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**Our Summary:**

[Spice](#) is a book that inspires and empowers you to unleash your culinary creativity, regardless of your experience as a cook. In his latest book, Dr. Stuart Farrimond lays out the world of taste, flavor, and aromatics in a way that make it easy to understand and is undeniably useful in the home kitchen. [Spice](#) is like science class combined with history class with a world of cultural cuisines and classic recipes as the tasty visual aids. This is a handbook, a cookbook and beckons out of hiding those spice jars in the deep recesses of your drawer, pantry or larder.

**What you need to know:**

**Get it:** [Spice](#), copyright © 2019 by Dr. Stuart Farrimond. Published by DK, a division of Penguin Random House LLC., November 6, 2018 Hardcover \$25.00 ([Amazon \\$16.51](#)) (Not available in digital format).

**See it:** 224 colorful pages of information, including color photos of spices, maps of the world, finished recipe dishes, and visual supporting aids like the *Periodic Table of Spices*. A straight-forward table of contents is pedestrian, but makes sense in the book's context. The index is superb cross-referencing each spice, blend and recipe so you can land on what you're looking for with ease, without having to start with the spice name.

**Make it:** 65 recipes from around the world that include a variety of the spices and spice blends (those recipes are also included). You'll also find a blending guide for each spice to assist you in your kitchen creativity, along with suggested foods to combine with the spices you are blending.

**Chef Donna's Review:**

[Spice](#) takes you on a worldwide journey of every spice. For those truly interested in flavor and improving their own home repertoire of taste, [Spice](#) chunks out each elemental piece into a brief, but comprehensive, explanation. Author Dr. Stuart Farrimond opens the book with an explanation of the plant and parts (seeds, flowers, etc.) where the spice taste and aromatics originate, then breaks that out into distinctive characteristics, such as sweet, warming, fragrant, earthy, citrus, fruity, toasty, pungent spices and more. This alone should give you an idea of how practical and useful [Spice](#) is. You learn and then apply the simple 4-step archetype for creating spice pairings and contemporary blends, which gives you the freedom to become the master of your own taste and flavor experience.

[Spice](#) starts your exploration in the Middle East and takes you, page by page, to each country on the spice trail and then transports you throughout the world as spices were traded and moved between regions and country. Along the way you discover – for each spice – the signature, supporting, and supplementary spices that create that country's spice palette. Along with that, Farrimond includes a recipe for a spice blend indigenous to that country, and a recipe in which to use it.



Every spice has its own profile, complete with its story and everything you need to use the spice in your kitchen. [Spice](#) gives you blending science in every profile so you can get creative, plus Farrimond includes the foods that will pair best with it. Not feeling courageous enough to try blending something on your own? Blends elsewhere in the book that include the spice are listed, along with the pages on which you will find the recipes. If that weren't enough, each spice profile lists tips on how to release the flavor and get the most from that spice. There's no end to the enjoyment, information and ideas each page provides, even if it's for something as familiar as *vanilla* or *allspice* or equally unfamiliar like *grains of Selim* or *mastic*.

[Spice](#) is a cool book filled with everything that makes a book worth having: it's intriguing, engaging and peculiarly curious. And, it's a cookbook, too. The spice blends are easy to create; a quality purveyor or ethnic grocer will have the raw ingredients you need in the small quantities you desire. With instructions as straight-forward as "grind all the spices to a fine powder sifting out any fibers if necessary," how can you go wrong?

[Spice](#) is an exciting cookbook to bring into your home kitchen library. Even if all you want is an interesting handful of cultural recipes, [Spice](#) has that in spades. Everything from *Prawn Summer Rolls* to *Paella* to *Sweet and Spicy Apple Pastry Rosettes* to *West African Peanut Curry with Durban Masala*. This book makes you want to know and experiment with these flavors and recipes. It will change the way you think about what's in your spice drawer, how you season your food, and give you the confidence to be the master of your own flavor experience. Cook these recipes, try these blends, and buy this book. It will change your home cooking and kitchen experience for years to come.

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#### [Ceviche made with Leche de Tigre](#)

*Chef Donna's Note: This recipe calls for only the cilantro stalks; I typically garnish my ceviche with the baby leaves or a fine chop of the cilantro leaves.*

#### [Persian Rice Pudding with Advieh](#)

*Chef Donna's Note: Rose petals and orange flower water can usually be sourced at a Mediterranean or Indian grocer.*

#### [Sweet and Spicy Apple Pastry Rosettes](#)

*Chef Donna's Notes: Grains of Paradise are available through a quality spice purveyor. It is peppery and pungent with fruity and floral notes. If you can find it, do try it. You can substitute black pepper but reduce the amount by about 2/3rds. You'll lose the fruity floral notes so if you're feeling adventurous you might mix in a bit of ground ginger and cinnamon or allspice. The author also gives you options in the headnote.*