



Cooking with Turmeric: Superfood Recipes to Enrich Your Diet and Boost Your Health (Hardback)

By Garance Leureux

Modern Books, United Kingdom, 2018. Hardback. Condition: New. Language: English . Brand New Book. Used in India for thousands of years as a spice and medicinal herb, turmeric is not only rich in flavour, but has a variety of health benefits. Full of valuable antioxidant properties, it also contains nutrients such as manganese and iron, and can help prevent heart disease, cancer and Alzheimer s disease. Turmeric is not just for curry; its subtle and delicious flavour fits into a variety of dishes, both sweet and savoury. Add a dash of spice to your mealtimes and enrich your health with these new and inspiring recipes. Through twenty beautifully illustrated recipes, discover tips and tricks for using turmeric in everyday cooking and learn how to incorporate this magic ingredient into a variety of dishes, from turnip masala to vegetable chips and sweet potato soup.



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Reviews

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