



Hidden Powers of Asian Spices & Herbs - Part 1: Plus recipes

Debbie Fung-A-Wing

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Spices and herbs are known for flavoring food, but recent reports indicate that there are numerous health benefits associated with the use of spices and herbs. Did you know that cumin can help lower cholesterol? That celery can relieve a headache?

This is Part 1 of the series and the book covers the basics about the history, use, and the hidden powers of about half (A-F) of spices and herbs used in Asian cooking familiar to the author. You probably already have some in your pantry, but learning more about the health benefits may encourage you to try out some of the exotic recipes included at the end of the book. The recipes are illustrated with photos and will help you create tasty meals with Asian spices and herbs.

This book was split in two parts to keep it at a reasonable volume and avoid information overwhelm. Part 2 of the Hidden Powers of Asian Spices & Herbs will be published soon.

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