



# Sugar and Spice: Essential Spice Mixes From Around the World

*Amna Fadel*

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## **Sugar and Spice: Essential Spice Mixes From Around the World** Amna Fadel

This book is an essential guide to creating home-made spice mixtures. Whether you're an experienced cook or just a beginner, you'll love the recipes offered in this book, as they're both easy to understand and super authentic. There's no reason anymore to buy pre-made mixtures at the store—you'll soon discover that the ones you make at home are better-quality and better-tasting. The recipes in this guide are categorized by region with a corresponding background on how the spices were traditionally used and how you can apply them to your cooking today. Each mixture has an accompanying explanation on the exact flavor and characteristics the spices will yield, so you'll know exactly what aroma and taste to expect. Each recipe also has storing directions so you'll be able to keep your blend fresh for as long as possible. From Africa, North America, and the Middle East to Asia, South America, and Europe, spice blends have colorful histories and will make your cooking fantastic. It's a highly important component to cuisine, as it's the spices and herbs that enhance and contribute dynamic, delicious flavors on meat, vegetables, and grains. It's a wonderful thing to know how to make them at home, so you can really make the best dish possible. The benefits of spice blends are plenty. Not only will they make whatever you're cooking delectable, they're also good for you. Spices have very few calories and contain antioxidant and anti-inflammatory properties as well as vitamins and minerals, which is all the more reason to master these recipes! Harness the power of spice blends with this nifty cookbook—your cooking will truly be transformed.

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