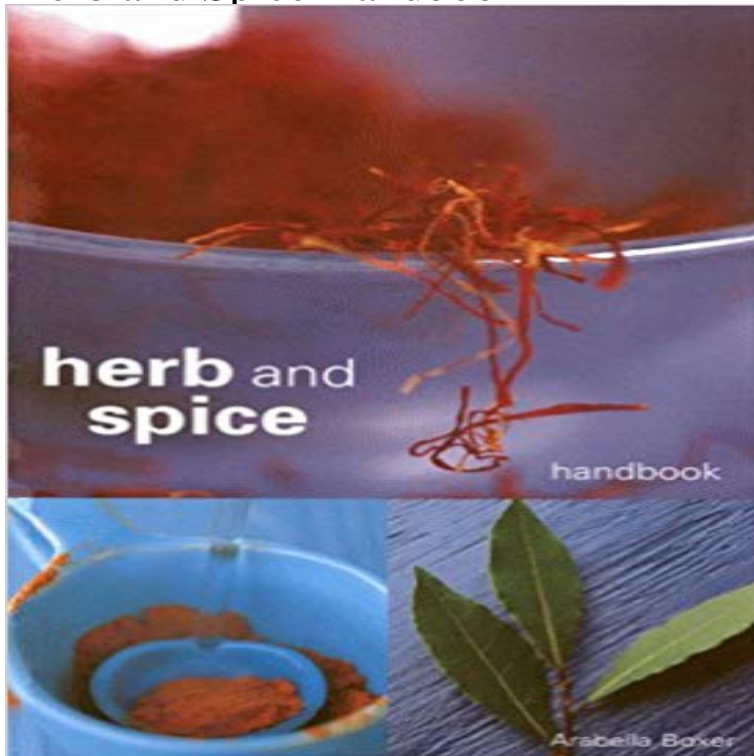


# Herb and Spice Handbook



Food wouldn't be the same without a little herb and spice. From basic parsley or black pepper to more exotic tamarind or arugula, this book has a comprehensive introduction to the history and use of many of the herbs and spices that enhance our food. An illustrated directory of herbs and spices opens the book and includes a history of use, storage advice, and cultivation tips. Following this informative section is a selection of 100 recipes organized by the primary herb or spice used.

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