

Correct method of cooking a meal

(Conducts to follow from cooking to serving meals)

Preface

This Spiritual Text elucidates the harm caused by some appliances that are used for cooking food (For example, Microwave oven), conducts related to substances used in food (For example, not buying cooking oil on a new moon day), conducts related to substances used in cooking and those related to cooking food (For example, women should not break a coconut), reason why an individual cooking food should have love and bhāv (Spiritual emotion) towards God, reason why Shrī Annapūrṇādevī should be remembered, etc.

We pray at the Holy feet of Shrī Guru, that may everyone have the intellect to chant God's Name and pray while performing acts related to cooking. - **Compiler**

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