

# THREE SEASONS AYURVEDA



## The Six-Taste Theory

In Ayurveda, a complete meal is considered to have all the six tastes, and these tastes balance our body, mind, and spirit. These six tastes also stimulate our “Agni” (the digestive fire), which helps transform the foods we eat into energy. The “Six Taste” effect can be achieved through proper food combining and the use of spices, but if you have a teaspoon of the Six Taste recipe, below, before eating, you will be assured good digestive fire and assimilation of nutrients.

### **Jeff's Six Taste Appetizer**

<b>Amount</b>	<b>Ingredient</b>	<b>Taste</b>	<b>Digests</b>	<b>Stage of Digestion</b>	<b>Location</b>
1/2 cup	Sugar	Sweet	Carbs	Alkaline	Mouth
1/2 cup	Water				
1/2 cup	Lime Juice	Sour	Proteins	Acids	Lower Stomach
Pinch	Kosher Salt	Salty	Fats	Bile	Duodenum
2 oz.	Ginger	Pungent	Carbs, Proteins, Fats	Intestinal Enzymes	Small Intestine
2 oz.	Turmeric	Bitter	Carbs, Protein, Fats	Nutrient Absorption	Ileum
	Turmeric	Astringent	Carbs, Proteins, Fats	Liquid Absorption	Colon

### **Procedure:**

1. Peel the ginger and the turmeric, and cut into slices about the width of a quarter.
2. Place 1/2 cup of water and 1/2 cup of sugar in a small pot and heat until clear, which makes a simple syrup.
3. Blanch the turmeric for five minutes in the simple syrup; remove from the syrup and allow to cool, and repeat the process with the ginger.
4. Mix the 1/2 cup of lime juice into the simple syrup, bring to a boil, and reduce by 1/2 until a light syrup is formed. Let cool.
5. Slice (julienne) the blanched ginger and turmeric into thin strips, mix together, and place in an airtight container.
6. Mix the sweetened lime syrup back into the turmeric and ginger.
7. Sprinkle a pinch of salt on top of one teaspoon of this mixture and take before meals.



Jeff Perlman is a Clinical Ayurvedic and Pancha Karma Specialist with advanced accreditation in Pulse Diagnosis, Massage and Marma Therapies and Herbology. A professional member of the National Medical Association, a Certified Iyengar Yoga instructor, Certified IAYT Yoga Therapist and Cordon Bleu Chef ~ [www.threesesonsayurveda.com](http://www.threesesonsayurveda.com) ~ 310-339-8639