

Online Library Spice The History Of A Temptation

Spice The History Of A Temptation

An essential history of a taste that shaped the world.

A directory of 85 spices and blends, and 100 tempting spicy recipes, with photographs throughout.

In 1616, an English adventurer, Nathaniel Courthope, stepped ashore on a remote island in the East Indies on a secret mission - to persuade the islanders of Run to grant a monopoly to England over their nutmeg, a fabulously valuable spice in Europe. This infuriated the Dutch, who were determined to control the world's nutmeg supply. For five years Courthope and his band of thirty men were besieged by a force one hundred times greater - and his heroism set in motion the events that led to the founding of the greatest city on

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earth. A beautifully told adventure story and a fascinating depiction of exploration in the seventeenth century, NATHANIEL'S NUTMEG sheds a remarkable light on history.

Spices, scents and silks were at the centre of world trade for millennia. Through their international trade, humans were pushed to explore and then travel to the far corners of the earth. Almost from their inception, the earliest great civilizations - Egypt, Sumer and Harappa - became addicted to the luxury products of far-off lands and established long-reaching trade networks. Over time, great powers fought mightily for the kingdoms where silk, spices and scents were produced. The New World was accidentally discovered by Columbus in his quest for spices. In this book, eminent horticulturist and author James Hancock examines the origins and early domestication and culture of spices,

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scents and silks and the central role these exotic luxuries played in the lives of the ancients. The book also traces the development of the great international trade networks and explores how struggles for trade dominance and demand for such luxuries shaped the world.

Dangerous Tastes

Blending and Using Common Spices for Everyday Health

The Spice Route

A Social History of Spices, Stimulants, and Intoxicants

The spice that changed the world: Over 100 recipes, over 3,000 years of history Mauritius on the Spice Route, 1598-1810

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

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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

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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

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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.

A Financial Times and Economist Best Book of the Year exploring world trade from Mesopotamia in 3,000 BC to modern globalization. How did trade evolve to the point where we don't think twice about biting into an apple from the other side of the world? In *A Splendid Exchange*, William J. Bernstein, bestselling author of *The Birth of*

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Plenty, traces the story of global commerce from its prehistoric origins to the myriad controversies surrounding it today. Journey from ancient sailing ships carrying silk from China to Rome in the second century to the rise and fall of the Portuguese monopoly on spices in the sixteenth; from the American trade battles of the early twentieth century to the modern era of televisions from Taiwan, lettuce from Mexico, and T-shirts from China. Bernstein conveys trade and globalization not in political terms, but rather as an ever-evolving historical constant, like

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war or religion, that will continue to foster the growth of intellectual capital, shrink the world, and propel the trajectory of the human species. “[An] entertaining and greatly enlightening book.” –The New York Times “A work of which Adam Smith and Max Weber would have approved.” –Foreign Affairs “[Weaves] skillfully between rollicking adventures and scholarship.” –Pietra Rivoli, author of *The Travels of a T-Shirt in the Global Economy*
Spice up home cooking and support good health with this guide to using 19 common culinary spices –

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alone and in specialty blends – to address wellness needs, from improved digestion and kidney function to mental clarity and stronger bones. 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

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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

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these foods, are studying plant and food science and nutrition, and who practice or have an interest in the culinary arts.

Culinary Herbs and Spices

A Guide to the World of

Spices: A Cookbook

Advice, Wisdom, and History

with a Grain of Saltiness

The Science of Spice

The Legacy, Production and

Processing of India's

Treasured Export

Handbook of Spices,

Seasonings, and Flavorings,

Second Edition

The ultimate stylish kitchen

resource, exploring the

history of sixty spices and

their uses--a must have for

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**cooks and food lovers alike
An illustrated history of
spices, where they
originated, how they got
from place to place and
their uses around the
world.**

**Provides the history and
anecdotes about what
people eat, drink, and
inhale for pleasure**

**Born in New Delhi, raised in
the Middle East, and living
in Washington, D.C.,
acclaimed food writer
Monica Bhide is the perfect
representative of the new
generation of Indian
American cooks who have
taken traditional dishes,**

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painstakingly prepared by their Indian mothers and grandmothers, and updated them for modern American lifestyles and tastes.

