

KARMA FOOD

AYURVEDISCH – VEGETARISCH – VEGAN

| | |
|--|-----|
| From India with Love | 4 |
| But first: Chai! | 7 |
| Welcome to the Family | 10 |
| Ayurveda Essentials: Die Lehre des Lebens | 14 |
| INDIAN TAPAS | 18 |
| We started with a potful, now we're here | 61 |
| Die 12 Karma-Food-Mantras | 62 |
| Ayurveda Essentials: Was ist (m)ein Doshha? | 64 |
| Die goldenen Essensregeln für alle Doshas | 67 |
| SATISFYING SOLOS | 68 |
| Ayurveda-Essentials: Agni gut, alles gut | 104 |
| CURRY'S BEST FRIENDS | 106 |
| Ayurveda Essentials: Im Rhythmus der Natur | 122 |
| Story-Teller | 125 |
| PICKLES & CHUTNEYS | 126 |
| Ayurveda-Essentials: 6 Geschmäcker, auf die du zählen kannst | 144 |
| Nimbu Mirchi Totka: DIY-Glücksbringer | 147 |
| SWEETS & SIPS | 148 |
| Ayurveda Essentials: Rituale | 186 |
| MASALAS | 188 |
| Ayurveda Essentials: Das ayurvedische Gewürze-Einmaleins | 202 |
| Spice up your Life! Gewürz-Entscheidungsbaum | 204 |
| Register | 206 |
| Glossar: Indian Kitchen Essentials | 208 |
| Die Karma-Food-Restaurants | 211 |
| Dank | 212 |
| Team | 214 |
| Impressum | 216 |