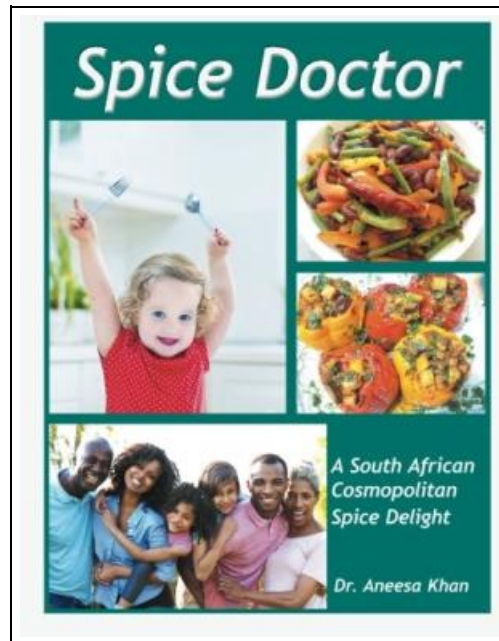


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SPICE DOCTOR: A SOUTH AFRICAN COSMOPOLITAN SPICE DELIGHT



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AUTHORHOUSE, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Spice Doctor is an enticing collection of the flavorsome delights enjoyed across cultures in cosmopolitan South Africa. It draws from the diverse heritage of South Africa, showcasing the spicy favorites of the country. Over 145 recipes feature the popular cuisine of South African Indian, Cape Malay, African, Afrikaner, Chinese, Mediterranean, Middle Eastern, and Mexican as enjoyed in South Africa. Ingredients are readily available and the recipes are simple to follow and easy to use. Dr. Khan s vision as a cook as well as a medical doctor is the bringing together of people around the dining table-from nuclear families as well as extended families, friends, and the close community at large-as part of healthy and holistic living. She believes that the addition of spice to one s diet enhances the promotional and preventative health benefits of food. This is a fantastic collection of food and treats catering for breakfast, lunch, supper, and special occasions, and for small and large gatherings. The book is enhanced by full-colored photographs throughout.

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