

Spice The History Of A Temptation

Culinary herbs and spices have been recognised globally for their dietary and medicinal uses for centuries. A growing body of research is acknowledging their health-promoting properties as well as their therapeutic potential with reference to a number of chronic non-communicable diseases including cancer and type 2 diabetes. The aim of this book is to bring together current knowledge of thirty of the most commonly used culinary herbs and spices globally in an accessible dictionary format. For each culinary herb or spice the following is covered: origin and history of use, including their use in food preservation and for medicinal purposes; nutritional composition; chemistry; sensory properties; adulteration; current and emerging research concerning their bioactive properties and their health promoting and therapeutic potential; safety; and adverse effects. The book is a central source of information for those who have a general interest in these foods, are studying plant and food science and nutrition, and who practice or have an interest in the culinary arts.

Gray Delacroix has dedicated his life to building his very successful global spice empire, but it has come at a cost. Resolved to salvage his family before it spirals out of control, he returns to his ancestral home to save his brother and sister before it's too late. As a junior botanist for the Smithsonian, Annabelle Larkin has been charged with the impossible task of gaining access to the notoriously private Delacroix plant collection. If she fails, she will be out of a job and the family farm in Kansas will go under. She has no idea that in gaining entrance to the Delacroix world, she will unwittingly step into a web of dangerous political intrigue far beyond her experience. Unable to deny her attraction to the reclusive business tycoon, Annabelle will be forced to choose between her heart and loyalty to her country. Can Gray and Annabelle find a way through the storm of scandal without destroying the family Gray is fighting to save?

An A to Z Catalog of Innovative Spices and Flavorings Designed to be a practical tool for the many diverse professionals who develop and market foods, the Handbook of Spices, Seasonings, and Flavorings combines technical information about spices—forms, varieties, properties, applications, and quality specifications — with information about trends, spice history, and the culture behind their cuisines. The book codifies the vast technical and culinary knowledge for the many professionals who develop and market foods. While many reference books on spices include alphabetized descriptions, the similarity between this book and others ends there. More than just a list of spices, this book covers each spice's varieties, forms, and the chemical components that typify its flavor and color. The author includes a description of spice properties, both chemical and sensory, and the culinary information that will aid in product development. She also explains how each spice is used around the world, lists the popular global spice blends that contain the spice, describes each spice's folklore and traditional medicine usage, and provides translations of each spice's name in global languages. New to this edition is coverage of spice labeling and a chapter on commercial seasoning formulas. Going beyond the scope of most spice books, this reference describes ingredients found among the world's cuisines that are essential in providing flavors, textures, colors, and nutritional value to foods. It explores how these ingredients are commonly used with spices to create authentic or new flavors. The author has created a complete reference book that includes traditionally popular spices and flavorings as well as those that are emerging in the US to create authentic or fusion products. Designed to help you meet the challenges and demands of today's dynamic marketplace, this book is a complete guide to developing and marketing successful products.

Why is it that pepper and certain foods go together so perfectly? (Think steak au poivre, black pepper crisps, cream cheese and black pepper, or even strawberries and black pepper.) Christine McFadden's evocative collection of recipes from around the world are geared to modern lifestyles and informal eating, inspiring the imagination with unusual ways of using pepper - in cakes and desserts for example - reminding us of pepper's traditional use in pickles and preserves, in sauces and soups, curries and stews. A vivid first-hand description of the pepper gardens and spice markets of Kerala and a fascinating account of pepper's role in shaping history, provide a colourful backdrop to the serious business of cooking with and tasting pepper.

The scent of oregano 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.

Silk, Scents & Spice, the DVD retraces the world's great trade routes of silk, spice and incense in geographical journeys across the steppes, deserts, mountains and oceans of Asia, Europe and the Far East, recalling their glorious past and documenting the legacy of art, architecture and religion they left behind them.

