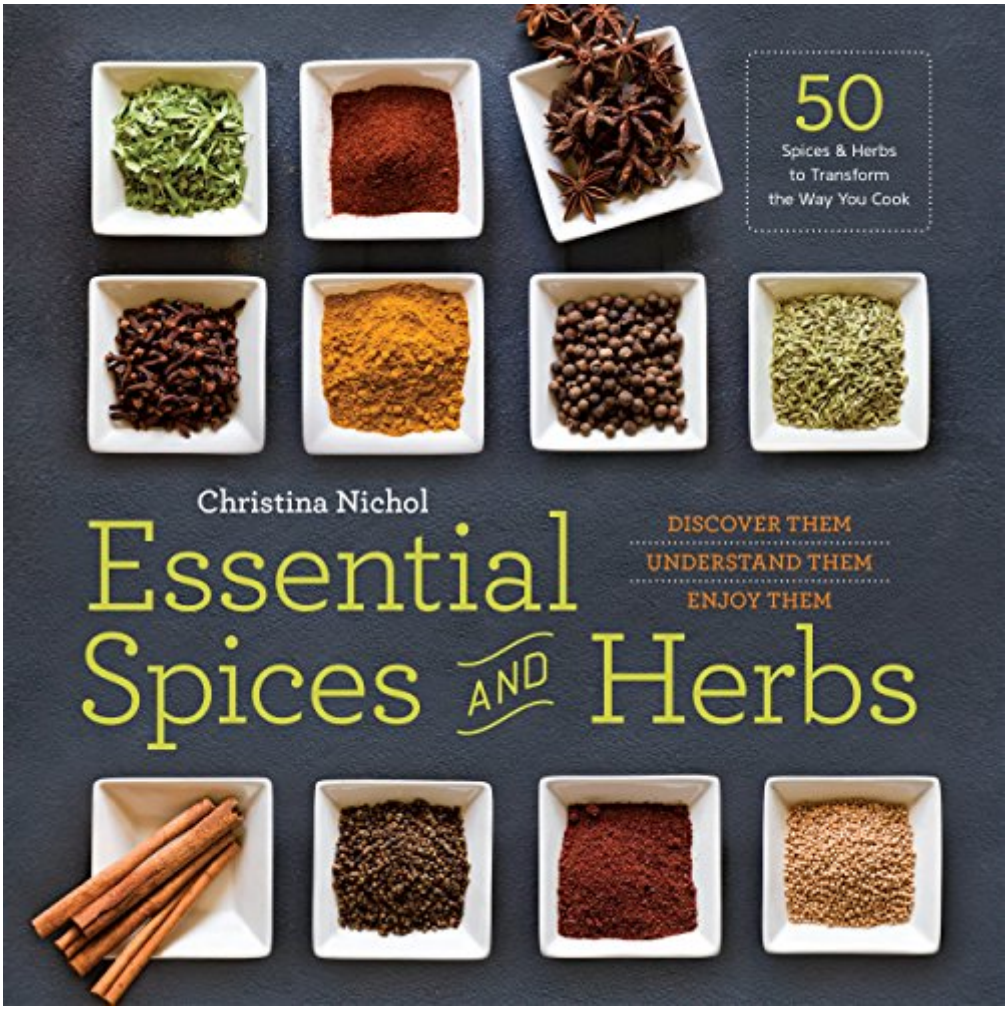
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Essential Spices And Herbs: Discover Them, Understand Them, Enjoy Them



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Synopsis

50 Herbs and Spices That Will Transform the Way You Cook The key to becoming a skilled home cook isnÃ¢â ¬â„¢t about tracking down the perfect recipes or mastering the techniques of professional chefs. It lies in understanding the vast world of flavor, one that can be difficult to navigate. Essential Spices and Herbs introduces you to the 50 must-know herbs and spices that will take your cooking to the next level. Detailed profiles of these game-changing flavors for the modern kitchen include pairing suggestions, complimentary foods, and noted health benefits, plus recipes to put them to use. Acquaint yourself with the aromas and flavors of these fundamental herbs and spices, with: Ã¢â ¬Â¢An overview of the healing powers of key herbs and spicesÃ¢â ¬Â¢Over 100 delicious, easy-to-prepare recipes Ã¢â ¬Â¢10 essential spice mixes to quickly add flavor to any dishÃ¢â ¬Â¢A guide to spice and herb combinations by cuisine to celebrate global flavors Ã¢â ¬Â¢Informative tips for buying and storing spices and herbsPart reference, part cookbook, Essential Spices and Herbs will guide you along your journey through the magical world of flavor.Recipes include: Cold Bulgarian Cucumber Soup, Roasted Garlic and Brie, Rosemary Grits, Brown Butter-Sage Sauce with Tagliatelle and Pumpkin, Thyme-Stuffed Baked Tomatoes

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Customer Reviews

This wonderful book shows you the amazing ways to know better about the herbs and spices which we use every day. Each individual herb or spice have pages that includes its picture, history, how can it be used in kitchen, regional star, its healing power, where to buy, how to store it, with which it will get pair with and flavor profile. For each spice they have provided 2 recipes with detailed step by step procedure and also its preparation time, cook time, some tips. To be simple it is a convenient guide for understanding the best things of herbs and spices. I was surprised to learn that a lot of spices has amazing healing power and have more health benefits. This book is well written and it is easy to understand. I'll definitely be using this books information and be recommending it to others!I am glad that I received this book in exchange for an honest and unbiased review. All opinions are my own and are not influenced.