Respectful of the techniques and history of Indian cuisine but eager to experiment, Bhide has written simple but deeply flavorful recipes. Modern Spice takes the vibrant tastes of India into the twenty-first century with a cookbook that is young, fun, sassy, and bold. Dishes like Pomegranate Shrimp, Paneer and Fig Pizza, and Coriander-and-Fennel-Crusted Lamb Chops are

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contemporary and creative. Bhide pours Guava Bellinis and Tamaritas for her guests, and serves Chile Pea Puffs and Indian Chicken Wings; instead of Chicken Tikka Masala, she serves Chicken with Mint and Ginger Rub. Make-ahead condiments such as Pineapple Lentil Relish and Kumquat and Mango Chutney with Onion Seeds add a piquant accent to the simplest dish. There are plenty of options for everyday meals, including Butternut Squash Stew with Jaggery, Indian-Style Chili in Bread Bowls, and

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Crabby Vermicelli, along with plentiful recipes for elegant dishes like Tamarind-Glazed Honey Shrimp and Chicken Breasts Stuffed with Paneer. For an original and effortless finish, spoon Raspberry and Fig Jam Topping over tart frozen yogurt or a store-bought pound cake, or if you have more time, tempt guests with exotic sweets such as Saffron-Cardamom Macaroons or Rice Pudding and Mango Parfait. As Mark Bittman says in his foreword, "there is not a cuisine that uses spices with more grace and craft

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than that of India," and Bhide's recipes do so, but without long and daunting lists of exotic ingredients. In keeping with its local approach to global flavors, Modern Spice includes a guide to the modern Indian pantry and Monica's thoughtful, charming essays on food, culture, and family. Eight pages of gorgeous color photographs showcase the recipes.

**Spices, Scents and Silk
or, The True and Incredible
Adventures of the Spice
Trader Who Changed the
Course of History**

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The Book of Spices A Cookbook of Simple and Delicious Recipes for Great Health

The Spice Book Their History, Nature and Uses Around the World

Cloves and nutmeg are indigenous to the Spice Islands of Eastern Indonesia. The book tells of the many uses of these exotic spices and the history of their trade over a period of more than 2000 years. It describes how the Spice trade into Europe came to be dominated by Middle Eastern and Venetian merchants. Backed by the Crowns of Portugal and Spain explorers

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such as Columbus, Vasco da Gama and Magellan dreamt of sailing directly to the Spice Islands. Much of the story is told through the lives of these historical characters, as well as Sir Francis Drake, Jan Pieterzoom Coen, Pierre Poive and others, lesser known but equally important. The story revolves around the intense rivalry between the Sultans of Ternate and Tidore, their relationship with the Portuguese, Spanish, Dutch and English who at different times occupied the Spice Islands.

Herbs & Spices is the essential cook's companion, now

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redesigned and updated with all new recipes. A classic reference, the best-selling Herbs & Spices is a trusted resource in the kitchen, with more than 200 unique herbs and spices from around the world showcased alongside gorgeous, full-color photography, flavor notes, and pairings. This new, updated edition includes the newest herbs, spices, and flavorings influencing global cuisine today, plus more than 180 recipes for main dishes, marinades, pastas, pickles, and sauces. Part spice cookbook, part kitchen encyclopedia, Herbs & Spices

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offers handy seasoning how-tos: How to identify and choose the best herbs, spices, and other flavorings. How to prepare and cook with them to ensure you are making the most of their flavors. How to make your own blends, spice rubs, sauces, and more - then customize them for your family's palate. Herbs & Spices is perfect for beginning cooks just setting up a kitchen, foodies exploring the deliciously exotic mash-ups of today's modern cooking, and experts looking for ways to experiment with new flavor combinations. This practical illustrated reference book

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gives you all the guidance you need to become a master of seasonings and to make tantalizing food from around the world.

A guide to spices and their uses features recipes, little-known facts, exotic tales, and a look at the history of the spice trade

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

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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

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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.

