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Wild Spice: 120 Exotic Recipes from Around the World, Blended to Perfection

Arun Kapil

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Nothing brings healthful flavor to food like spices. From nutmeg to turmeric, coriander to pepper, they transform dishes without adding calories and bring their own beneficial properties to the table. This deliciously comprehensive guide provides the building blocks of spice knowledge, explaining how to buy the best, categorize them, blend your own combinations, and use spices either medicinally or in 120 recipes from around the globe. Prepare and enjoy Chicken Marrakesh, Bengali Fish Grill with Okra and Two Dressings, Clementine and Cardamom Polenta Tea Cake, and more!

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