



THE AYURVEDIC KITCHEN

FOOD THAT NOURISHES BODY, MIND AND SPIRIT

With Chef Stephen Galpin

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Raggi Porridge

INGREDIENTS:

- ~ 2-3 *tbsp ghee*
- ~ $\frac{1}{4}$ *cup raggi flour*
- ~ $\frac{1}{2}$ *cup unhomogenised organic milk*
- ~ $\frac{1}{2}$ *cup boiling water*
- ~ 4 *tsp unrefined sugar or jaggery*
- ~ *a pinch of ground cardamom & ground cinnamon*

METHOD:

Melt the ghee in a medium sized pot over low-moderate heat then add the raggi flour. Toast in the ghee for 2-3 mins until the grain turns a deep chocolate colour.

Remove the pot from the flame and add all of the milk then all of the boiling water, being careful of any steam that is created. Return the pot to the flame and gently bring to a simmer stirring continuously and vigorously with a whisk to avoid lumps.

As the milk warms up, the raggi will thicken suddenly. If it gets too thick, add some more boiling water until the porridge is a thick soupy consistency. Keep simmering for several minutes then add the sugar/jaggery and spices and stir through.

Remove from the flame and place a lid on the pot to rest for a few minutes. Serve warm.

OPTIONAL: To make this a heartier porridge that fills you up for longer, add $\frac{1}{4}$ cup polenta at the same time as the raggi flour. Other than that, the cooking process is exactly the same (polenta is made from corn so is also gluten-free).

SERVES 2, GLUTEN FREE

Wholegrain ‘Sour’ Cereal

This delicious broth is traditionally served as a savoury breakfast cereal, however, it can be enjoyed at any time of the day. Don't be put off by the list of ingredients... it is surprisingly simple to make but tastes so complex and creates a satisfying warmth in your belly that is impossible to describe!

INGREDIENTS:

- ~ 2 tbsps fresh ginger puree
- ~ 1 tsp turmeric powder
- ~ ½ tsp asafoetida powder (optional)
- ~ 1 tsp ajwain seeds
- ~ 1 tsp fenugreek seeds
- ~ 1 tbsps cumin seeds
- ~ 5ml bunch coriander, finely chopped
- ~ salt to taste
- ~ ¼ cup hulled millet
- ~ ¼ cup buckwheat
- ~ 10 - 15 dates soaked & chopped finely
- ~ 4 5ml tomatoes, finely diced (optional)
- ~ 1 lemon, juiced
- ~ ¼ cup desiccated coconut
- ~ savoury yeast flakes for garnish

METHOD:

Combine the grains and soak overnight. Drain and wash several times until the water is reasonably clear. In a large pot, add 2 litres of water to the grains and bring to the boil on a moderate flame, removing any scum that forms on the surface. As the broth comes to the boil, reduce to a simmer and add the ginger, lemon juice, dates and coconut. Stir well and continue to simmer.

In a shallow pan, slowly roast the ajwain, cumin and fenugreek seeds over a moderate flame, gently moving the pan from side to side until they start to pop and have a pleasant nutty aroma. They should not be overheated, as they will become bitter. Add the seeds to the broth along with the turmeric and asafoetida powder and stir through.

Wash the coriander and finely chop the root and stalk section, (leaving the leaf for later) add to the broth, along with the tomato and stir through. Reduce the heat to the lowest flame possible and allow to steep for 30 mins. Serve warm with roughly chopped coriander leaves as garnish.

SERVES 4, GLUTEN FREE

Besan Omlette

INGREDIENTS:

- ~ ghee or sunflower oil for frying
- ~ 1 tbsp sunflower oil
- ~ ¼ tsp asafoetida powder
- ~ 1 tsp ground cumin
- ~ 1 tsp ground coriander
- ~ ½ tsp turmeric powder
- ~ ½ tbsp fresh ginger, finely grated or ½ tsp ground dry ginger
- ~ 1 cup moong daal flour or besan flour (chickpea flour)
- ~ water to make a batter approx 1 ½ cups
- ~ 5ml bunch coriander, finely chopped
- ~ salt to taste

METHOD:

Make a batter with the water, oil and flour to resemble pancake consistency.

In a frying pan gently heat some oil or ghee and lightly fry the freshly ground cumin and coriander seeds until they are nut brown in colour. Add the ginger, stir then remove the pan from the heat add the turmeric and asafoetida. Stir then add to the pancake batter and whisk through. Add a dash of water to the spice pan then add the water to the batter to extract maximum flavour. Add the fresh coriander and mix through then add salt to taste.