*The Spice Companion
Over 200 Herbs and Spices,
with Recipes for Marinades,
Spice Rubs, Oils, and More
On Spice*

*Spices and the Medieval
Imagination
Catalysts of World Trade
A History*

*Gary Paul Nabhan takes the reader
on a vivid and far-ranging journey*

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across time and space in this fascinating look at the relationship between the spice trade and culinary imperialism. Drawing on his own family's history as spice traders, as well as travel narratives, historical accounts, and his expertise as an ethnobotanist, Nabhan describes the critical roles that Semitic peoples and desert floras had in setting the stage for globalized spice trade. Traveling along four prominent trade routes—the Silk Road, the Frankincense Trail, the Spice Route, and the Camino Real (for chiles and chocolate)—Nabhan follows the caravans of itinerant spice merchants from the frankincense-gathering grounds and

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ancient harbors of the Arabian Peninsula to the port of Zayton on the China Sea to Santa Fe in the southwest United States. His stories, recipes, and linguistic analyses of cultural diffusion routes reveal the extent to which aromatics such as cumin, cinnamon, saffron, and peppers became adopted worldwide as signature ingredients of diverse cuisines. Cumin, Camels, and Caravans demonstrates that two particular desert cultures often depicted in constant conflict—Arabs and Jews—have spent much of their history collaborating in the spice trade and suggests how a more virtuous multicultural globalized society may be achieved in the future.

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Spice The History of a Temptation HarperCollins UK
A history of the trade that controlled the world and left an indelible impression on our taste buds; a sweeping story of avarice, ingenuity and exploration, spanning the globe and the centuries in its epic reconstruction of this magnificent obsession.

In the ancient Egyptian temple of Dayr al-Bahri is the earliest surviving representation of a merchant fleet. Dated to around 1495 BC, rows of hieroglyphs record that the pharaoh Queen Hatshepsut sent the fleet 1900 miles south to the land of Punt, a mysterious kingdom somewhere in the Horn of Africa, whence it

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returned in triumph with a priceless cargo of cinnamon. Yet cinnamon never grew there, it comes from the islands of Southeast Asia, the scarcely credible conclusion is that by 1500 BC there was a trade in cinnamon from one side of the Indian Ocean to the other. At some unknown place, the long-forgotten merchants of Punt acquired the spice, and then resold it for the use of the embalmers, cosmeticians, priests, gods and god-kings of the Nile.

Spice

Cumin, Camels, and Caravans

Spice Apothecary

A Splendid Exchange

An A-Z Reference and Cook's

Kitchen Bible

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Spices in the Indian Ocean World

How medieval Europe ' s infatuation with expensive, fragrant, and exotic spices led to an era of colonial expansion and the discovery of new worlds The demand for spices in medieval Europe was extravagant and was reflected in the pursuit of fashion, the formation of taste, and the growth of luxury trade. It inspired geographical and commercial exploration ,as traders pursued such common spices as pepper and cinnamon and rarer aromatic products, including ambergris and musk. Ultimately, the spice quest led to imperial missions that were to change world history. This engaging book explores the demand for spices: why were they so popular, and why so expensive? Paul Freedman surveys the history, geography, economics,

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and culinary tastes of the Middle Ages to uncover the surprisingly varied ways that spices were put to use--in elaborate medieval cuisine, in the treatment of disease, for the promotion of well-being, and to perfume important ceremonies of the Church. Spices became symbols of beauty, affluence, taste, and grace, Freedman shows, and their expense and fragrance drove the engines of commerce and conquest at the dawn of the modern era.

In 1900, Gray Delacroix has built a successful global spice empire and is tasked with gaining access to the private Delacroix plant collection. Botanist Annabelle Larkin steps into a web of political danger and will be forced to choose between her heart and her loyalty to her country.

A vital landfall on voyages across the

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Indian Ocean, particularly for the European spice trade, Mauritius has at various times been in Arab, Portuguese, Dutch, French & British hands. This volume explores the history of the island, from first landings by the Dutch to 1810. 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,

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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

The Book of Spice: From Anise to Zedoary

Out of the East

How Trade Shaped the World

A Global Guide

How One Man's Courage Changed the Course of History

The Flavour of Spice

An A to Z Catalog of

Innovative Spices and

Flavorings Designed to be a practical tool for the many

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diverse professionals who develop and market foods, the Handbook of Spices, Seasonings, and Flavorings combines technical information about spices—forms, varieties, properties, applications, and quality specifications — with information about trends, spice history, and the culture behind their cuisines. The book codifies the vast technical and culinary knowledge for the many professionals who develop and market foods. While many reference books on spices include alphabetized