A true tale of high adventure in the South Seas. The tiny island of Run is an insignificant speck in the Indonesian archipelago. Just two miles long and half a mile wide, it is remote, tranquil, and, these days, largely ignored. Yet 370 years ago, Run's harvest of nutmeg (a pound of which yielded a 3,200 percent profit by the time it arrived in England) turned it into the most lucrative of the Spice Islands, precipitating a battle between the all-powerful Dutch East India Company and the British Crown. The outcome of the fighting was one of the most spectacular deals in history: Britain ceded Run to Holland but in return was given Manhattan. This led not only to the birth of New York but also to the beginning of the British Empire. Such a deal was due to the persistence of one man. Nathaniel Courthope and his small band of adventurers were sent to Run in October 1616, and for four years held off the massive Dutch navy. Nathaniel's Nutmeg centers on the remarkable showdown between Courthope and the Dutch Governor General Jan Coen, and the brutal fate of the mariners racing to Run--and the other corners of the globe--to reap the huge profits of the spice trade. Written with the flair of a historical sea novel but based on rigorous research, Giles Milton's Nathaniel's Nutmeg is a brilliant adventure story by Giles Milton, a writer who has been hailed as the "new Bruce Chatwin" (Mail on Sunday).

Provides the history and anecdotes about what people eat, drink, and inhale for pleasure

A richly detailed chronicle of the history of pepper describes its role in bringing Westerners to Asia, tracing the extraordinary voyages, exotic adventures and brutal violence that marked its early trade. 35,000 first printing.

Spices are universally recognized as a source of flavor and aromatics, but in cultures around the world, these plant parts have a long history as source of medicine. In Spice Apothecary, author Bevin Clare combines her training in herbalism and nutrition to inspire a return to the kitchen spice cabinet for better health and healing. Focusing on 19 common culinary spices that are easy to source and prized for their flavor, this practical guide highlights each spice's role in supporting wellness goals and delivers creative and impactful ways to incorporate key health-boosting spices into everyday life. To bolster the immune system, chili, garlic, ginger, and mustard are best. Celery seed, parsley, and sage support kidney function, while the respiratory system benefits most from ginger, mint, and thyme. Learn the best way to harness each spice's medicinal power, the proper way to store spices, and how to determine your daily dose. Then, prepare customized dried spice blends

and use them in delicious dips, soups, sauces, and even sweets that deliver flavor and healing. This publication conforms to the EPUB Accessibility specification at WCAG 2.0 Level AA.

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 Pharmacy; 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.

The demand for spices in medieval Europe was extravagant and was reflected in the pursuit of fashion, the formation of taste, and the growth of luxury trade. It inspired geographical and commercial exploration, as traders pursued such common spices as pepper and cinnamon and rarer aromatic products, including ambergris and musk. Ultimately, the spice quest led to imperial missions that were to change world history. This engaging book explores the demand for spices: why were they so popular, and why so expensive? Paul Freedman surveys the history, geography, economics, and culinary tastes of the Middle Ages to uncover the surprisingly varied ways that spices were put to use—in elaborate medieval cuisine, in the treatment of disease, for the promotion of well-being, and to perfume important ceremonies of the Church. Spices became symbols of beauty, affluence, taste, and grace, Freedman shows, and their expense and fragrance drove the engines of commerce and conquest at the dawn of the modern era.

In the ancient Egyptian temple of Dayr al-Bahri is the earliest surviving representation of a merchant fleet. Dated to around 1495 BC, rows of hieroglyphs record that the pharaoh Queen Hatshepsut sent the fleet 1900 miles south to the land of Punt, a mysterious kingdom somewhere in the Horn of Africa, whence it returned in triumph with a priceless cargo of cinnamon. Yet cinnamon never grew there, it comes from the islands of Southeast Asia, the scarcely credible conclusion is that by 1500 BC there was a trade in cinnamon from one side of the Indian Ocean to the other. At some unknown place, the long-forgotten merchants of Punt acquired the spice, and then resold it for the use of the embalmers, cosmeticians, priests, gods and god-kings of the Nile.

Adventurous cooks, curious foodies, and fans of spicy recipes. Break new ground with this spice book like no other. Explore the world's best spices, discover why certain spice mixes work, and how to use spices creatively. Be inspired to make your own new spice blends, and take your cooking to new heights. The Science of Spice will help you understand the practical science behind the art of cooking with spices. If you've ever wondered what to do with that unloved jar of sumac, why some spices taste stronger than others, or how to make your own personal garam masala, this inspirational guide has all the answers. Spice sets out the science behind the flavours and helps you choose, with greater confidence and intuition, how to use spices that perfectly complement each other. Spice profiles - organised by their dominant flavour compound - showcase the world's top spices, with recipe ideas, information on how to buy, use, and store, and more in-depth science to help you release the flavours and make your own spice connections, as well as a selection of recipes using innovative spice blends designed to brighten your palate and inspire your own culinary adventures. The Science of Spice is an indispensable kitchen companion that home cooks will turn to time and time again to learn and innovate.