Heat a pan suitable for making pancakes to a moderate heat and add a little ghee. Ladle in the desired amount of mixture and cook until the top surface becomes dry. Sprinkle with a little oil or ghee and turn over to cook until the underside is beginning to brown. Remove onto a plate or food warmer and cover to keep warm while cooking the remaining omelettes.

Serve as is with coconut chutney for breakfast or for a late evening meal, serve with a vegetable subji.

OPTIONAL: Tomato, asparagus, green beans or spinach may be added to the batter to make variations of this simple protein rich meal.

SERVES 4, GLUTEN FREE

Potato & Sweet Potato Cakes

INGREDIENTS:

- ~ ghee or sunflower oil for frying
- ~ 1/2 tsp ground coriander
- ~ 1 tsp ground cumin seeds
- ~ 1 tbs fresh ginger, finely grated
- ~ 3 curry leaves, finely sliced
- ~ 1/2 tsp turmeric powder
- ~ ground black pepper
- ~ salt to taste
- ~ 3 med dutch cream or similar potatoes, washed with skins on
- ~ 1 med sweet potato, cut with skins on to the same size as whole potatoes
- ~ 5ml bunch coriander, finely chopped

METHOD:

Put the potatoes and sweet potato in a large pot, add enough water to cover the potato. Bring to the boil on a moderate heat and simmer until tender. Test with a small knife or skewer - the knife should pull out without holding on to the potato. The sweet potato will cook first and can be removed and left to drain while you wait for the potatoes to cook. Drain and set aside to cool.

Once cool, peel the skins with the tip of a small knife and gently grate the potatoes and sweet potatoes. The trick is to not mash them too much - to keep them light. Add the remaining ingredients to the bowl and gently fold through with your fingertips so as not to compact or mash the mixture. Then, taking a small handful, gently form into potato cakes.

Heat enough ghee or oil to coat the bottom of a skillet or shallow pan. Carefully place a few patties at a time into the pan and slowly fry on each side until cooked, being careful not to colour them too much – adjust the temperature up or down accordingly.

Continue to fry a few rosthi at a time. Once cooked, remove with a spatula and drain on a plate lined with paper towel. Keep warm in the oven while the remaining rosthi are cooking. Serve the rosthi hot with daal and chutney for a simple meal. Delicious the following day for lunch.

SERVES 4, GLUTEN FREE

Whole Moong Daal

INGREDIENTS:

- ~ 2 tbsp ghee or sunflower oil
- ~ 1 tsp turmeric powder
- ~ 5 curry leaves
- ~ 1 tsp mustard seeds
- ~ 2 tsp cumin seeds
- ~ 1 tbsp fresh ginger, finely grated
- ~ ½ tsp asafoetida powder
- ~ salt to taste
- ~ 1 cup whole green moong beans soaked overnight
- ~ 5 cups boiling water
- ~ ¼ bunch of chard or spinach finely chopped (optional)
- ~ 5ml bunch coriander; stalks finely chopped, leaves roughly chopped
- ~ ½ lemon juiced

METHOD:

Discard the water from the soaked moong beans and rinse 3-4 times until the water runs clear.

In a saucepan, heat up the ghee then add the mustard seeds and curry leaves. When the mustard seeds are popping, add the cumin seeds, ginger, turmeric, and cook for 30 secs. Now add the drained moong daal and stir through until it is coated with the ghee and spices.

Add the salt and chopped coriander stalks then add 5 cups of boiling water, a pinch of asafoetida and cook over low-moderate heat for 40 mins or until the lentils have lost their form. (Add more boiling water during cooking as required and lightly skim off any foam that forms during the cooking process, especially in the first stages of coming to the boil. When cooked, the daal should be of a relatively soupy consistency - not too thick.

Add a handful of freshly chopped coriander leaves, chard and the juice of half a lemon. Serve with rice and or flat breads.

