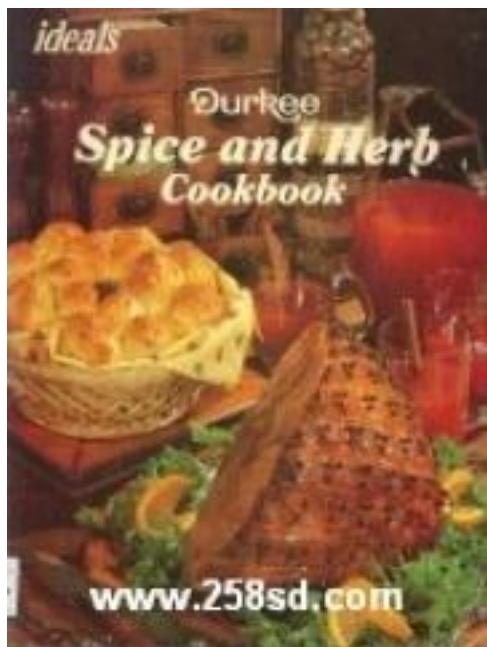


Ideals Durkee Spice and Herb Cookbook



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Today in the United States there is a lively interest in spices and their uses. People everywhere are experimenting with spices and happily discovering what delicious variety they bring to foods. The popularity of ethnic foods has increased the usage of colorful and exotic spices while interest in tasty diet foods has revealed the low-sodium, low-calorie and low-cholesterol virtues of spices. This fascination with spices however is not new—it is centuries old. The same spices that we take for granted have greatly influenced history. When prehistoric man wrapped meat in leaves to keep it clean he discovered a means of seasoning food. Exactly where this first took place no one knows for spices are native to many lands. Wars have been fought to acquire certain spices. The Queen of Sheba gave King Solomon

spices in tribute to his great wisdom. Marco Polo returned to Venice from the Orient with tales of sampling ginger in China and cinnamon in Ceylon and cloves and nutmeg in Molucca and pepper in India. Columbus journeyed westward in search of a better route for spice trading. Spices were almost impossible to obtain in colonial America; however herbs were grown for everyday use. During the twentieth century availability of spices from all over the world increased dramatically as is indicated by the vast array of spices and herbs and blends now carried at the local supermarkets.

作者介绍:

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