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~~Amazon.co.uk:Customer reviews:~~

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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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