Chillies: A Book of Recipes

By Helen Sudell

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Chillies: A Book of Recipes, Helen Sudell, This is an inspiring introduction to this fiery, red hot ingredient, with 30 mouth-tingling recipes. It is a celebration of the versatility, fiery taste and therapeutic properties of chillies. It includes chilli recipes from around the world, such as Spicy Chicken Broth, Chilli Rellenos, Beef with Jalapeno Chillies, and the classic Chilli Con Carne. It has a concise introduction that describes the range of chillies available, and provides hints and tips on preparation and cooking techniques. There are hot and spciy recipes for soups, salsas, appetizers, quick snacks, main meals, vegetarian dishes and salads. It is beautifully illustrated with over 100 photographs. It offers a nutritional breakdown for each recipe that will help with dietary planning. Whether mild and subtle, or mouth-searingly hot, chillies are loved throughout the world and feature in traditional dishes from many cuisines. This concise cookbook draws on spicy dishes from the Americas, Europe, Africa and Asia. The introduction provides a visual guide to the different types of chillies available and which varieties are best for each type of dish. There then follows over 25 mouthwatering recipes that will reveal just...

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