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descriptions, the similarity between this book and others ends there. More than just a list of spices, this book covers each spice's varieties, forms, and the chemical components that typify its flavor and color. The author includes a description of spice properties, both chemical and sensory, and the culinary information that will aid in product development. She also explains how each spice is used around the world, lists the popular global spice blends that contain the spice, describes each spice's folklore and traditional

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medicine usage, and provides translations of each spice's name in global languages. New to this edition is coverage of spice labeling and a chapter on commercial seasoning formulas. Going beyond the scope of most spice books, this reference describes ingredients found among the world's cuisines that are essential in providing flavors, textures, colors, and nutritional value to foods. It explores how these ingredients are commonly used with spices to create authentic or new flavors. The author has created a complete

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reference book that includes traditionally popular spices and flavorings as well as those that are emerging in the US to create authentic or fusion products. Designed to help you meet the challenges and demands of today's dynamic marketplace, this book is a complete guide to developing and marketing successful products.

A richly detailed chronicle of the history of pepper describes its role in bringing Westerners to Asia, tracing the extraordinary voyages, exotic adventures and brutal violence that marked its early trade.

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35,000 first printing.

A true tale of high adventure in the South Seas. The tiny island of Run is an insignificant speck in the Indonesian archipelago. Just two miles long and half a mile wide, it is remote, tranquil, and, these days, largely ignored. Yet 370 years ago, Run's harvest of nutmeg (a pound of which yielded a 3,200 percent profit by the time it arrived in England) turned it into the most lucrative of the Spice Islands, precipitating a battle between the all-powerful Dutch East India Company and the British Crown. The

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outcome of the fighting was one of the most spectacular deals in history: Britain ceded Run to Holland but in return was given Manhattan. This led not only to the birth of New York but also to the beginning of the British Empire. Such a deal was due to the persistence of one man.

Nathaniel Courthope and his small band of adventurers were sent to Run in October 1616, and for four years held off the massive Dutch navy. Nathaniel's Nutmeg centers on the remarkable showdown between Courthope and the Dutch Governor General Jan

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Coen, and the brutal fate of the mariners racing to Run--and the other corners of the globe--to reap the huge profits of the spice trade. Written with the flair of a historical sea novel but based on rigorous research, Giles Milton's Nathaniel's Nutmeg is a brilliant adventure story by Giles Milton, a writer who has been hailed as the "new Bruce Chatwin" (Mail on Sunday). A book that celebrates spices, and the integral ways in which they shape what we eat. Throughout a career spanning thirty years, well-known food critic and writer (and little-

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known collector of spice-grinders of eclectic origin), Marryam H. Reshii has had a relentless love affair with spices. Such has been her passion that she has travelled across the country and to various corners of the world ? crushing, grinding, frying and tasting ? in a bid to understand every aspect of these magnificent ingredients. The result is *The Flavour of Spice*, a zesty narrative that brings together stories about the origins of spices and how they evolved in the cuisines we know and love; colourful anecdotes gleaned from

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encounters with plantation owners and spice merchants; and beloved family recipes from chefs and home cooks. From the market yards of Guntur, India's chilli capital, to the foothills of Sri Lanka in search of `true' cinnamon, and from the hillsides of Sikkim where black cardamom thrives to the saffron markets in the holy city of Mashhad, Iran - this heady account pulsates with exciting tales of travel and discovery, and an infectious love for the ingredients that add so much punch to our cuisines.

A Global History

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Spice Islands

Inspired Indian Flavors for the
Contemporary Kitchen

A Spice Odyssey

Spices

Tastes of Paradise

***A history of the pursuit
and use of spices notes
how major voyages of
discovery were linked to
the spice trade,
discussing the role of
spices in the forging of
relations between Europe
and Asia and depicting
spices as food enhancers,
archaeological clues,
aphrodisiacs, and more.
Reprint. 17,500 first
printing.***

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"Delightful and complex. When Dalby blends the spices, the result is unique and irresistible."—Alan Davidson, author of The Oxford Companion to Food Why is it that pepper and certain foods go together so perfectly? (Think steak au poivre, black pepper crisps, cream cheese and black pepper, or even strawberries and black pepper.) Christine McFadden's evocative collection of recipes from around the world are geared to modern lifestyles and informal

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eating, inspiring the imagination with unusual ways of using pepper - in cakes and desserts for example - reminding us of pepper's traditional use in pickles and preserves, in sauces and soups, curries and stews. A vivid first-hand description of the pepper gardens and spice markets of Kerala and a fascinating account of pepper's role in shaping history, provide a colourful backdrop to the serious business of cooking with and tasting pepper.

