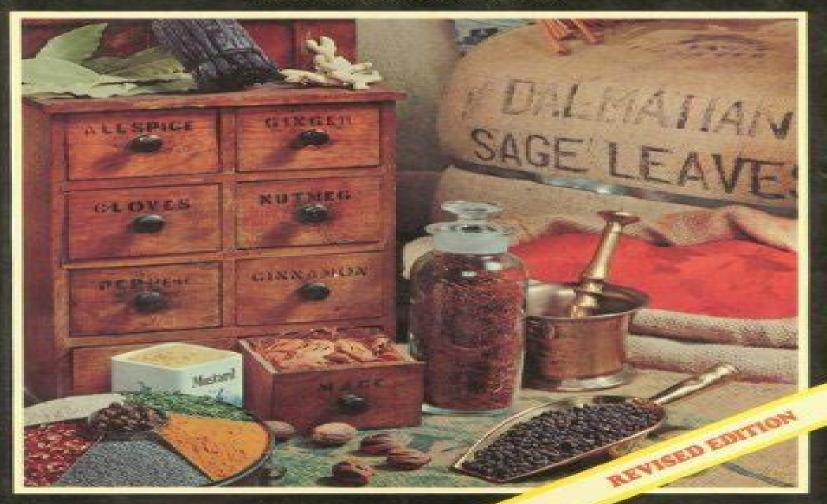
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RECIPES FROM THE SIMPLE TO THE EXOTIC TESTED IN THE KITCHENS OF McCORMICK



Mccormick Spices Of The World Cookbook

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immediately conjures the comforts of Italian food curry is synonymous with Indian flavor and the fire of chili peppers ignites the cuisine of Latin America Spices are often the overlooked essentials that define our greatest eating experiences In this global history of spices Fred Czarra tracks the path of these fundamental ingredients from the trade routes of the ancient world to the McCormick's brand's contemporary domination of the global spice market Focusing on the five premier spices black pepper cinnamon nutmeg cloves and chili pepper while also relating the story of many others along the way Czarra describes how spices have been used in cooking throughout history and how their spread has influenced regional cuisines around the world Chili peppers for example migrated west from the Americas with European sailors and spread rapidly in the Philippines and then to India and the rest of Asia where the spice quickly became essential to local cuisines The chili pepper also traveled west from India to Hungary where it eventually became the national spice paprika Mixing a wide range of spice fact with fascinating spice fable such as giant birds building nests of cinnamon Czarra details how the spice trade opened up the first age of globalization prompting a cross cultural exchange of culinary technique and tradition This savory spice history will enliven any dinner table conversation and give that meal an unforgettable dash of something extra Publishers' Trade List Annual ,1979 The Healing Powers of Herbs and Spices Cal Orey, 2020-12-29 Boost your immune system with antioxidants lower your risk for the flu cancer diabetes heart disease and more with ordinary everyday ingredients you can find at home and make healthy green choices in today s fast changing world Anise bay leaf garlic parsley turmeric and more for thousands of years herbs and spices have been praised for preserving and flavoring food as well as preventing and curing illnesses. The latest research reveals that the seasonings already in your pantry or easily found fresh in your supermarket or garden can lower your risk for cancer heart disease and obesity This A to Z guide catalogues the most popular and versatile herbs and spices drawn from the Mediterranean Diet but suitable for any diet plan You will learn how to harness herbalism to heal your body and mind Discover how to use nature s gifts including allspice chives fennel oregano pepper tarragon saffron and special blends like Herbes de Provence to Bring abundant zest to your table while lowering your cholesterol balancing your blood sugar and revving up your metabolism at any age Ward off colds and flu banish a hacking cough and even ease PMS or menopause woes by adding tasty plant therapy to your favorite food or drink Lessen your anxiety and boost your mood with aromatic natural ingredients found in dried and fresh flavorings Soothe aches and pains without harmful side effects and trigger feel good endorphins using sweet and savory garnishes including edible flowers Create in home spa treatments using the same herbal potions featured at luxury spa resorts Caraway Breadsticks anyone How about Cilantro Lime Slaw Herbal Greek Bean Soup or Roasted Paprika Cornish Hens With over 50 taste tempting recipes along with personal stories and fascinating historical anecdotes on medicinal uses dating back to biblical times The Healing Powers of Herbs and Spices is your go to guide to embracing limitless energy and healthy longevity while feasting on memorable meals full of aroma and deliciousness Includes 16 pages of color photos **English Language Cookbooks**,

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