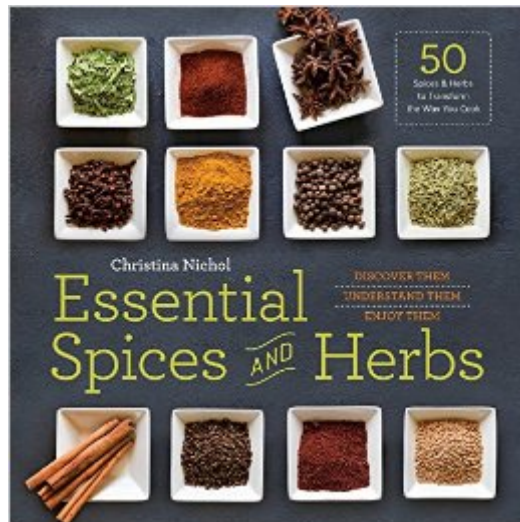


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# Essential Spices And Herbs: Discover Them, Understand Them, Enjoy Them



## Synopsis

50 Herbs and Spices That Will Transform the Way You Cook

The key to becoming a skilled home cook isn'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:

- An overview of the healing powers of key herbs and spices
- Over 100 delicious, easy-to-prepare recipes
- 10 essential spice mixes to quickly add flavor to any dish
- A guide to spice and herb combinations by cuisine to celebrate global flavors
- Informative tips for buying and storing spices and herbs

Part 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

## Book Information

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## Customer Reviews

Im one of those people that love to cook, but still haven't figured out what half these spices are good for. This book has been a lifesaver, it not only has valuable information about them, but great ways to use them or mixing them together. This book is an easy read, and great for those trying to expand their knowledge for spice and herb knowledge. sample provided

I've always been a little scared and timid about using a lot of herbs or spices in my dishes because I didn't really know what would pair well with certain dishes or even other spices. This book helps to quell those nerves and with great detail explains how and what to use. It explains the differences between spices & herbs (like spices tend to be more concentrated vs herbs). It also gives great tips like how to arrange spices, either alphabetically like most might or by cuisines you would use them in. I liked that it also included how to properly store your herbs & spices and tips on how to grow your own fresh herbs. The following three chapters are separately dedicated to spices, herbs & how to make blends of spices. They each detail on what complements and pairs well with the spices & herbs so you never have to worry if you're making the wrong combinations..definitely a huge relief for me. I think this is a great book for novices & experts and is a definite must have for anybody who loves making tasty home-cooked meals! \*I received this book for free for my fair & honest review\*

I love to cook and I love to experiment with flavor profiles but when it comes to herbs and spices I get a little nervous. Why? Because seasoning foods is the easiest way to enhance a recipe or destroy it entirely. I'm often either too heavy handed when adding spice/herbs or I don't add enough and the food ends up tasting bland. Thanks to the Essential Spices and Herbs book, I am hoping this will no longer be a problem at least after a short period of trial and error. What I love about this book is that it features 50 herbs and spices that the author finds essential for cooking. The author starts by explaining the difference between an herb and a spice and then she provides background information on each herb and spice and how they can be used to improve our lives and recipes. For me, this educational portion of the book was extremely helpful because it gives me a better feel for the flavor profile and what to expect from each addition. The book also contains recipes that are pictured beautifully and give a rustic feel. Then again when I think of herbs and spices I think rustic so I guess the two go hand in hand; at least for me! We have been working on cooking at home more often and whenever possible, cooking from scratch. My hope is that as we venture through the fall months and holiday season that we will put this book to good use and better understand a multitude of herbs and spices by the new year. I'm excited to share this book with my sister who went to culinary school and my husband can't wait to try a few of the recipes listed, after visiting a local whole food grocer, this weekend! This is a great addition to our kitchen and is perfect for cooks that deem themselves beginners or advanced. Disclaimer: I received complimentary product to facilitate this review. Regardless, all opinions expressed are still 100% my own.

Reading this book was a real joy! I already knew the difference between herbs and spices. I experiment with flavor a lot. The recipes in this book were ones I had not seen before and I have enjoyed making them. The instructions are very clear and easy to follow. I like that each spice is listed separately and there is a sidebar with information on what it complements and pairs well with. You learn where the spices come from, a little bit of history of the spices and even how they can benefit your health! This book is not just for beginners. I have learned a lot reading it and if you use herbs or spices in your cooking - or want to learn how to use them - I recommend this book. Disclaimer: I received this item for free or at a reduced price in exchange for my honest, unbiased review. All opinions are my own.

I cook a lot, at home and like to make meals that are flavorful 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 herbs and spices that I really ought to utilize more! This book gives a lot of basic information on the herbs and spices and then intermittently 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 recipes into action. A real delight.

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