



Miracle of Spices: Practical Tips for Health, Home and Beauty

Penny Stanway

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The Miracle of Spices is a comprehensive guide that offers a wealth of information and ingenious practical tips on the many health, beauty and culinary benefits to be gained from using spices readily available in your local supermarket.

The book opens with a short history of spices, their popularity around the world over the millennia and their value to world trade. The first chapter outlines the sources, names, contents, aroma, flavour and culinary uses of the 50 most used spices. The remaining chapters address topics such as the best ways to buy, choose, store and use spices; how to help to prevent and treat common ailments with spices; and how to make use of them in your home. Finally, there's a substantial selection of some of the most delicious spice-containing recipes to inspire and delight.

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