

Spice Tracker

Walter M. Gibbs

The Spice Companion Lior Lev Sercarz,2016-11-01 A stunning and definitive spice guide by the country's most sought-after expert, with hundreds of fresh ideas and tips for using pantry spices, 102 never-before-published recipes for spice blends, gorgeous photography, and breathtaking botanical illustrations. Since founding his spice shop in 2006, Lior Lev Sercarz has become the go-to source for fresh and unusual spices as well as small-batch custom blends for renowned chefs around the world. The Spice Companion communicates his expertise in a way that will change how readers cook, inspiring them to try bold new flavor combinations and make custom spice blends. For each of the 102 curated spices, Lev Sercarz provides the history and origin, information on where to buy and how to store it, five traditional cuisine pairings, three quick suggestions for use (such as adding cardamom to flavor chicken broth), and a unique spice blend recipe to highlight it in the kitchen. Sumptuous photography and botanical illustrations of each spice make this must-have resource as beautiful as it is informative.

On Spice Caitlin PenzeyMoog,2019-01-15 A revealing look at the history and production of spices, with modern, no-nonsense advice on using them at home. Every home cook has thoughts on the right and wrong ways to use spices. These beliefs are passed down in family recipes and pronounced by television chefs, but where do such ideas come from? Many are little better than superstition, and most serve only to reinforce a cook's sense of superiority or cover for their insecurities. It doesn't have to be this way. These notes On Spice come from three generations of a family in the spice trade, and dozens upon dozens of their collected spice guides and stories. Inside, you'll learn where spices come from: historically, geographically, botanically, and in the modern market. You'll see snapshots of life in a spice shop, how the flavors and stories can infuse not just meals but life and relationships. And you'll get straightforward advice delivered with wry wit. Discover why: Salt grinders are useless Saffron is worth its weight in gold (as long as it's pure) That jar of cinnamon almost certainly isn't Vanilla is far more risqué than you think Learn to stop worrying and love your spice rack.

The Biography of Spices Ellen Rodger,2006 Make a voyage to the ancient spice islands and discover how empires were made from the growth and sale of spices. This amazing new book examines the hidden history and geography behind those tiny bottles in the kitchen. Exciting text and historic images explain to children how spices inspired explorers to seek new trade routes in earlier centuries, and how spices have been used to cure the sick, flavor foods, and make perfume.

Spices Fred Czarra,2009-05-01 The scent of oregano immediately conjures the comforts of Italian food, curry is synonymous with Indian flavor, and the fire of chili peppers ignites the cuisine of Latin America. Spices are often the overlooked essentials that define our greatest eating experiences. In this global history of spices, Fred Czarra tracks the path of these fundamental ingredients from the trade routes of the ancient world to the McCormick's brand's contemporary domination of the global spice market. Focusing on the five premier spices—black pepper, cinnamon, nutmeg, cloves, and chili pepper—while also relating the story of many others along the way, Czarra describes how spices have been used in cooking throughout history and how their spread has influenced regional cuisines around the world. Chili peppers, for example, migrated west from the Americas with European sailors and spread rapidly in the Philippines and then to India and the rest of Asia, where the spice quickly became essential to local cuisines. The chili pepper also traveled west from India to Hungary, where it eventually became the national spice—paprika. Mixing a wide range of spice fact with fascinating spice fable—such as giant birds building nests of cinnamon—Czarra details how the spice trade opened up the first age of globalization, prompting a cross-cultural exchange of culinary technique and tradition. This savory spice history will enliven any dinner table conversation—and give that meal an unforgettable dash of something extra.

