soy could be substituted)... As an introductory guide to ayurveda, it is pretty good (the organization isn't the best, compared to "Ayurveda" by Dr. Vasant Lad, which is the *only* definitive modern introductory guide to ayurveda that is clear, concise, thorough, complete with practical application)... Johari covers food and spice qualities and combinations and how to apply all of this to best suit your constitution... this is really good stuff easy to grasp... his recipes are *superb* come from his intuition.... (keeping it short): my only "complaint" is that there is no verbiage to go along with the recipes; that is, which constitution the recipe is best for; what it will aggravate or subdue; how the individual spices veggies are working together in the recipe... example: at the beginning of the recipes, i'd like to see something like "This will subdue vata kapha aggravate pitta; such such spice prevents gas formation; such such spices are digestive tonics; tonic for such such conditions; good winter dish"..... In sum, vegetarian indian cookbooks are indeed rare (why is this?).... this is the *BEST* i've ever come across.... ("Classic Indian Vegetarian Grain Cooking" is not all that great)7 of 10 people found the following review helpful. Some information about the author would be appreciatedBy ShelinaI found the best part of the book to be the theory sections including the sections about ingredients which includes summaries on the qualities health benefits of different foods.. Even so it is not an exhaustive list of foods.. For example, the author doesn't mention avocado, asparagus, celery, mushrooms, jackfruit or broccoli even though there are recipes that call for them... There is information about other ingredients however, like tomatoes, grapefruits, turnips, carrots, lemons, potatoes etc.. particularly interesting the information about spices.The recipes are interesting in that some use vegetables like celery broccoli which are readily available in a western grocery yet previously uncommon to indian cooking. Also the recipes are health conscious with greater use of ghee rather than oil, and jaggery in sweets instead of refined sugar. Many recipes are run of the mill home-style north indian cookery which is good for the newcomer to north indian cooking but less interesting for the regular north indian cook.Finally i would like to know something about the author. Most books especially those offering advice on health include some information about the author's training, history professional background. I would like to know where he learned about ayurveda? Is he self-taught? If the author is a world renowned scholar, as is claimed on the book cover, i think the reader has the right to know about his credentials in order to afford greater credibility to his book.

One of the oldest systems of medicine in the world, Ayurveda views the human being as intimately connected with the environment and all other life forms. It prescribes various methods of synchronizing ourselves - physically and psychically - with the world around us, placing great emphasis on diet and the specific attributes of different foods. Following these principles, Johari explains the healing qualities that various foods and spices impart according to their subtle energies, indicating which recipes are appropriate for specific conditions of body and mind. Author, artist, and world renowned scholar of Tantra and Ayurveda, Harish Johari has gathered his extensive knowledge into a treasury of culinary wisdom and authentic Indian recipes (all vegetarian), based on Ayurvedic principles of healing. Includes information on harmonizing the humors, elements, and tastes. Provides special suggestions on cooking for children, pregnant women, and the elderly.

Ayurveda's renaissance man... -- Yoga JournalAbout the AuthorHarish Johari is also the author of Leela: The Game of Self-Knowledge, Tools for Tantra, Chakras, The Healing Power of Gemstones, Breath, Mind, and Consciousness, and Numerology. His audiocassettes include Sounds of Tantra, Sounds of the Chakras, and Attunements for Dawn and Dusk. He makes his home in India, but lectures worldwide, preparing sumptuous feasts wherever he goes.