

Published based on [How to Make a Chaunce \(Cooking Your Ayurvedic Spices\) by Elaine Dodson](#)

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<http://www.AyurvedicCookingClasses.com> - This video features Elaine Dodson, Ayurvedic Vegetarian Chef teaching how to make a chaunce (cooking your Ayurvedic Spices). Visit her website for the recipe.

[jwplayer file="http://www.youtube.com/watch?v=KKcSwPIxL9I"]

You can also find this article published on [How to Make a Chaunce \(Cooking Your Ayurvedic Spices\) by Elaine Dodson](#), and on the tag pages [Ayurvedic Vegetarian Chef](#), [Elaine Dodson](#).