Spices, Condiments and Seasonings Kenneth T. Farrell,1998-08-31

The Spice Kitchen Sara Engram,Katie Luber,Kimberly Toqe,2009-10-20 More than 100 delicious recipes for using herbs and spices to add vibrant flavors to your food at breakfast, lunch, dinner, and any time in between. From Spiced Yogurt and Granola Parfaits, to Strawberry Salad with Cinnamon-Balsamic Vinaigrette, Spiced Guacamole, Tarragon Chicken Potpie, Clove Spiced Caramel Corn, and more, this exciting cookbook is full of inventive recipes, information, and tips for using herbs and spices. Best of all, the recipes are easy and fuss free—a must for busy home cooks who want to spend less time in the kitchen and more time at the family table. And with dozens of full-color photographs and illustrations, The Spice Kitchen is as beautiful as it is practical. The Spice Kitchen changes everything, using herbs and spices to add special twists to favorite family recipes, from macaroni and cheese, to burgers, chicken salad, deviled eggs, and much more. It's the only all-purpose cookbook for spicing up everyday meals. Not just exotic extras, spices from around the world make it easier—and much more fun—to turn out delicious and healthy food. The simple but flavorful recipes and ideas in The Spice Kitchen will make old family favorites new again—and bring everyone to the table.

Spiced America's Test Kitchen,2019-05-14 Harness the power of spices to take your dishes from simple to spectacular with 139 exciting recipes, plus find 47 easy spice blends and condiments you can use many ways. Spices: You probably have a cabinet full of them, but do you know how to make the most of them? Spiced opens up the world of possibility hidden in your own pantry, with six chapters, each of which shares a way to use spices to amp up the flavor of your cooking, along with foolproof recipes that put these simple techniques to work. Sprinkle a finishing salt you make

from sea salt and herbs on seared white fish fillets to make them special. Make a different roast chicken every week by applying a different rub. Learn the best spices to use in curries--and when to add them for fragrant (not dusty) results. Add flavor--and texture--with homemade blends (you'll eat your spinach when it's topped with pistachio dukkah). Infuse condiments with spices (try chipotle ketchup on a burger). With the following six simple techniques, plus vibrant recipes, you'll find yourself not only spooning chili powder into the chili pot but making the chili powder yourself, or flavoring desserts with saffron or cardamom rather than just cinnamon. #1: Season smarter with salt and pepper. You'll learn about brining, using peppercorns of all colors, and making finishers like sriracha salt. #2: Give meat and vegetables a rub. We'll provide blends that you can put to use in our recipes (try juniper and fennel on salmon) or your own. #3: Bloom and toast. Bring out ground spices' complexity by cooking them in oil; unlock dried chiles' fruity or nutty flavors by toasting them. #4: Finish foods with flair. Spice-and-nut/seed blends like shichimi togarashi (a mix of spices, orange zest, and sesame seeds) add texture, too. #5: Let spices steep. Infuse spices into condiments like pickled fennel that punches up chicken salad or rosemary oil to drizzle over bruschetta. #6: Bake with spices. Go beyond vanilla by rolling doughnuts in strawberry-black pepper sugar. Make your own rose water and add it to pistachio baklava.

Mastering Spice Lior Lev Sercarz, Genevieve Ko, 2019 Spices are the fastest, easiest way to transform a dish from good to spectacular. In his new book, Lior Lev Sercarz, the country's most sought-after spice expert, shows you how to master flavor in 250 inspiring recipes, each counting on spices to elevate this collection of everyday and new favorites. Spices are the magic ingredient in Lior Lev Sercarz's newest book, *Mastering Spice*, and all it takes is a pinch to bring your meatballs, roast chicken, or brownies to the next level. Owner of New York City spice shop La Bo te, and a professionally trained chef who has cooked at some of the world's most renowned restaurants, Lior's simple and straightforward approach showcases how spices and spice blends can take a recipe for chicken soup, meatballs, or brownies into a whole new and exciting direction. Every section begins with a master recipe and technique -- then Lior teaches readers how to change the spices or some of the ingredients to get a profoundly different dish than what you began with. By mastering the techniques and playing with the variations, you'll learn how to use spices to become a more creative and intuitive cook, and how spices can endlessly heighten your eating experience.