A stunning and definitive spice guide by the country's most sought-after expert, with hundreds of fresh ideas and tips for using pantry spices, 102 never-before-published recipes for spice blends, gorgeous photography, and breathtaking botanical illustrations. Since founding his spice shop in 2006, Lior Lev Sercarz has become the go-to source for fresh and unusual spices as well as small-batch custom blends for renowned chefs around the world. The Spice Companion communicates his expertise in a way that will change how readers cook, inspiring them to try bold new flavor combinations and make custom spice blends. For each of the 102 curated spices, Lev Sercarz provides the history and origin, information on where to buy and how to store it, five traditional cuisine pairings, three quick suggestions for use (such as adding cardamom to flavor chicken broth), and a unique spice blend recipe to highlight it in the kitchen. Sumptuous photography and botanical illustrations of each spice make this must-have resource as beautiful as it is informative.

A lighthearted chronicle of how foods have transformed human culture throughout the ages traces the barley- and wheat-driven early civilizations of the near East through the corn and potato industries in America.

Cloves and nutmeg are indigenous to the Spice Islands of Eastern Indonesia. The book tells of the many uses of these exotic spices and the history of their trade over a period of more than 2000 years. It describes how the Spice trade into Europe came to be dominated by Middle Eastern and Venetian merchants. Backed by the Crowns of Portugal and Spain explorers such as Columbus, Vasco da Gama and Magellan dreamt of sailing directly to the Spice Islands. Much of the story is told through the lives of these historical characters, as well as Sir Francis Drake, Jan Pieterzoom Coen, Pierre Poive and others, lesser known but equally important. The story revolves around the intense rivalry between the Sultans of Ternate and Tidore, their relationship with the Portuguese, Spanish, Dutch and English who at different times occupied the Spice Islands.

In this brilliant, engrossing work, Jack Turner explores an era—from ancient times through the Renaissance—when what we now consider common condiments were valued in gold and blood. Spices made sour medieval wines palatable, camouflaged the smell of corpses, and served as wedding night aphrodisiacs. Indispensable for cooking, medicine, worship, and the arts of love, they were thought to have magical properties and were so valuable that they were often kept under lock and key. For some, spices represented Paradise, for others, the road to perdition, but they were potent symbols of wealth and power, and the wish to possess them drove explorers to circumnavigate the globe—and even to savagery. Following spices across continents and through literature and mythology, Spice is a beguiling narrative about the surprisingly vast influence spices have had on human desire. Includes eight pages of color photographs. One of the Best Books of the Year: Discover Magazine, The Christian Science Monitor, San Francisco Chronicle

A book that celebrates spices, and the integral ways in which they shape what we eat. Throughout a career spanning thirty years, well-known food critic and writer (and little-known collector of spice-grinders of eclectic origin), Marryam H.

Reshii has had a relentless love affair with spices. Such has been her passion that she has travelled across the country and to various corners of the world - crushing, grinding, frying and tasting - in a bid to understand every aspect of these magnificent ingredients. The result is *The Flavour of Spice*, a zesty narrative that brings together stories about the origins of spices and how they evolved in the cuisines we know and love; colourful anecdotes gleaned from encounters with plantation owners and spice merchants; and beloved family recipes from chefs and home cooks. From the market yards of Guntur, India's chilli capital, to the foothills of Sri Lanka in search of 'true' cinnamon, and from the hillsides of Sikkim where black cardamom thrives to the saffron markets in the holy city of Mashhad, Iran - this heady account pulsates with exciting tales of travel and discovery, and an infectious love for the ingredients that add so much punch to our cuisines. The ultimate stylish kitchen resource, exploring the history of sixty spices and their uses--a must have for cooks and food lovers alike

