

Synopsis

An illustrated sourcebook to these all-important cooking ingredients includes information on more than two hundred herbs, spices, essences, edible flowers and leaves, aromatics, vinegars, oils, teas, and coffees. 25,000 first printing.

Book Information

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Customer Reviews

Herbs enhance and enliven meals. Herbs are the leaves of fresh or dried plants. Spices are the aromatic parts: buds, fruit, berries, roots or bark. Most spices thrive in tropical regions, while herbs can be grown in your own garden or indoors in a sunny place. Some herbs can also produce spices. If you think of the Coriander/Cilantro plant, cilantro is the herb and the seeds are known as coriander. This is why this book is so helpful as it explains the plants in detail. I didn't realize the root was also used in Thai curries. A recipe for Guacamole is included on the same two-page spread. Elizabeth Lambert Ortiz is an authority on herbs and spices and international cuisine. She created this sourcebook in order to guide the reader to information on more than 200 herbs, spices, essences, edible flowers and leaves, aromatics, vinegars, oils, teas, coffees and just about every seasoning a modern cook needs to produce flavorful foods. With 750 spectacular full-color photographs and 185 recipes you will learn how to create characteristic flavors that define cuisines of the world. The Contents Include: Growing and Harvesting Herbs, Drying and Preserving herbs, Edible Gifts, Kitchen Herbs: Chives, Dill, Angelica, Chervil, Tarragon, Borage, Tansy, Coriander/Cilantro, Lemongrass, Fennel, Hyssop, Bay, Lovage, Lemon Balm, Mint, Bee Balm,

Sweet Cicely, Basil, Marjoram, Oregano, Parsley, Burnet, Rosemary, Sorrel, Sage, Savory, Thyme and Lemon Verbena.

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