Culinary Herbs and Spices Elizabeth I Opara, Magali Chohan, 2021-07-30 Culinary herbs and spices have been recognised globally for their dietary and medicinal uses for centuries. A growing body of research is acknowledging their health-promoting properties as well as their therapeutic potential with reference to a number of chronic non-communicable diseases including cancer and type 2 diabetes. The aim of this book is to bring together current knowledge of thirty of the most commonly used culinary herbs and spices globally in an accessible dictionary format. For each culinary herb or spice the following is covered: origin and history of use, including their use in food preservation and for medicinal purposes; nutritional composition; chemistry; sensory properties; adulteration; current and emerging research concerning their bioactive properties and their health promoting and therapeutic potential; safety; and adverse effects. The book is a central source of information for those who have a general interest in these foods, are studying plant and food science and nutrition, and who practice or have an interest in the culinary arts.

Spices and how to Know Them Walter M. Gibbs, 1909

Dangerous Tastes Andrew Dalby, 2000 *Dangerous Tastes* offers a fresh perspective on these exotic substances and the roles they have played over the centuries. The author shows how each region became part of a worldwide network of trade - with local consequences ranging from disaster to triumph.--BOOK JACKET.

Spices Joseph K. Jank, 1915

Grow Your Own Spices Tasha Greer, 2021-01-05 In *Grow Your Own Spices*, author and spice-growing gardener Tasha Greer hands you everything you need to know to grow a thriving spice garden, with practical tips and in-depth advice on cultivating over 30 different spices. Unlike herbs, which consist of the green leaves of certain plants, spices come from the seeds, roots, bark, or berries of plants, which means growing, harvesting, and preparing spices is a lot more nuanced than growing leafy herbs. Start with easy-to-grow seed spices first, such as sesame seeds, fennel, and cumin, then graduate to more challenging spice varieties, such as star anise, cinnamon, and nutmeg. Spices not only offer culinary flare, there's also increasing evidence of their ability to fight inflammation and reduce various health risks. Medical usage tips from expert herbalist Lindsey Feldpausch are found throughout the book and offer well-researched advice on how to use homegrown spices to improve your well-being. Regardless of whether you're using spices as a health-boosting supplement or simply to power-up the flavor of your meals, purchasing spices is an expensive proposition. Why pay all that money when you can grow your own organic spices with the easy-to-follow advice found here? In the pages of *Grow Your Own Spices*, you'll learn: How to cultivate your own saffron, the world's most expensive spice The best way to tend tropical spices, like ginger, turmeric, and cardamom, even if you live in a cold climate Easy-to-grow spices that are perfect for beginners The unique way certain spices, such as wasabi, cloves, and cinnamon, are grown and harvested How to cultivate root spices, including horseradish and chicory Tips for harvesting your own capers, mustard, sesame seeds, and even paprika Let *Grow Your Own Spices* show you how to spice up your garden, your plate, and your health, with your own fresh, homegrown spices!

Miracle of Spices Penny Stanway,2009-10-27 The Miracle of Spices is a comprehensive guide that offers a wealth of information and ingenious practical tips on the many health, beauty and culinary benefits to be gained from using spices readily available in your local supermarket. The book opens with a short history of spices, their popularity around the world over the millennia and their value to world trade. The first chapter outlines the sources, names, contents, aroma, flavour and culinary uses of the 50 most used spices. The remaining chapters address topics such as the best ways to buy, choose, store and use spices; how to help to prevent and treat common ailments with spices; and how to make use of them in your home. Finally, there's a substantial selection of some of the most delicious spice-containing recipes to inspire and delight.

