

(Ebook free) The Mandeer Ayurvedic Cookbook

The Mandeer Ayurvedic Cookbook

Ramesh Patel

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THE Mandeer AYURVEDIC COOK BOOK



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Ramesh Patel : The Mandeer Ayurvedic Cookbook before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Mandeer Ayurvedic Cookbook:

0 of 0 people found the following review helpful. I am sure that I am going to love it. By #1 Still waiting for it to arrive from UK. I am sure that I am going to love it. 0 of 0 people found the following review helpful. Very disappointed By

Handicapper Fortunately, I was able to find this book in a library. Knowing that the Mandeer was the first vegetarian restaurant offering Ayurvedic food outside of India, I would not have cared about paying the price for this book. But, after reading it, I would have been very disappointed. On pg 11, it talks about by using specific ingredients for a recipe only creates a "mechanical meal". So, the recipes in this book are only a general guide, so you can discover by trial and error your own way of expressing the art of cooking. Being new to Ayurvedic cooking, I need how much to use. Also, many of the spices used in this book, are very expensive and I don't have the money to throw away for trial and error. If I was a chef, I could probably figure it out, but I am not.

This unique cookbook describes the principles and philosophies of Ayurvedic cookery and gives simple recipes for intensely vital and satisfying food.