A revealing look at the history and production of spices, with modern, no-nonsense advice on using them at home. Every home cook has thoughts on the right and wrong ways to use spices. These beliefs are passed down in family recipes and pronounced by television chefs, but where do such ideas come from? Many are little better than superstition, and most serve only to reinforce a cook's sense of superiority or cover for their insecurities. It doesn't have to be this way. These notes *On Spice* come from three generations of a family in the spice trade, and dozens upon dozens of their collected spice guides and stories. Inside, you'll learn where spices come from: historically, geographically, botanically, and in the modern market. You'll see snapshots of life in a spice shop, how the flavors and stories can infuse not just meals but life and relationships. And you'll get straightforward advice delivered with wry wit. Discover why: Salt grinders are useless Saffron is worth its weight in gold (as long as it's pure) That jar of cinnamon almost certainly isn't Vanilla is far more risqué than you think Learn to stop worrying and love your spice rack.

An exotic saga with the tang of drama in every voyage, *The Spice Route* transports the reader from the dawn of history to the ends of the earth *The Spice Route* is one of history's great anomalies. Shrouded in mystery, it existed long before anyone knew of its extent or alignment. Spices came from lands unseen, possibly uninhabitable, and almost by definition unattainable; that was what made them so desirable. Yet more livelihoods depended on this pungent traffic, more nations participated in it, more wars were fought over it, and more discoveries resulted from it than from any other global exchange. In a bid to discover and exploit the spice route, mankind first passed beyond his known horizons to probe the limits of our planet. Epic was the quest, and in this major new study, epic is the treatment as John Keay pieces together a historical process that spans three millennia and a geographical progression that encircles the world.

Gary Paul Nabhan takes the reader on a vivid and far-ranging journey across time and space in this fascinating look at the relationship between the spice trade and culinary imperialism. Drawing on his own family's history as spice traders, as well as travel narratives, historical accounts, and his expertise as an ethnobotanist, Nabhan describes the critical roles that Semitic peoples and desert floras had in setting the stage for globalized spice trade. Traveling along four prominent trade routes—the Silk Road, the Frankincense Trail, the Spice Route, and the Camino Real (for chiles and chocolate)—Nabhan follows the caravans of itinerant spice merchants from the frankincense-gathering grounds and ancient harbors of the Arabian Peninsula to the port of Zayton on the China Sea to Santa Fe in the southwest United States. His stories, recipes, and linguistic analyses of cultural diffusion routes reveal the extent to which aromatics such as cumin, cinnamon, saffron, and peppers became adopted worldwide as signature ingredients of diverse cuisines. *Cumin, Camels, and Caravans* demonstrates that two particular desert cultures often depicted in constant conflict—Arabs and Jews—have spent much of their history collaborating in the spice trade and suggests how a more virtuous multicultural globalized society may be achieved in the future.

Popular throughout human history, pepper motivated the voyages of discovery and colonization of the planet. Stubbornly hard to grow, pepper is produced by world's working poor, and follows a fascinating path before arriving in our kitchens and on dining room tables. This vivid look at the pepper in your shaker will surprise, tantalize and amaze.

Filled with anecdotes and fascinating information, "a spicy read indeed." (Mark Pendergrast, author of *Uncommon Grounds: The History of Coffee and How it Transformed the World*) The perfect companion to Mark Kurlansky's *Salt: A World History*, *Pepper* illuminates the rich history of pepper for a popular audience. Vivid and entertaining, it describes the part pepper played in bringing the Europeans, and later the Americans, to Asia and details the fascinating encounters they had there. As Mark Pendergrast, author of *Uncommon Grounds*, said, "After reading Marjorie Shaffer's *Pepper*, you'll reconsider the significance of that grinder or shaker on your dining room table. The pursuit of this wizened berry with the bite changed history in ways you've never dreamed, involving extraordinary voyages, international trade, exotic locales, exploitation, brutality, disease, extinctions, and rebellions, and featuring a set of remarkable characters." From the abundance of wildlife on the islands of the Indian Ocean, which the Europeans used as stepping stones to India and the East Indies, to colorful accounts of the sultan of Banda Aceh entertaining his European visitors with great banquets and elephant fights, this fascinating book reveals the often surprising story behind one of mankind's most common spices.

