



State of the World Report

BUMPER
ISSUE



- ◆ **FREE** full-colour wallchart
- ◆ Eduardo Galeano's *After the Terror*
- ◆ Jeremy Seabrook on what's Left
- ◆ The other 1996: frontline stories
- ◆ The world's wealth & health: the **FACTS**
- ◆ Mothers who die: why nobody cares

The Spices of Life

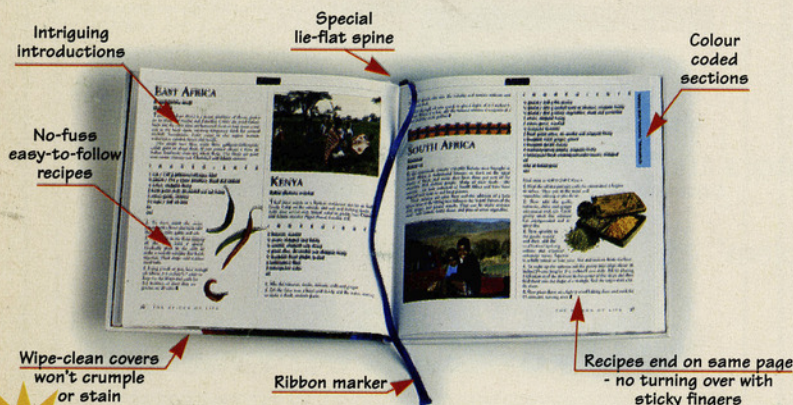
Set your taste-buds tingling with these wonderful recipes from around the world. How about a meal of Pumpkin soup from Argentina, Moroccan bean stew or Kerala chicken, and Coconut cakes from Sierra Leone? Try Penang curry paste or Cape chutney from South Africa on the side. Chill with a Caribbean Rum Swizzle or Spiced Tea from Kashmir.

Most of the spices used in **The Spices of Life** will be familiar to you - fragrant cloves, nutmeg and cinnamon as well as zesty chilis and pepper - but others like star anise and galangal may be less well-known. All the dishes are tested and adapted for your kitchen. You don't have to be a fancy cook to enjoy preparing and eating these meals: the step-by-step method makes the recipes easy to follow, and there's a full-colour Guide to the spices themselves and how to use them in the kitchen.

The Spices of Life is fun to read as well as to cook from - a perfect gift for friends, family or yourself. Now where's that Passion Fruit cocktail recipe...?



◆ Full-colour throughout, with over 25 full-page photographs ◆ Brief, scene-setting introduction to each recipe ◆ Attractive design and easy step-by-step cooking methods ◆ Spice Guide ◆ Over 100 recipes grouped as Starters, Vegetarian, Fish & Meat, Side Dishes, Chutneys & Sauces, Desserts & Drinks ◆ Glossary of ingredients ◆ Fully indexed ◆



What people say

'A beautiful book that will not only make your mouth water but will delight the eye, tickle the nose and absorb the mind.'

ARCHBISHOP DESMOND M TUTU, CAPE TOWN, SOUTH AFRICA

'Troth Wells combines the NI's unparalleled information on African, Asian and Latin American issues with recipes cleverly adapted for Western kitchens.'

JULIE CHRISTIE

'The Spices of Life completes an NI hat-trick of absolute essentials in everybody's kitchen.'

GLENDIA JACKSON MP

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