A revealing look at the

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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

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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

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*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.*

*Spice: The History of a
Temptation (Text Only)*

Herbs & Spices

*The Story of Indonesia's
Spice Trade*

*The History of a
Temptation*

The Spice King

Understand Flavour

Connections and

Revolutionize your Cooking

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**This work
comprehensively covers
the production,
processing and post
harvest technology of
Indian spices with an
added focus on the
history and uniqueness
of this legendary
regional product.
Individual chapters
describe the unique
aspects of these spices
and their production,
post harvest technology
and value addition,
molecular breeding,
organic farming aspects,
climate change effects**

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and bioactive compounds. Seasonal, preparatory, and storage conditions resulting in composition variations are explored. Indian Spices: The Legacy, Production and Processing of India's Treasured Export begins by outlining the historical legacy of Indian spices and describing the many aspects that make this product so unique and highly valued. The abundance and variety of these spices are also delineated. Further

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chapters focus on current research involving the production technology involved in production, management, harvesting and processing of Indian spices along with post harvest processes, storage and transportation.

Important and effective trends such as molecular breeding for spice crop improvement, tissue culture, climate change impacts, organic spices, extension strategies and secondary metabolites

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receive dedicated chapters. A valuable aspect of this work is the presentation of value chains for these spices, with extensive research presented on the marketing and export of the product. With the shift from localized distribution networks to a fully globalized industry, this book comes at an important time of growth for Indian spices and will be of major value to any researcher with interest in the past, present and

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future of this product.
In this brilliant,
engrossing work, Jack
Turner explores an
era—from ancient times
through the
Renaissance—when what we
now consider common
condiments were valued
in gold and blood.
Spices made sour
medieval wines
palatable, camouflaged
the smell of corpses,
and served as wedding
night aphrodisiacs.
Indispensable for
cooking, medicine,
worship, and the arts of

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love, they were thought to have magical properties and were so valuable that they were often kept under lock and key. For some, spices represented Paradise, for others, the road to perdition, but they were potent symbols of wealth and power, and the wish to possess them drove explorers to circumnavigate the globe—and even to savagery. Following spices across continents and through literature

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and mythology, Spice is a beguiling narrative about the surprisingly vast influence spices have had on human desire. Includes eight pages of color photographs. One of the Best Books of the Year: Discover Magazine, The Christian Science Monitor, San Francisco Chronicle

In this groundbreaking cookbook, Nina Simonds offers us more than 175 luscious recipes, along with practical tips for a sensible lifestyle,

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that demonstrate that health-giving foods not only provide pleasure but can make a huge difference in our lives. With her emphasis on the tonic properties of a wide variety of foods, herbs, and spices, this book also brings us up to date on the latest scientific research. In every recipe-gathered from cultures around the world in which good eating is a way of life-Simonds gives us dishes that are both irresistible and have a

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positive effect on one's well-being. For example:
-Cardamom, a key digestive, subtly seasons her Steamed Asparagus with Cardamom Butter. -Cinnamon, which strengthens the heart and alleviates nervous tension, adds spice to her Fragrant Cinnamon Pork with Sweet Potatoes. -Basil has long been used as a healing salve and in teas. So who wouldn't feel rejuvenated by a delicious bowlful of Sun-Dried Tomato Soup with

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Fresh Basil? -Peanuts, which fortify the immune system and lower cholesterol, provide a tasty, crunchy accent in Sichuan Kung Pao Chicken. -Mint, which has many healing properties, from taming muscle spasms to dissolving gallstones, can be relished in Minty Snap Peas accompanying Pan-Roasted Salmon or in a Pineapple Salsa served with Jerk Pork Cutlets. -And peaches give us vitamin C, beta carotene, and fiber. So

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enjoy them in a wonderful Gingery Peach-a-Berry Cobbler. To help us understand what part these health-restoring foods can play in our lives, Simonds peppers Spices of Life with lively interviews with a variety of experts, including Dr. Jim Duke, who offers anti-aging advice from his Herbal Pharmacy; Dr. Andrew Weil, who discusses his latest nutritional findings; and Dr. U. K. Krishna, who explains basic Ayurvedic