SERVES 4, GLUTEN FREE

Coconut & Green Bean Subji

INGREDIENTS:

- ~ 2 tbsps ghee or sunflower oil
- ~ 1/2 tsp asafoetida powder
- ~ 1 tbsps finely desiccated coconut
- ~ 2 tsp fresh ginger, finely grated
- ~ 1/4 tsp turmeric powder
- ~ salt to taste
- ~ 4-5 hands full of green beans topped & tailed then cut into 1 cm pieces.. (giving approx 2-3 cups)
- ~ 5ml bunch coriander; stalks finely chopped, leaves roughly chopped
- ~ 1 tbsps lemon juice

METHOD:

Heat the oil in a saucepan on a low-moderate heat then add the ginger, coriander stalks and beans. Sauté until bright green and slightly caramelised on the bottom of the pan.

Add the asafoetida, turmeric, coconut and salt and stir well. Place the lid on and sauté for a minute or two then add a splash of water to deglaze the pot and steam until tender.

Finally, add the lemon juice and coriander leaves and stir through. Serve with kicharee and papadams.

SERVES 4, GLUTEN FREE

Beetroot, Carrot & Rasam Soup

INGREDIENTS:

- ~ 2 tbsp ghee or sunflower oil
- ~ 1/2 tsp mustard seeds
- ~ 1 tsp cumin seeds
- ~ 1/2 tsp fresh ginger, finely grated
- ~ 1/2 tsp turmeric powder
- ~ 6-8 curry leaves
- ~ 1/4 tsp asafoetida powder
- ~ salt to taste
- ~ 1/2 tsp rasam churna) see 'Rasam Churna' recipe on page 112)
- ~ 1/4 cup of dried compressed tamarind
- ~ 6 cups boiling water
- ~ 2 med beetroot cut into 5ml dice
- ~ 3 med carrots cut into small dice the same as beetroot
- ~ 5ml bunch coriander; stalks finely chopped, leaves roughly chopped

METHOD:

Break the tamarind pulp into small pieces, place in a bowl and add 3 cups of boiling water. Allow to stand for 10-15 mins then strain the stock and set aside. Push the remaining pulp through the sieve and discard the seeds and webbing.

Heat the ghee or oil in a large pan over moderate heat. Add the mustard seeds and cook until they pop then add the cumin seeds, ginger, curry leaves, turmeric and asafoetida and sauté for 20 secs. Add the beetroot, carrot, coriander stalks and stir. Add the lid and cook on a low-moderate heat for 10-15 mins, stirring occasionally.

When the mixture is starting to caramelize and stick to the pan, add the salt as this will help draw moisture out of the beetroot and carrot and simmer for a few more minutes. Next add 3 cups of boiling water (or enough to cover the veggies). Bring to the boil and simmer half covered for 5-10 mins or until the beetroot and carrot is tender. Add the tamarind pulp and stock.

In a separate pot heat a small amount of ghee and fry the rasam churna until lightly roasted then add it to the rasam. Rinse the pot clean with some of the stock and add it back into the pot. Finish with fresh coriander. Serve with a little rice in the bowl and ladle hot rasam over the rice accompany with flat breads or papadams.

SERVES 4, GLUTEN FREE

Fennel, Millet & Buckwheat Soup

INGREDIENTS:

- ~ 2 tbsp ghee or sunflower oil
- ~ 1 tsp fennel seeds
- ~ 1 tbsp fresh ginger, finely grated
- ~ ½ tsp turmeric powder
- ~ 1 small bunch coriander; stalks finely chopped, leaves roughly chopped
- ~ black pepper to taste
- ~ salt to taste
- ~ 2 tbsp hulled millet
- ~ 2 tbsp buckwheat
- ~ 1 small fennel cut into fine dice 2mm cubes
- ~ 1 med carrot cut the same as the fennel
- ~ 1 celery stalk cut the same as the fennel
- ~ handful of roughly chopped Italian parsley & any fennel or dill tips if you have

METHOD:

Soak the grains for 2-3 hours or longer if convenient. Drain off the water and wash the grains several times until the water runs clear. Add 5 cups of water and bring the grains to the boil uncovered. Remove any scum that forms on the surface and discard. Add the ginger, turmeric and salt to taste.

Heat the ghee (ghee is preferable for this soup) or oil in a large pan over moderate heat. Add the fennel seeds and fry gently, add the diced vegetables and stir through well. Add the lid and cook on a low-moderate heat for 10-15 mins, stirring occasionally. When the vegetables are starting to caramelize and stick to the pan and they have a beautiful sweet aroma, add the wholegrain broth and stir well. Bring to the boil and simmer, half covered, for 5-10 mins until the vegetables and grains are soft. When done, add the coriander, parsley, pepper and additional salt if needed to taste. Adjust the consistency with a little boiled water if required.