A classic work of magical realism, this bestselling novel by Chitra Banerjee Divakaruni tells the story of Tilo, a young woman from another time who has a gift for the mystical art of spices. Now immortal, and living in the gnarled and arthritic body of an old woman, Tilo has set up shop in Oakland, California, where she administers curatives to her customers. But when she's surprised by an unexpected romance with a handsome stranger, she must choose between everlasting life and the vicissitudes of modern society. Spellbinding and hypnotizing, *The Mistress of Spices* is a tale of joy, sorrow, and one special woman's magical powers. When Simon Majumdar hit forty, he realized there had to be more to life than his stable but uninspiring desk job. As he wondered how to escape his career, he rediscovered a list of goals he had scrawled out years before, the last of which said: Go everywhere, eat everything. With that, he had found his mission -- a yearlong search for the delicious, and curious, and the curiously delicious, which he names *Eat My Globe* and memorably chronicles in these pages. In Majumdar's world, food is everything. Like every member of his family, he has a savant's memory for meals, with instant recall of dishes eaten decades before. Simon's

unstoppable wit and passion for all things edible (especially those things that once had eyes, and a face, and a mom and a pop) makes this an armchair traveler's and foodie's delight -- Majumdar does all the heavy lifting, eats the heavy foods (and suffers the weighty consequences), so you don't have to. He jets to thirty countries in just over twelve months, diving mouth-first into local cuisines and cultures as different as those of Japan and Iceland. His journey takes him from China, where he consumes one of his "Top Ten Worst Eats," stir-fried rat, to the United States, where he glories in our greatest sandwiches: the delectable treasures of Katz's Delicatessen in Manhattan, BBQ in Kansas and Texas, the still-rich po' boys of post-Katrina New Orleans. The meat of the story -- besides the peerless ham in Spain, the celebrated steaks of Argentina, the best of München's wursts as well as their descendants, the famous hot dogs of Chicago -- is the friends that Simon makes as he eats. They are as passionate about food as he is and are eager to welcome him to their homes and tables, share their choicest meals, and reveal their local secrets. Also a poignant memoir, *Eat My Globe* is a life told through food and spiced with Majumdar's remembrances of foods past, including those from his colorful childhood. (Raised in Northern England, he is the son of a fiery Welsh nurse and a distinguished Bengali surgeon.) A captivating look at one man's passion for food, family, and unique life experiences, *Eat My Globe* will make you laugh -- while it makes you hungry. It is sure to satiate any gastronome obsessed with globetrotting -- for now.

Spices are the fastest, easiest way to transform a dish from good to spectacular. In his new book, Lior Lev Sercarz, the country's most sought-after spice expert, shows you how to master flavor in 250 inspiring recipes, each counting on spices to elevate this collection of everyday and new favorites. NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY THE NEW YORK TIMES BOOK REVIEW Spices are the magic ingredient in Lior Lev Sercarz's newest book, *Mastering Spice*, and all it takes is a pinch to bring your meatballs, roast chicken, or brownies to the next level. Owner of New York City spice shop La Boîte, and a professionally trained chef who has cooked at some of the world's most renown restaurants, Lior's simple and straightforward approach showcases how spices and spice blends can take a recipe for chicken soup, meatballs, or brownies into a whole new and exciting direction. Every section begins with a master recipe and technique--then Lior teaches readers how to change the spices or some of the ingredients to get a profoundly different dish than what you began with. By mastering the techniques and playing with the variations, you'll learn how to use spices to become a more creative and intuitive cook, and how spices can endlessly heighten your eating experience.

Stories of the spice trade of the East Indies have long held the imagination. Cloves, nutmeg, pepper, and cinnamon - indigenous to only 15 of the 13,000 islands forming the Indonesian archipelago - were to bring to the Indies a trade that existed for over 2,000 years, and were to change the course of history as nations battled for control of these precious commodities for use as preservatives, flavourings, fumigants, medicines, and perfumes. Carried by outrigger canoes to the East African coast and by camels along the Silk Road from China in the first and second centuries BC, spices led to the rise of the powerful maritime kingdoms of Srivijaya and Majapahit in the archipelago and, in the sixteenth century onwards, to the establishment of trading monopolies and colonial empires as first the Portuguese, followed by the Spanish, Dutch, and English, broke into the lucrative spice trade.

