

THY FOOD



GOURI PATIL



Thy Food

First Edition

Author

Gouri Patil



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For Sales Enquiries:

Contact: +91- 8861511583

E-mail: sales@iiponline.org

Preface

We all know and understand that cooking is the part of our daily life. the essence of our existence.

We cannot survive without food..... But !!! How to treat food, How to look at food, what is the importance of food. Why each and every occasion in our country are tagged with food. The gift of god which is meant to share and care to nurture and nourish, to give the contentment in every kind human beings.....Let's go through the book to gain more knowledge about basics and skills about food.

Sahana vava thu, Sahanav bhunaktu.

Saha vereyam Karavavhai, Tejaswi navadhita mastu, maha vidh
vishawa hai, OM Shanti Shanti Shanti hee.....

“Bonne lecture !”
(Happy Reading)
“Sukha Svadhyaya”.

Acknowledgement

Taking within me the divine memories of our puja Sankars and remembering, the goddess,

“Raja Rajeshwari Mata”

“Annapurneshwari Mata”

“Vishnodevi Mata”.

The graceful blessing of Shri Shri Shri Tiruchi Mahaswamiji and my humble pranams to our guru Shri Jayaendrapuri Mahaswamiji of Kailash Ashrama, Hulkoti.

My forever due respect towards my parents, relatives and all my well wishers. I take this opportunity to share some knowledge about “food” the part and parcel of every human existence.

This book tells you what we need to know and understand about the valueable significance of food, science and psychology of food and some tips to manage cooking as a chef or a cook.

“Good Going”

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ABOUT THE AUTHOR



Gouri Patil, an architect who blurs lines between architecture and literature. Many people know her as a product designer and Lic agent, Hulkoti under the name of kshetragnya services. She has lot of passion towards design and personality of the country which she call it a home. Her mission is to improve my countries identity in the best possible way, shaping not only it's physical structures but also it's culture and aspirations. She is an artist and love painting on canvas, resin art products designer and manufacturer. She has conducted several exhibitions till now at Bangalore and Hulkoti. A softskills trainer and psychologist certified by NABET and ICPEM.



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