



The Spicy Food Lover's Bible: The Ultimate Guide to Buying, Growing, Storing, and Using the Key Ingredients That Give Food Spice with More Than 250 Recipes from Around the World

Dave DeWitt, Nancy Gerlach

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The first part of the book focuses on the main ingredients that give the world's food its spice: Ginger, Horseradish, Wasabi (The Roots); Chile Peppers and Chile Products (The Pods); Mustard, Black Pepper, and other Peppercorns (The Seeds). Each ingredient is thoroughly examined in terms of its horticulture and history, along with advice on how to grow your own, what forms to purchase, and the best uses for each. In addition, there is a fascinating survey of spicy cuisines around the world - how they developed and how they inter-mingle. Sprinkled throughout the books are boxes and sidebars filled with fascinating food facts and health information, as well as lively anecdotes from the authors' word travels in search of spicy foods. The second part of the book consists of an astonishing range of recipes, from the mildly piquant to the fiery. For example, Moroccan Charmoula (a cilantro-based pesto that's served with fish) and Mango Kuchela (a spicy East Indian relish), South African Cape Curry Powder, Crab-Boil Spice Mix, Mole Poblano, and Creamy Horseradish Sauce, Cracked Black Pepper Sugar Almonds, Gravlax with Creamy Mustard Sauce, Ginger Curry Pumpkin Bisque, Grilled Corn and Chipotle Soup, Pork Vindaloo, Cincinnati Five-Way Chilli, Kung Po Chicken, Tamarind Mint Shrimp Curry, Black Beans and Rice with Cuban Sofrito, Chai Tea, Gingerbread, and even Pfeffernusse cookies. In addition to these and many more, there are "cool down" recipes, to temper hot spices, as well as a series of menus guidelines for putting a spicy meal together so that flavours, colours, and textures, compliment one another.

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