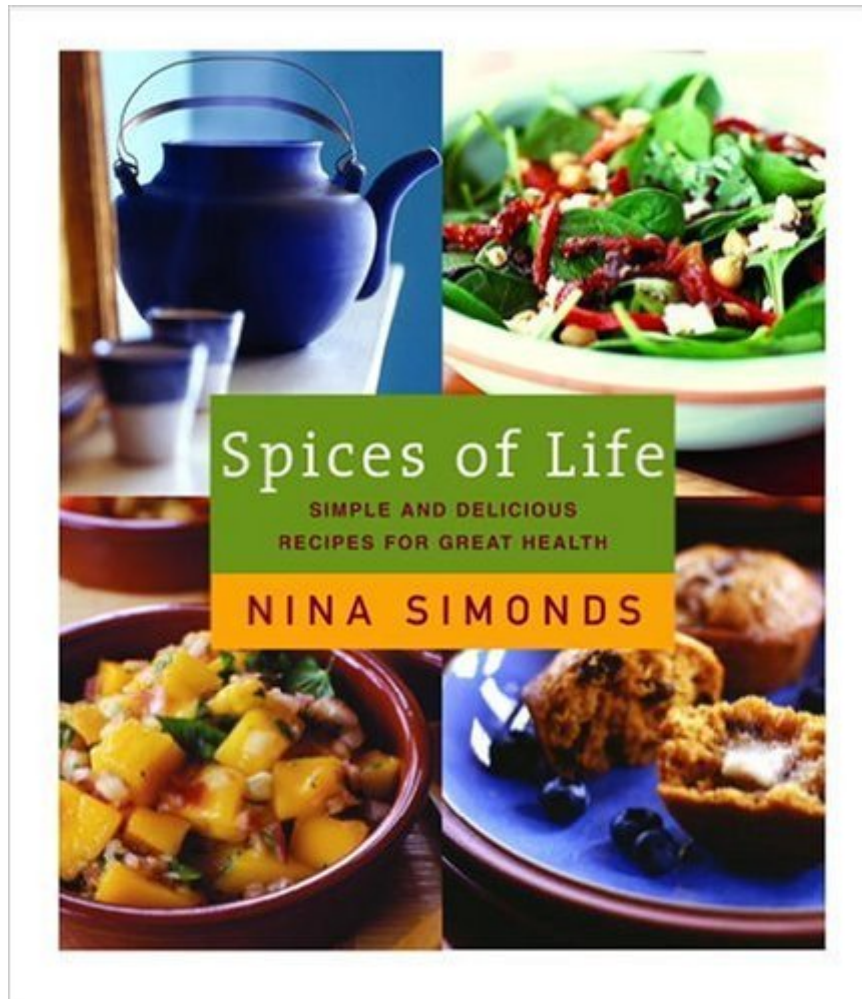


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# Spices Of Life: Simple And Delicious Recipes For Great Health



## Synopsis

In this groundbreaking cookbook, Nina Simonds offers us more than 175 luscious recipes, along with practical tips for a sensible lifestyle, that demonstrate that health-giving foods not only provide pleasure but can make a huge difference in our lives. With her emphasis on the tonic properties of a wide variety of foods, herbs, and spices, this book also brings us up to date on the latest scientific research. In every recipe “gathered from cultures around the world in which good eating is a way of life” Simonds gives us dishes that are both irresistible and have a positive effect on one’s well-being. For example: -Cardamom, a key digestive, subtly seasons her Steamed Asparagus with Cardamom Butter. -Cinnamon, which strengthens the heart and alleviates nervous tension, adds spice to her Fragrant Cinnamon Pork with Sweet Potatoes. -Basil has long been used as a healing salve and in teas. So who wouldn’t feel rejuvenated by a delicious bowlful of Sun-Dried Tomato Soup with Fresh Basil? -Peanuts, which fortify the immune system and lower cholesterol, provide a tasty, crunchy accent in Sichuan Kung Pao Chicken. -Mint, which has many healing properties, from taming muscle spasms to dissolving gallstones, can be relished in Minty Snap Peas accompanying Pan-Roasted Salmon or in a Pineapple Salsa served with Jerk Pork Cutlets. -And peaches give us vitamin C, beta carotene, and fiber. So enjoy them in a wonderful Gingery Peach-a-Berry Cobbler. To help us understand what part these health-restoring foods can play in our lives, Simonds peppers Spices of Life with lively interviews with a variety of experts, including Dr. Jim Duke, who offers anti-aging advice from his Herbal Farmacy; Dr. Andrew Weil, who discusses his latest nutritional findings; and Dr. U. K. Krishna, who explains basic Ayurvedic practices for healthy living. And more. With its delicious, easy-to-prepare recipes and concise health information, this delightful book opens up a whole new world of tastes for us to enjoy every day and to share with family and friends.

## Book Information

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## Customer Reviews

'Spices of Life' by notable cookbook author, Nina Simonds is a 'high end' cooking for health recipe sampler similar to those done by Kathleen Daelemans and Andrew Weil / Rosie Daley, with the added attraction of a strong dose of Asian holistic medical lore. This is a very liberating book in that a quick run through the recipes gives one the sense that if we make and eat these recipes, there is nothing of which we are depriving ourselves. And, unlike a similar collection of 'healthy' recipes from the Mediterranean, most of these recipes have exotic tastes of ginger, fish sauces, tamarind, Kaffir lime, lemongrass added to the strong but familiar tastes of garlic and chilis. All this is backed by the strong assurance arising from the Alfred A. Knopf cookbook publishing team, headed by the renowned culinary editor, Judith Jones, the midwife of great cookbooks from Julia Child, Marcella Hazan, and Lydia Bastianich. All this means is that the book is very attractive to look at and enjoyable to read. It also means that the selection of recipes is a lot broader than you may find in the average healthy eating cookbook. They all shout exceptions to the playful quote from New Yorker food writer, Calvin Trillin who says 'Health Food makes me sick.'. I confess that I often find myself agreeing with Herr Trillin on this point, as I do with most of his observations. The chapters in this book are: 'Something to graze on' with recipes for snacks plus lots of advice on the belief that eating little but often is a very good idea. Recipes include soybeans, vegetables and dips, pickled carrots and glazed onions.

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