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practices for healthy living. And more. With its delicious, easy-to-prepare recipes and concise health information, this delightful book opens up a whole new world of tastes for us to enjoy every day and to share with family and friends. Adventurous cooks, curious foodies, and fans of spicy recipes. Break new ground with this spice book like no other. Explore the world's best spices, discover why certain

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spice mixes work, and how to use spices creatively. Be inspired to make your own new spice blends, and take your cooking to new heights. The Science of Spice will help you understand the practical science behind the art of cooking with spices. If you've ever wondered what to do with that unloved jar of sumac, why some spices taste stronger than others, or how to make your own personal garam masala, this inspirational guide

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has all the answers. Spice sets out the science behind the flavours and helps you choose, with greater confidence and intuition, how to use spices that perfectly complement each other. Spice profiles - organised by their dominant flavour compound - showcase the world's top spices, with recipe ideas, information on how to buy, use, and store, and more in-depth science to help you release the

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flavours and make your own spice connections, as well as a selection of recipes using innovative spice blends designed to brighten your palate and inspire your own culinary adventures. The Science of Spice is an indispensable kitchen companion that home cooks will turn to time and time again to learn and innovate.

The Grammar of Spice
Spices of Life
The East India Company
Book of Spices

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Pepper

Pepper: A History of the World's Most Influential Spice

An exotic saga with the tang of drama in every voyage, *The Spice Route* transports the reader from the dawn of history to the ends of the earth. The Spice Route is one of history's great anomalies. Shrouded in mystery, it existed long before anyone knew of its extent or alignment. Spices came from lands unseen, possibly uninhabitable, and

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almost by definition unattainable; that was what made them so desirable. Yet more livelihoods depended on this pungent traffic, more nations participated in it, more wars were fought over it, and more discoveries resulted from it than from any other global exchange. In a bid to discover and exploit the spice route, mankind first passed beyond his known horizons to probe the limits of our planet. Epic was the

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quest, and in this major new study, epic is the treatment as John Keay pieces together a historical process that spans three millennia and a geographical progression that encircles the world. At once familiar and exotic, spices are rare things, comforting us in favorite dishes while evoking far-flung countries, Arabian souks, colonial conquests and vast fortunes. John O'Connell introduces us to spices

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and their unique properties, both medical and magical, alongside the fascinating histories behind both kitchen staples and esoteric luxuries. A tasty compendium of spices and a fascinating history and wide array of uses of the world's favorite flavors—The Book of Spice: From Anise to Zedoary reveals the amazing history of spices both familiar and esoteric. John O'Connell's erudite chapters combine history

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with insights into art, religion, medicine, science, and is richly seasoned with anecdotes and recipes. Discover why Cleopatra bathed in saffron and mare's milk, why wormwood-laced absinthe caused eighteenth century drinkers to hallucinate and how cloves harvested in remote Indonesian islands found their way into a kitchen in ancient Syria. Almost every kitchen contains a bottle of cloves or a stick of cinnamon,

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almost every dish a pinch of something, whether chili or cumin. The Book of Spice is culinary history at its most appetizing. The origins of the variety of spices are traced to the most exotic destinations in the world, with descriptions of plant growth, harvest, and preparation. A recipe section in the back of the book shows how to put these taste enhancers to work in dishes.160

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illustrations.

Stories of the spice trade of the East Indies have long held the imagination. Cloves, nutmeg, pepper, and cinnamon - indigenous to only 15 of the 13,000 islands forming the Indonesian archipelago - were to bring to the Indies a trade that existed for over 2,000 years, and were to change the course of history as nations battled for control of these precious commodities for use as

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preservatives,
flavourings, fumigants,
medicines, and perfumes.
Carried by outrigger
canoes to the East
African coast and by
camels along the Silk
Road from China in the
first and second
centuries BC, spices led
to the rise of the
powerful maritime
kingdoms of Srivijaya
and Majapahit in the
archipelago and, in the
sixteenth century
onwards, to the
establishment of trading
monopolies and colonial

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empires as first the Portuguese, followed by the Spanish, Dutch, and English, broke into the lucrative spice trade.

The Lore of Spices

Nathaniel's Nutmeg

Indian Spices

Modern Spice

The Story of Spices