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Fresh Spice

By Arun Kapil

Anova, 2014. Hardback. Condition: New. Pure eatin', innovatin', flavour rockin', tastetwistin', freshblendin', easymixin', mindblowin' spice cooking Spice cookery has grown up. In a world of monochrome seasoning of white salt and black pepper, Fresh Spice breaks with tradition and fuses together spices and dishes from different cultures to create a unique cookbook. In its substantial narrative, the book explores the science of cooking with spices and blending them. It explains that there are two key guides to follow when blending spices: the first is to divide them into categories of base, medium and high notes, with base being the earthy, strong spices such as turmeric, and high being more fragrant spices such as cardamom; the second is to divide them into colour groups, and to try to stay roughly within these when blending. But the real highlight of this book is its 120 extraordinary recipes, which use spices to transform classic dishes from all over the world. For example, there's Celery leaf risotto with asafoetida, Salmon fishcakes with anise, Clementine polenta tea cake with cardamom, Chocolate truffle cake with chilli and Blueberry and lychee sorbet with nutmeg. In its comprehensive glossary, Fresh Spice also reveals how to buy the best...



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