



Genre: **cooking books, vegan-friendly**

Territory: **world**



SPICES

World flavours in the kitchen

Spices are fragrances, colors and natural flavors, which allow us to experiment in the kitchen and create new intriguing combinations to whet everyone's appetite.

This book is a complete guide to **over 20 varieties**, which are thoroughly described in all their blends, from the most common and well known to the most mysterious and peculiar. The book helps us understand spices: their history and their nature, their availability and preservation, as well as the markets and the fair trade alternatives.

A practical collection of **over 120 well-tested** recipes guides the reader through all the possible ways to exploit these precious resources in the kitchen in appetizers as well as in desserts.

This book was written in cooperation with **Altromercato**, Italy's largest alternative trade organization, in order to create a complete guide to spices and to support the value of creative cooking and of its ability to link different communities.

All recipes are accompanied by a **vegan alternative version** to meet the needs of vegetarians and vegans and to help them combine spices and new ingredients, such as seitan, veg cheese and muscolo di grano (a legume based vegan protein). Many of the recipes come from the "Circolo del Cibo", a community which only uses food that respects the environment, doesn't violate any human right and comes from fair trade channels.

Spices have a fascinating history, which stretches over several millennia and has shaped the socio-economical relationship between people from different continents. A journey through spices pushes us to experiment and to discover worlds made of herbs, seeds, leaves and berries, symbols of fascinating cultures and identities.

The author -----

Valeria Calamaro is a passionate traveller and cook, who above all values ingredients the quality and the origin. She has been working in fair trade for years and has published books about spices and other cultures' culinary traditions with Sonda.

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