At once familiar and exotic, spices are rare things, comforting us in favorite dishes while evoking far-flung countries, Arabian souks, colonial conquests and vast fortunes. John O'Connell introduces us to spices and their unique properties, both medical and magical, alongside the fascinating histories behind both kitchen staples and esoteric luxuries. A tasty compendium of spices and a fascinating history and wide array of uses of the world's favorite flavors—*The Book of Spice: From Anise to Zedoary* reveals the amazing history of spices both familiar and esoteric. John O'Connell's erudite chapters combine history with insights into art, religion, medicine, science, and is richly seasoned with anecdotes and recipes. Discover why Cleopatra bathed in saffron and mare's milk, why wormwood-laced absinthe caused eighteenth century drinkers to hallucinate and how cloves harvested in remote Indonesian islands found their way into a kitchen in ancient Syria. Almost every kitchen contains a bottle of cloves or a stick of cinnamon, almost every dish a pinch of something, whether chili or cumin. *The Book of Spice* is culinary history at its most appetizing.

Born in New Delhi, raised in the Middle East, and living in Washington, D.C., acclaimed food writer Monica Bhide is the perfect representative of the new generation of Indian American cooks who have taken traditional dishes, painstakingly prepared by their Indian mothers and grandmothers, and updated them for modern American lifestyles and tastes. Respectful of the techniques and history of Indian cuisine but eager to experiment, Bhide has written simple but deeply flavorful recipes. *Modern Spice* takes the vibrant tastes of India into the twenty-first century with a cookbook that is young, fun, sassy, and bold. Dishes like Pomegranate Shrimp, Paneer and Fig Pizza, and Coriander-and-Fennel-Crusted Lamb Chops are contemporary and creative. Bhide pours Guava Bellinis and Tamaritas for her guests, and serves Chile Pea Puffs and Indian Chicken Wings; instead of Chicken Tikka Masala, she serves Chicken with Mint and Ginger Rub. Make-ahead condiments such as Pineapple Lentil Relish and Kumquat and Mango Chutney with Onion Seeds add a piquant accent to the simplest dish. There are plenty of options for everyday meals, including Butternut Squash Stew with Jaggery, Indian-Style Chili in Bread Bowls, and Crabby Vermicelli, along with plentiful recipes for elegant dishes like Tamarind-Glazed Honey Shrimp and Chicken Breasts Stuffed with Paneer. For an original and effortless finish, spoon Raspberry and Fig Jam Topping over tart frozen yogurt or a store-bought pound cake, or if you have more time, tempt guests with exotic sweets such as Saffron-Cardamom Macaroons or Rice Pudding and Mango Parfait. As Mark Bittman says in his foreword, "there is not a cuisine that uses spices with more grace and craft than that of India," and Bhide's recipes do so, but without long and daunting lists of exotic ingredients. In keeping with its local approach to global flavors, *Modern Spice* includes a guide to the modern Indian pantry and Monica's thoughtful, charming essays on food, culture, and family. Eight pages of gorgeous color photographs showcase the recipes.

The origins of the variety of spices are traced to the most exotic destinations in the world, with descriptions of plant growth, harvest, and preparation. A recipe section in the back of the book shows how to put these taste enhancers to work in dishes. 160 illustrations.

Reviews Brilliant, young, creative, and refreshingly new. -The New School Vikas Khanna presents a menu that fuses Indian spice with extraordinary imagination and technique. The *Spice Story* proves that he is a master of his cuisine. -David Waltuck Chanterelle, New York His dedication and passion make him a winner. -Henry Meer City Hall, New York We are proud to have Vikas Khanna in America. -Drew Nieporent Myriad Restaurant Group The *Spice Story of India* is a book unveiling the deepest flavors of India. -Andrew Chapman August, New York The best blend of modern and traditional Indian cooking. -Tandoori Magazine London Even Vikas Khanna's handwritten recipes are used as a reference at CIA. -Delores Custer Instructor, Culinary Institute of America In any part of the world, I am always craving for Vikas's

food. -Aimee Mullins International star The best blend of charm, energy, and talent . . . The Spice Story of India proves it. -Gary A. Goldberg Culinary Arts, New York A heightened sense of taste - The New York Times