Mastering Spice Lior Lev Sercarz,Genevieve Ko,2019-10-15 Spices are the fastest, easiest way to transform a dish from good to spectacular. In his new book, Lior Lev Sercarz, the country's most sought-after spice expert, shows you how to master flavor in 250 inspiring recipes, each counting on spices to elevate this collection of everyday and new favorites. NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY THE NEW YORK TIMES BOOK REVIEW Spices are the magic ingredient in Lior Lev Sercarz's newest book, Mastering Spice, and all it takes is a pinch to bring your meatballs, roast chicken, or brownies to the next level. Owner of New York City spice shop La Boîte, and a professionally trained chef who has cooked at some of the world's most renown restaurants, Lior's simple and straightforward approach showcases how spices and spice blends can take a recipe for chicken soup, meatballs, or brownies into a whole new and exciting direction. Every section begins with a master recipe and technique--then Lior teaches readers how to change the spices or some of the ingredients to get a profoundly different dish than what you began with. By mastering the techniques and playing with the variations, you'll learn how to use spices to become a more creative and intuitive cook, and how spices can endlessly heighten your eating experience.

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Spice Apothecary Bevin Clare,2020-06-23 Spices are universally recognized as a source of flavor and aromatics, but in cultures around the world, these plant parts have a long history as source of medicine. In Spice Apothecary, author Bevin Clare combines her training in herbalism and nutrition to inspire a return to the kitchen spice cabinet for better health and healing. Focusing on 19 common culinary spices that are easy to source and prized for their flavor, this practical guide highlights each spice's role in supporting wellness goals and delivers creative and impactful ways to incorporate key health-boosting spices into everyday life. To bolster the immune system, chili, garlic, ginger, and mustard are best. Celery seed, parsley, and sage support kidney function, while the respiratory system benefits most from ginger, mint, and thyme. Learn the best way to harness each spice's medicinal power, the proper way to store spices, and how to determine your daily dose. Then, prepare customized dried spice blends and use them in delicious dips, soups, sauces, and even sweets that deliver flavor and healing.

Spice for Life Instructables.com,2016-06-21 Spices not only add a flavorful kick to meals, they also have some amazing benefits to improve certain ailments and improve overall health. Rich in antioxidants and polyphenols, spices and herbs like turmeric, cayenne pepper, cinnamon, ginger, garlic, cloves, coriander, and sage can fight inflammation, protect against chronic conditions, and can even help with losing weight. Featuring dozens of recipes for meals and beauty remedies, Healing Spices is a great tool for anyone looking to add more flavor to their diet and cut out unhealthy seasonings like salt, sugar, and fatty oils. You'll find great recipes like: • Chickpea and carrot tangine • Sweet potato and coconut soup • Probiotic ginger beer • Chicken tikka masala with turmeric rice • Lemon-garlic sorbet • Cayenne toasts • Orange, fig, and sage chutney • Mexican hot chocolate cupcakes • And much more There are also remedies for burns, problem skin and hair, losing your voice, toothaches, and a guide detailing the benefits of each spice and herb. Healing Spices is the ultimate compendium for anyone wishing to cook with healthier seasonings. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

Spices in the Indian Ocean World M.N. Pearson,2017-03-02 By turns exotic, valuable and of cardinal importance in the development of world trade, spices, as the editor reminds us, are today a mundane accessory in any well-equipped kitchen; in the 15th-18th centuries, the spice trade from the Indian Ocean to markets all over the world was a major economic enterprise. Setting the scene with extracts from Garcia da Orta's fascinating contemporary

Colloquies on the drugs and simples of India [Goa 1563], this collection reviews trade in a wide variety of spices, exploring merchant organisation, transport and marketing as well as detailing the quantitative evidence on the fluctuations in spice trade. The evidence and historical debates concerning the 16th-century revival of the Mediterranean and Red Sea spice trade at this time, are fully represented here

Spice Notes Ian Hemphill,2002 Paperback release of a guide to culinary herbs and spices, first published 2000. Covers the history of the spice trade and cultures and cuisines of the spice world. Provides detailed information on the herbs and spices used in today's cooking and over 50 recipes. Includes bibliography and index. Author managed a spice company in Singapore, was a senior manager for a multinational food company in Australia and currently runs a specialty spice shop in Sydney.

Fuel your quest for knowledge with is thought-provoking masterpiece, Explore **Spice Tracker** . This educational ebook, conveniently sized in PDF (*), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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