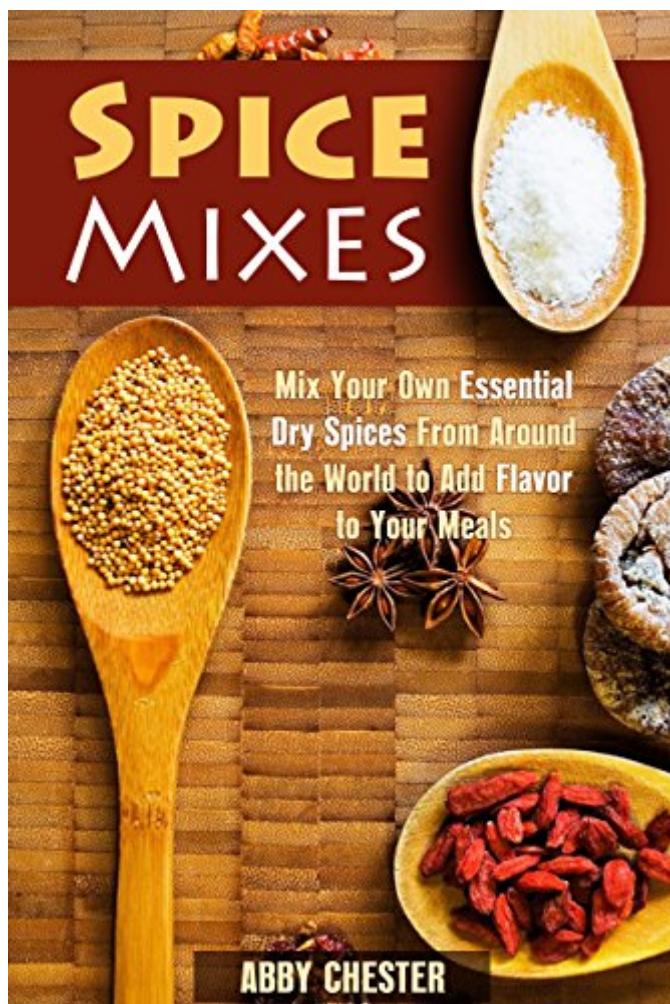


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# Spice Mixes: Mix Your Own Essential Dry Spices From Around The World To Add Flavor To Your Meals (Dry Herbs & Mixing Spices)



## Synopsis

Whether you are looking to emulate the flavors of the Middle East or recreate the true flavors of Kansas City barbecue, spice mixes are the building blocks of every flavor profile. "Spice Mixes: Mix Your Own Spice Mixes from around the World" takes a look at some of the most delicious and healthful spice mixes that you can recreate in your own kitchen. As you journey through this book you will learn how to add authentic low calorie flavor to food while taking advantage of the health benefits of various herbs and spices from around the world. In an age where calorie intake and health are king, spice mixes, or combinations of herbs and spices, rule. From extensive and unending flavor combinations to the ability to fight inflammation, protect against heart disease, fight infection and protect against cancer, the benefits of spice mixes are endless. Inside this eBook you will learn:

- The History of Commonly Utilized Spices and Spice Mixes
- The Basics of Spice Mixing
- Incredible Spice Mix Recipes from Around the World
- And Much More

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## Book Information

File Size: 2741 KB

Print Length: 71 pages

Simultaneous Device Usage: Unlimited

Publication Date: February 11, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01BOR8CVG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #511,102 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #67 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Cooking by Ingredient > Sauces, Salsa & Garnishes #167 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Sauces & Toppings #177 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Cooking by Ingredient > Herbs, Spices & Condiments

## Customer Reviews

Wonderful spice blends that are easy and aromatic. This book has spice blend recipes from all over the world. Mediterranean, Middleeastern, Latin American, Indian, Caribbean, North American, European, and North African. They usually only require 5 - 7 ingredients, are easy to make, and are delicious on foods and in baking. Sometimes a recipe calls for an unusual spice and to buy a container in the store is expensive. This book will save you lots of money because it starts with the basic spices that aren't expensive and you make your own blends. You can make as much or as little as you will need, instead of buying a spice blend at the store that will sit in your cupboard and lose its flavor over time. If you like flavorful food and use a lot of spice and herbs to enhance your foods, this book is for you. "Disclosure: I received this product for free in exchange for my honest and unbiased review"

THIS BOOK IS FANTASTIC..FILLED WITH SO MANY SPICE MIXES TO CREATE TO HELP HAVE FLAVORFUL MEALS ...IT IS SO HARD TO BE WITHOUT THE SALT THAT IS SO BAD FOR OUR HEALTH, BUT IT SOUNDS LIKE THESE RECIPES WILL MAKE MEALS MORE FLAVOR PACKED+TASTY.....EASY+GREAT TO BAG UP AND STORE FOR FUTURE USE...LOVE THE BOOK

Have you ever tried cooking without spices or seasoning? If so, I am sure you don't like the taste of it. Spices make your meal tastier and mouth fulfilling. This book will Help you makes your dishes tasty, appealing and perfect. I thoroughly enjoyed reading and learning about spices and herbs from this book. The historical and medicinal information while Interesting if not applicable to blending of spices. Recipes for compounding common spice mixes from many international areas are discussed in detail with minimal information on use. While the book does contain some grammatical errors they did not distract greatly from the authors communication of his knowledge and information. Out of curiosity I counted the number of ingredients you would need to make all the presented mixes. The total over 100 considering different forms (garlic powder, granulated garlic, garlic cloves) as different ingredients. I will be trying many of these mixes in my cooking as I have always been a little heavy handed with spice to add flavor to some very bland dishes. . If you have the interest in learning about mixing and creating spices of your own then this book is what you are seeking. I received a PDF version of this book at no charge in exchange for my honest review.

I feel that dishes aren't complete with out a healthy dose of spices in them. Their fresh aromas makes the dishes special and delicious. I am a beginner. I lack a little knowledge about different

kinds of spices and how to blend them to bring the best out of them. This book walked me through a wide variety of spices and their mixes from all over the world. Now I feel confident enough to try making them at home. I enjoyed reading the book.

Whenever I try spiced up dishes they give a special mood and stimulate my appetite. It was really easy to learn about most popular spices all over the world and illustrations are really helpful. The basics is easy and the recipes are just a pleasure to try, all kinds of recipes are here from European till Indian spice mixes. It's kind of new experience to add spices to well known dishes and get special flavor. Enjoying!

"Disclosure: I received this product for free in exchange for my honest and unbiased review" I like that it de-mystifies some spice mixes. I did learn that one that I've been storing for a long time is no longer any good. :( Glad I haven't used it lately. Personally, I love making my own mixes. One) I know how fresh the ingredients are (and if they're organic or not) Two) I can control the heat of the mix (I'm a wuss when it comes to heat) or if I happen to like more of an ingredient, I can add it at the time of making the mix.

This is a very interesting book. It starts out with 7 well known spices; tells you all about them, where they came from and what they are commonly used for. Then by combining them in certain ways and with other ingredients you can make your own spice mixtures that other areas of the world are known for. There are exact order and amounts to add together and keep on hand to be able to cook your own specialty dishes and astonish your friends! I received this book for my truthful and unbiased opinion of it.

A good guide to understanding spices and how to use them. There is information about some spicesthat are not as well known in the western world. No new information for those who know an use theirs, but a well written, informative book about combining spices to make a blend you can use tomake your meals more interesting. Overall, an interesting and informative book. Disclosure: I received this book free in exchange for my honest review.

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