



Little Guide Book: Asian Herbs, Spices & More

Devagi Sanmugam

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his practical guide features 40 ingredients found in the markets of South East Asia, each illustrated for easy reference and identification. Discover the amazing benefits of these herbs, spices and other ingredients, and learn how they can be used in the home kitchen or prepared as a natural remedy. Also included is a small collection of recipes for scrumptious snacks, drinks and main dishes.

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