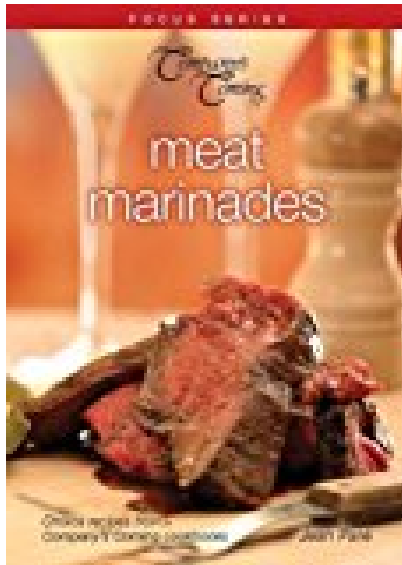


Meat Marinades Focus



BOOK DETAILS

- Author : Jean Paré
- Pages : 64 Pages
- Publisher : Companys Coming
- Language : English
- ISBN : 1927126673

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BOOK SYNOPSIS

A household necessity, this book offers everything you need to know about how herbs and spices can enhance your cooking and improve your life. Learn to use lavender to soothe headaches, plant your own mint for a refreshing addition to any tea, or whip up a batch of Dutch cinnamon cookies. Whether you harvest from your own garden or stock up at the grocery store, this robust guide is your go-to for recipes, natural remedies, preventative therapies, and more. In the style of National Geographic's finest illustrated references, this book combines scientific information (like the physical effects of herbal aromas) with practical advice (like how to dry flowers and herbs for a fragrant potpourri) - all in an elegant, accessible design with helpful and attractive photography of all herbs and spices included. Covering 113 herbs, spices, and seasonings, each with a full two-page spread, this useful compendium is one that cooks, gardeners, health-conscious readers, herbalists, and nature lovers will turn to again and again.

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