



Savoring Spices and Herbs: Recipe Secrets of Flavor, Aroma, and Color

By Julie Sahni

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Nearly two hundred recipes that call for imaginative use of spices and herbs are accompanied by explanations of the chemical properties and sensory qualities of more than one hundred herbs and spices. By the author of *Classic Indian Cooking*. Tour.

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Savoring Spices and Herbs: Recipe Secrets of Flavor, Aroma, and Color By Julie Sahni Bibliography

- Sales Rank: #732316 in Books
- Brand: Brand: William Morrow n Co
- Published on: 1996-06
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 10.25" h x 8.50" w x 1.25" l,
- Binding: Hardcover
- 301 pages

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Editorial Review

Amazon.com Review

In recent years, cooks in this country have enjoyed an unprecedented access to an entire world's worth of herbs and spices. A dozen years ago, for example, a Thai staple like lemon grass was practically unknown. Today, you can find it fresh in almost any good-sized grocery store in America. In her new book, Julie Sahni sets out to expand our awareness of the wealth of flavors that home cooks can use. Well-known for her Indian cooking, she has produced a book that will be valuable for novices and experts alike.

From Publishers Weekly

Helen of Troy had nothing on cardamom when it came to launching ships. Sahni (Mogul Microwave; Classic Indian Cooking) begins this combination reference and recipe collection with general information on the leaves, buds, stems and barks that have given so many cultures wars, trade and great pleasure over the centuries. She distinguishes between spices ("dried aromatic parts of woody plants") and herbs ("highly fragrant leaves and tender stems of plants" that never develop bark-covered trunks). Before proceeding to recipe-filled chapters organized by courses, she acquaints readers with building-block mixtures: Fragrant Spice Rub, recommended for small game birds and lamb, calls for mustard, cumin and fennel seed, peppers, cloves, rosemary and thyme; Sofrito, the base for many Spanish-Caribbean dishes, uses Annatto Oil (itself a blend of olive oil and annatto seeds), vegetables and spices. The recipes that make up the bulk of the book cover a wide range of foods and cultures (from Black Bean and Mango Salad with Herb Citrus Dressing to simple Raisin and Caraway Rolls). The recipes are clear and tempting, but experienced cooks are likely to value this more as a reference on spices and herbs than as a recipe book.

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From Library Journal

Graham (Grains, Rice, and Beans, LJ 3/15/95) is a longtime New Orleans restaurant chef. In this attractive book, the third in Artisan's "Pantry Cookbook" series, he offers recipes for all sorts of Creole (not to be confused with Cajun) seasonings, condiments, sauces, oils and vinegars, and more, often accompanied by recipes for dishes that incorporate them. Sometimes the term Creole seems to be interpreted rather loosely (is Basil-Pesto Oil really part of this cuisine?), but the recipes are good, and imaginative cooks will find lots of uses for Graham's pantry items. Recommended. Sahni, author of the authoritative Classic Indian Cooking (LJ 10/15/80) and Classic Indian Vegetarian and Grain Cooking (LJ 11/15/85), does not limit herself to one cuisine in her latest work. Recipes inspired by Asian, Latin American, and African dishes showcase both familiar and exotic herbs and spices and combinations thereof. An informative introduction to everyday and uncommon spices and herbs is followed by 20 recipes for spice and herb blends and seasonings, each with another recipe using it, such as Grilled Squab with Fragrant Spice Rub and Lobster Sandwich with Curry Mayonnaise. Then there are dozens of delicious recipes arranged by category, including vegetarian meals and spicy condiments, with menu suggestions, e.g., Iced Pear Soup with Mint, Polenta with Green Peppercorns, and Chicken Braised in Cardamom Sauce. Unusual and wide-ranging, this is highly recommended.

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Users Review

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Julie Gailey:

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