

faction are high on the list for the Haspels in this combination of techniques and recipes for healthy eating. This book is just what the cook—especially the one in the kitchen every day—ordered. (Apr.)

**HEAVEN'S BANQUET: Vegetarian
Cooking for Lifelong Health the Ayurveda Way**

Miriam Kasin Hospodar. Dutton,
\$39.95 (624p) ISBN 0-525-94383-8
“The Ayurvedic meal,” writes Hospodar, “is designed to promote optimum digestion and maximum pleasure.” Indeed, the Indian “life science” of Ayurveda has been ensuring the health of mind, body and spirit for many centuries. Applying ancient philosophical and dietary concepts to contemporary, holistic food preparation, Hospodar has spent over two decades researching and adapting recipes from three continents; the result is a wide-ranging compendium of 750 vegetarian dishes and a storehouse of practical information and advice. Twenty-six chapters, arranged by main ingredient (Grains, Tofu, etc.) and course (Appetizers through Puddings), present flavorful, healthy selections, such as Artichoke-Filo Pie, and Lentil Burgers with Herbed Chèvre Sauce. The recipes are designed to suit each of three body types—Vata, Pitta, Kapha (readers complete a questionnaire to identify their type). Introductory chapters explain the tenets of Ayurveda and offer cookware, seasoning and menu-planning suggestions. Recipes are geared to the fairly proficient cook and, though not specifically low calorie, are often wheat-, milk- and oil-free. Illustrations and an amusingly eclectic assortment of quotations enliven the text, which, although devoted to serious principles, manages to be unfailingly upbeat and enthusiastic. (Apr.)