



The Spices of Life

Troth Wells

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Love potions, cures for toothache or flatulence, tasty flavoring - spices have been a pungent presence down the ages. Long before Peter Piper picked his peck of pickled pepper, the Queen of Sheba sent spices to King Solomon and Emperor Nero burned Rome's annual supply of cinnamon at his wife's funeral. It's hard to imagine how these berries, seeds and barks once unleashed ferocious passion in European adventurers who fought tooth and claw to control the spice trade, causing chaos in the lives of people in the South.

Spices still fascinate us... the way a pinch of chili powder zips a sober bean casserole into a hot experience-or how the scent of cinnamon wafting from a bakery triggers the appetite.

The Spices of Life brings over 100 delicious recipes from Africa, Asia, Latin America and the Middle East using favorite spices like cloves, nutmeg, chilies, and pepper, as well as some less familiar ones. It comes complete with a Spice Guide to introduce the flavorings and give advice on how to use them. With some of the brightest foods from around the world, The Spices of Life is a great way to pep up your cooking.

Over 100 easy-to-follow recipes from around the world A brief note on foods, cultures or countries with each recipe Illustrated spice guide Food facts Full-color photographs History of spices Glossary of foods Clear step-by-step cooking method Recipes fully adapted for you to cook at home Vegetarian section as well as meat and fish

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Van Gee:

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Jack Alexandre:

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