



hunger  
hope &  
healing

# AYURVEDA

## Home Kitchen



[www.hungerhopeandhealing.com](http://www.hungerhopeandhealing.com)

# Kitchen Essentials: Equipment

## COUNTER TOP EQUIPMENT

**Crock Pot (or Mini-Crock Pot):** preparing kicherie or other fresh, warm, cooked food

**Hot Water Pot:** for making tea or adding hot water to the crock pot

**Sprouting Jar with Lid:** for sprouting mung beans

## STOVE TOP ESSENTIALS

**Cooking Oils:** ghee, avocado oil, olive oil, sesame oil, sunflower oil

**Cooking Pans:** small size to fry kicherie spices, medium size to saute greens, simmer pot for chai

**Baking or Roasting Pans:** to roast vegetables  
(or use an air fryer oven)

## UTENSILS

**Tea Pot:** for steeping loose leaf tea

**Tea Strainer:** strainer that rests in your tea mug for pouring chai from simmer pot

**Spice Grinder:** AKA coffee grinder or pulsator

(do not use your coffee grinder, the flavors will get mixed together)

**Spice Jars:** purchase spices in bulk, add to spice jars

# Pantry Essentials: Ingredients

## DRY GOODS BASIC INGREDIENTS

### **Rices:**

white basmati, red rice, short-grain brown rice,

### **Breakfast Grains:**

oats, millet, amaranth

### **Legumes:**

split red lentils, mung beans, chana dal, garbonzo beans, brown lentils

### **Nuts + Seeds:**

pumpkin seeds, sunflower seeds, almonds, hazelnuts, flax seeds, hemp seeds

### **Energy Powders:**

cacao, maca powder for making energy treats

### **High Quality Salt**

Celtic salt, Himalayan sea salt, or rock salt

# Flavor Essentials: Spices

## SPICES FOR HEALTH + DIGESTION

**Digestive spices:** turmeric, cumin seeds, cumin powder, coriander seeds, coriander powder, curry powder, black pepper, fennel seeds, black cardamom pods, ginger (FRESH!)

**Digestive Chai Tea spices:** cardamom, cinnamon, anise chips, cloves, ginger chips (dried but not powder), black pepper,

**Optional but helpful:** ajwain seeds, saffron threads

**Salt\*:** rock salt, Celtic salt, or pink sea salt

\***High quality salt** makes a difference in the amount of minerals you absorb and the effect on your hydration and electrolytes.