The soup should be a soupy broth, nice and light. Use less water for a more hearty soup or add some fine diced potato part way through. Excellent served with besan omelets or moong daal and rice flour pancakes, drizzled with a little warm ghee.

NOTE: For a heartier meal, add moothia or pumpkin and daal balls and simmer until the balls become dumplings or shred some moong daal pancakes through the soup (like noodles).

SERVES 4, GLUTEN FREE

Moong & Rice Flour Pancakes

INGREDIENTS:

- ~ *Ghee or sunflower oil for frying*
- ~ *1 tbsp sunflower oil*
- ~ *¼ tsp asafoetida powder*
- ~ *1 tsp ground cumin*
- ~ *1 tsp ground coriander*
- ~ *½ tsp turmeric powder*
- ~ *½ tbsp fresh ginger, finely grated or ½ tsp ground dry ginger*
- ~ *½ cup moong daal flour*
- ~ *½ cup rice flour*
- ~ *water to make a batter approx 1 ½ cups*
- ~ *5ml bunch coriander leaves, finely chopped*
- ~ *salt to taste*

METHOD:

Make a batter with water, 1tbsp of oil and the flours to resemble pancake consistency. Add all of the spices, fresh coriander, and season with salt to taste.

Heat a pan suitable for making pancakes to a moderate heat and add a little oil or ghee, ladle in the desired amount of mixture and cook until the top surface becomes dry. Sprinkle with a little oil and turn over then cook until the underside is starting to brown. Remove onto a plate or food warmer and cover to keep warm while cooking the remaining pancakes.

Serve as is with coconut chutney for a light meal or have as an accompaniment to soups, daals or subjis. You can finely slice left over pancakes into the fennel, millet and buckwheat soup (for a noodle effect) or reheat in a pan for breakfast!

NOTE: If you season a cast iron pan with salt and oil and keep it especially for the task, you will not need oil to start. If using non-stick pans discard pan if any sign of deterioration to the cooking surface.

MAKES APPROX 12 PANCAKES, GLUTEN FREE

Roasted Peanut Chutney

INGREDIENTS:

- ~ ½ tbsp cumin seeds
- ~ ½ tsp black mustard seeds
- ~ 6 curry leaves
- ~ 4 tbsp ghee
- ~ 5ml bunch coriander; stalks finely chopped, leaves roughly chopped
- ~ ½ kg raw peanuts, skin on
- ~ ½ cup tamarind dried, soaked in 3 cups boiling water
- ~ boiling water to adjust consistency
- ~ salt to taste

METHOD:

Dry roast peanuts in their skin until they change colour to a deep dark red, being careful not to burn the skins. Remove a few peanuts and allow to cool then taste to check the roasting process is complete. Remove from the pan and allow the peanuts to cool slightly.

Strain the tamarind through a sieve and reserve the liquid then push the pulp through into a separate bowl. You should have approx 2 tbsp of pulp. In a food processor, blend the peanuts, tamarind pulp and 2 cups of tamarind juice until the consistency is of a thick peanut butter, using extra boiled water if necessary. Adjust the taste with any remaining tamarind juice. In a separate pan heat the ghee and sauté the mustard seeds until they pop, add the cumin seeds and curry leaves then add this spice mix to the blender, along with some salt and the fresh coriander.

Blend until smooth. Serve with freshly cooked chapattis or papadums.

GLUTEN FREE

Daikon, Cucumber & Fennel Salad

INGREDIENTS:

- ~ 1 large fennel bulb cut into fine matchstick length strips
- ~ 2 small cucumbers cut the same way as the fennel
- ~ 1 daikon radish cut the same way as the fennel
- ~ 2 tbsp light sesame oil
- ~ 1 tbsp umeboshi vinegar

METHOD:

Combine all of the ingredients into a bowl and toss through.

Place in a nice serving bowl and serve as an accompaniment.
This salad goes well as a side salad to aid digestion with most meals.

SERVES 4, GLUTEN FREE

Vata Cookies

INGREDIENTS:

- ~ 1 cup wholemeal flour
- ~ 1/2 cup ghee (or melted butter)
- ~ 3 tbsp ground jaggery or brown sugar (unrefined)
- ~ a pinch of salt
- ~ 1/4 tsp baking powder dissolved in a little boiled water
- ~ 1/2 tsp freshly ground cardamom seeds

METHOD:

Preheat the oven to 180°C.