Okay, I've still to study it with more dedication. However, from skipping here to there for meals I found out I am completely dumb when its about what exactly the flavors are made of. It's like 'magic' like this global kitchen you group six spices and I can make a Cajun meal or ten spices and herbs now I've got Indian. I give myself one star when it comes to MY cooking and I describe it as lacking consistency and variety. REALLY, my brother can back me my cooking is MEH. Now its a bit better but I figure I keep practicing and start to measure instead of eye balling it. Now if your naturally good at cooking get this book anyway it's an encyclopedia of awesome! You'll be like Martha Stewart dropping facts. Meanwhile I can float by at 'good' or maybe next time I won't lightly burn things. Totally want to get a tablet so I can view it there and not on this laptop or I can get the book.

I never really learned how to use spices and herbs beyond salt, pepper and bay leaves. I did take Home Ec but hated cooking. Love to sew/quilt but only like to make reservations for dinner! This book explains just about any seasoning. When I eat a dish I like, I always try to find out what seasoning are in it. Then I annotate my book. Ditto for something I don't like. For example, I love Cinnamon toast but please don't add Cinnamon to my chili dishes. Other seasonings I am totally unfamiliar with. Need to try some of them.

I am a beginning cook and have several dried herbs and spices in my cupboard I purchased for a specific recipe. Now what do I do with them? Wait until the expiry date and toss them out? This book has given me ideas on how to use them and, just as importantly, which other herbs and spices with which I can use them. Very helpful for a beginning cook.

For everyone ,I taking care myself ,I don’t want to burden some one, I take care 3 in my family,is a hard work,and sad when you see their bodies to deteriorate to fast,we all going to the same fate, but if we started taking care our bodies,is going to be for long time,I want to enjoy my golden age,ha,ha, example cinnamon helping me prevent diabetes,my family almost everyone had been sick with diabetes,since I taking cinnamon pills,believe or not that helping me,herbs and spices and vegetables are the best for your body and brain,Thelma

This book is a great reference for home cooks and anyone wanting to learn more about spices and herbs. We begin with a general overview of spices and herbs and then get into detail about many of the common (and some not so common) ones. The author provides background information about the spice or herb with detail on how itÃƒÂ¢Ã â ¬Ã â„¢s used in the kitchen, how to buy and store, and information on how it is used regionally. Following each are a couple recipes utilizing that spice or herb. The information provided is generally quite interesting. As someone who loves to cook at home, I learned a lot about how to use (or not to use) spices and herbs. I received this product for free in exchange for my honest and unbiased review.

I really enjoyed flipping through this resource! My family cooks from scratch for most meals, and we are huge on flavor and uniqueness. That being said, this book is a great go-to for all your flavor boosting questions. Not only that, but it has great information on the health benefits of spices and herbs. The layout is easy to read yet comprehensive to any cook- beginner or advanced. I’m excited to try some recipes and this has also given me the confidence to venture out on my own thought up recipes!!! I received this product for free in exchange for my honest and unbiased review.

I cook a lot, at home and like to make meals that are flavorfull and aromatic, and I have been cooking home meals for YEARS for 4 kids, and us adults, and we all love different tastes and smells when it comes to food!I was able to buy this book at a reduced price in return for my honest, unbiased opinion and I am finding it extremely useful. I especially like having it in paperback so that it can sit on the counter in my kitchen for easy use when I need some inspiration.I already grow

basil and mint and some vegetables etc in the summer, but have an entire cabinet full of hers and spices that I really aught to utilize more! This book gives a lot of basic information on the herbs and spices and then intermitently gives recipes, too!I like the recipe for Shrimp Cocktail, which i'd never have expected to find in this book! Russian Borscht is another good one, too! Saffron pistachio ice cream is one I am dying to try out and even though the weather is about to get cold, I don't think I could wait to give it a whirl!Some really surprising finds in this book, and actually I think it is up there in my top 5 cooking related books that I currently own, and I can see it getting a LOT of use in my home.Some pretty photos and some added bonus health benefit facts throughout the book that just flipping through it while chilling out on the couch can make me hungry!I definitely recommend it if you can get yourself a copy! I have revisited this one over and over since it arrived and I am itching to put some of these recipies into action.A real delight.

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