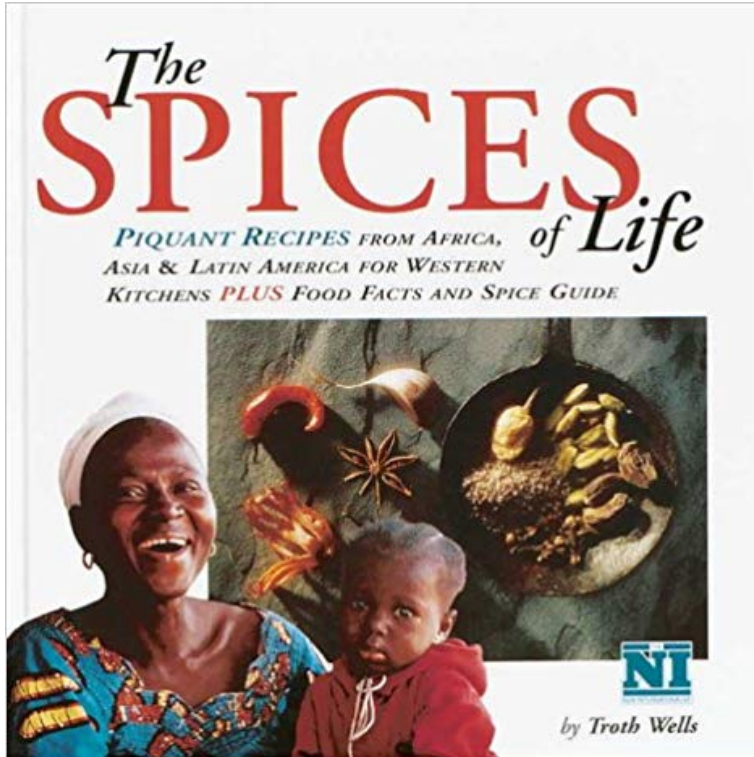


# Spices of Life: Piquant Recipes from Africa, Asia and Latin America for Western Kitchens



A collection of over 100 recipes from Africa, Asia, Latin America and the Middle East. Using spices like cloves, nutmeg, chillies and pepper, the book comes complete with a spice guide introducing the flavourings and advising cooks on how to use them. Special features include: brief notes on foods, cultures or countries with each recipe; a history of spices; a glossary of foods; step-by-step cooking methods; a vegetarian section as well as meat and fish; and is fully adapted for home cooking in Western kitchens.

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