Sift the flour. Add the salt, cardamom and sugar and mix through with your finger tips.

Add the ghee and dissolved baking powder to form a dough and knead lightly (adjust with flour or ghee if necessary to get the right 'cookie dough' consistency). Roll the dough into a cylinder and wrap with baking paper. Twist the ends to form a round shape like a Christmas cracker. Place in the fridge or freezer to set.

When firm enough to cut, remove from the wrapping and cut into round discs, approximately 2.5 cm thick. Place on a tray lined with baking paper and bake for approximately 12 mins or until light brown.

Remove from the oven and allow to cool. They will firm up as they cool down. Store in an airtight container (if they make it that far!!). Enjoy with a warm cup of chai.

MAKES APPROX 12 COOKIES

Sticky Rice & Date Pudding

INGREDIENTS:

- ~ 2 *tbsp ghee*
- ~ 1 *tsp ground cardamom*
- ~ 2 *tsp rosewater*
(optional)
- ~ 2 *cups rice crumbs*
- ~ 1 *cup desiccated coconut*
- ~ 4 *cups of water*
- ~ 25 *pitted dates*
- ~ 5-6 *tsp jaggery or unrefined sugar*

METHOD:

Pop the dates into a saucepan with the 4 cups of water and bring to the boil. Once boiled, turn off the heat, set aside and add the jaggery and rose water.

In a frying pan, dry roast the rice crumbs and coconut over a medium-low heat (stirring well to prevent burning) until they turn a light brown colour with a slightly nutty aroma. This will take about 3-4 mins. You must be patient as the roasting process is key to a wonderful flavoured pudding!

Transfer the crumbs and coconut to a deep-sided pot and add the ghee, stirring through until completely melted. You can toast the grains a little more if you like. Remove the pot from the heat and carefully add the hot date liquid. This will sizzle and spit so take care not to burn yourself! Return to the heat and stir with a whisk; stirring well to ensure no clumps have formed.

Cook slowly over the heat for 2-3 mins. The consistency should be like thick porridge. Add water or a few more rice crumbs to adjust the consistency if required. Add the freshly ground cardamom and mix through then set aside with a lid on to allow the grain to hydrate fully.

Turn the pudding out into serving dish and spread evenly, sprinkle with desiccated coconut for a garnish. Allow to cool slightly before serving.

Spoon into small dessert bowls, serve with chai or after a meal as dessert. Great warm with butterscotch sauce. Best kept at room temperature, however it will firm up more under refrigeration as the ghee solidifies.

SERVES 8-10, GLUTEN FREE

Ginger Chai

INGREDIENTS:

- ~ 3 tsp fresh ginger, finely grated
- ~ 1/4 tsp ground cardamom
- ~ 3 tsp raw sugar (unrefined) or jaggery
- ~ 1 cup water
- ~ 1 cup unhomogenised organic/biodynamic milk
- ~ 3 tsp black tea

METHOD:

Bring the milk and water almost to the boil in a saucepan. Remove from the heat and add the ginger and black tea and leave to stand for 3 mins. Add the sugar/jaggery and cardamom and then pour through a strainer. Serve hot.

Fresh ginger is the best spice for promoting good digestion.

SERVES 2, GLUTEN FREE

THE AYURVEDIC KITCHEN

FOOD THAT NOURISHES BODY, MIND AND SPIRIT

With Chef Stephen Galpin

By Stephen Galpin, Nadia Marshall & Kester Marshall

“The Ayurvedic Kitchen” is a vegetarian cookbook based on the Ayurvedic principles of good digestion, inspired by our travels through India, our retreats, workshops and our own joyful relationships with food....

The 88 sublime recipes cover breakfast, lunch, dinner, sweets and snacks, drinks and accompaniments. The large majority are gluten free and all can be adapted for people with lactose/dairy intolerances or for vegans.

The recipes are all sattvic (supporting a peaceful mind), tridoshic (suitable for all constitutions) and are designed to support balanced agni (building a strong digestive fire).

The cookbook also contains information on building a nourishing relationship with food, eating ayurvedically, the medicinal qualities of spices, shopping advice and inspiring quotes from Stephen.

“Food that nourishes our body, mind & spirit is prepared with love. Allow food to become your best friend; one that nourishes & sustains you. You will spend this life time with food. Slow down & take some time to really get to know it well!” Stephen Galpin

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