"Delightful and complex. When Dalby blends the spices, the result is unique and irresistible."—Alan Davidson, author of The Oxford Companion to Food

A wonderfully unique and unexpected collection of desserts that showcase spice over sugar, with 80 recipes that both reinvent classic sweets and introduce more unusual spice-infused desserts. In *Sugar and Spice*, veteran food editor and recipe developer Samantha Seneviratne invites readers to explore a bold new world of spice-centric desserts. Each chapter centers on a different spice--some familiar, like vanilla, cinnamon, and ginger; others less expected (especially in sweet preparations), such as peppercorns, chiles, and cardamom. With fascinating histories, origin stories, and innovative uses for each spice, this book will inspire readers to rediscover and re-stock their spice drawers, and raise their desserts up to a whole new level of flavor.

The smell of sweet cinnamon on your morning oatmeal, the gentle heat of gingerbread, the sharp piquant bite from your everyday peppermill. The tales these spices could tell: of lavish Renaissance banquets perfumed with cloves, and flimsy sailing ships sent around the world to secure a scented prize; of cinnamon-dusted custard tarts and nutmeg-induced genocide; of pungent elixirs and the quest for the pepper groves of paradise. *The Taste of Conquest* offers up a riveting, globe-trotting tale of unquenchable desire, fanatical religion, raw greed, fickle fashion, and mouthwatering cuisine—in short, the very stuff of which our world is made. In this engaging, enlightening, and anecdote-filled history, Michael Krondl, a noted chef turned writer and food historian, tells the story of three legendary cities—Venice, Lisbon, and Amsterdam—and how their single-minded pursuit of spice helped to make (and remake) the Western diet and set in motion the first great wave of globalization. In the sixteenth and seventeenth centuries, the world's peoples were irrevocably brought together as a result of the spice trade. Before the great voyages of discovery, Venice controlled the business in Eastern seasonings and thereby became medieval Europe's most cosmopolitan urban center. Driven to dominate this trade, Portugal's mariners pioneered sea routes to the New World and around the Cape of Good Hope to India to unseat Venice as Europe's chief pepper dealer. Then, in the 1600s, the savvy businessmen of Amsterdam "invented" the modern corporation—the Dutch East India Company—and took over as spice merchants to the world. Sharing meals and stories with Indian pepper planters, Portuguese sailors, and Venetian foodies, Krondl takes every opportunity to explore the world of long ago and sample its many flavors. The spice trade and its cultural exchanges didn't merely lend kick to the traditional Venetian cookies called peverini, or add flavor to Portuguese sausages of every description, or even make the Indonesian rice table more popular than Chinese takeout in trendy Amsterdam. No, the taste for spice of a few wealthy Europeans led to great crusades, astonishing feats of bravery, and even wholesale slaughter. As stimulating as it is pleasurable, and filled with surprising insights, *The Taste of Conquest* offers a fascinating perspective on how, in search of a tastier dish, the world has been transformed.

An illustrated history of spices, where they originated, how they got from place to place and their uses around the world.

Spice and the Devil's Cave, Ferdinand Magellan, Vasco da Gama, and other fifteenth-century adventurers spring to life in this thrilling tale of the competition between Portugal and the Venetian Republic to discover an all-sea trade route leading to the spices of India. In the Lisbon workshop of banker and navigation enthusiast Abel Zakuto, a group of intrepid explorers gather to discuss the possibility of finding a way around the stormy tip of Africa — the Devil's Cave. Author Agnes Danforth Hewes won the first of her three Newbery Honor awards with this book, which was praised by *The New York Times* as "one of those engrossing works of historical fiction whose appeal is nearly universal . . . a colorful history of a far-reaching commercial struggle and a vivid drama of individual hopes and aspirations." Enchanting woodcuts by Lynd Ward illustrate this gripping adventure, which is suitable for grades 7 and up and will delight readers of all ages.

A history of the pursuit and use of spices notes how major voyages of discovery were linked to the spice trade, discussing the role of spices in the forging of relations between Europe and Asia and depicting spices as food enhancers, archaeological clues, aphrodisiacs, and more. Reprint. 17,500 first printing.

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