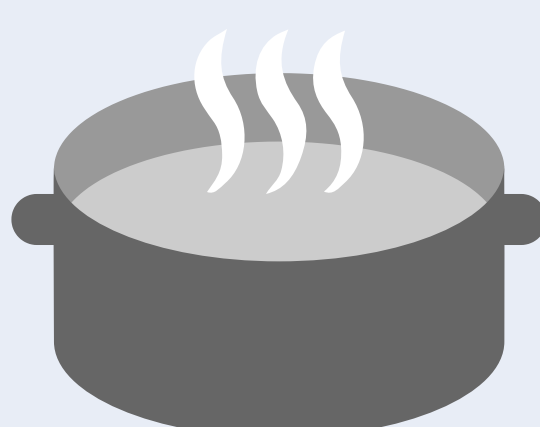


Key Points:

- How you prepare your food not only impacts the taste, it also changes its digestibility and qualities.
- Make adjustments to your diet and preparation based on your doshas and the strength of your digestion.
- Try different cooking methods and observe how you feel. This is the best indicator of what works for your body!

Cooking Method**Cookware****Qualities & Tastes****Moist-Heat**

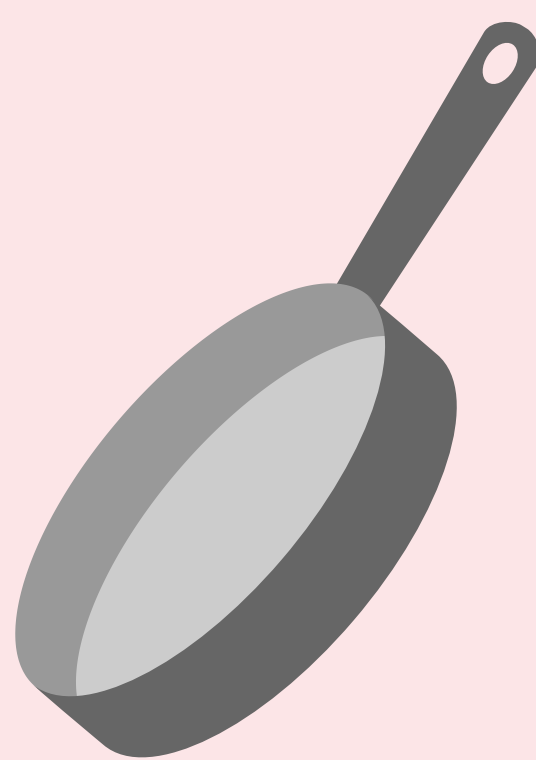
Any time water, liquid, or steam is combined with heat to cook your food, like steaming, boiling, poaching, simmering.



Generally sattvic, balancing for all doshas, and enhances the natural taste and energetics of the food. The qualities are typically moist/wet and light.

Dry-Heat

Cooking to brown or caramelize the food to enhance flavor, typically using air or fat, like roasting, grilling, sautéing, stir-frying, and baking.



Often increases the oily, light, dry, and mobile qualities of foods. Caramelizing increases the sweet taste.

Combination

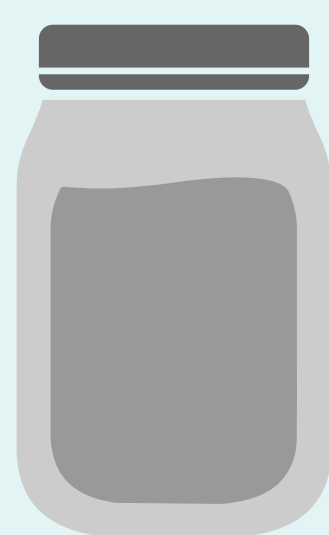
Combining wet- and dry-heat methods, like sautéing rice prior to steaming for a pilaf, or baking bones prior to making bone broth.



The qualities from both cooking methods will be present.

Fermentation

Changes the structure, taste, and qualities of foods. Some fermented foods can stimulate agni.



Increases the sour taste, can increase salty and pungent tastes, depending on prep. Not all fermented foods are compatible for all doshas.

Raw Food Prep

Not traditionally recommended in Ayurveda. Using soaking, sprouting, low-heat cooking methods, and digestive spices can help with digestibility.



Increases the qualities of light, rough, and cold, which can extinguish and deplete the digestive fire. Best to consume minimally and only when agni is strong.