

The Spicy Food Lover's Bible



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著者:Dewitt, Dave/ Gerlach, Nancy

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Even the most creative cooks sometimes need to spice up their menus, and there's nothing like a fiery flavour to add a kick to ho-hum cuisine. From chillies and chipotle to wasabi and ginger, every culture has its own way of making food that sizzles with excitement. In "The Spicy Food Lover's Bible" renowned fiery foods experts Dave DeWitt and Nancy Gerlach bring together more than 250 recipes for hot stuff from around the globe, along with a wealth of related food information. Now available in an affordable paperback edition, this authoritative guide begins by exploring the main ingredients that give the world's food its spice, with details on their history and horticulture, as well as how to use, purchase, and grow them. The recipes that follow - Moroccan Charmoula, Gravlax with Creamy Mustard Sauce, Kung Po Chicken, Tamarind Mint Shrimp Curry, and many more - display an astonishing range of tastes and preparations, from the mildly piquant to the red-hot. Also featured are guidelines for putting together spicy meals with the ideal combination of flavours, colours, and textures, including "cool-down" dishes and beverage pairings. "The Spicy Food Lover's Bible" is the only book home cooks will ever need to turn up the heat on their everyday cooking.

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