



# Spice Mixes: Homemade Spice and Seasoning Recipes

*Jamil Bathali*

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## **Spice Mixes: Homemade Spice and Seasoning Recipes** Jamil Bathali

These are not McCormick spices -- Acclaimed chef Jamil Bathali teaches you his secrets to making amazing spice and seasoning mixes! A vast array of exciting spice mixes can be made at home, easily, and for a fraction of the cost of commercial spices. Making spice mixes at home is healthier too -- Commercially-produced seasoning mixes are typically full of fillers, preservatives, and unhealthy chemical flavor enhancers. The purpose of this book is to expose you to Jamil's amazing array of exciting spices and seasonings from all over the world. Enjoy! \* Best practices for spice and seasoning blends \* Herbs and spices with powerful health benefits \* What spices are good with what foods \* Basic blends \* Salt substitutes \* Spice blends for meats, poultry, and fish \* "Look Inside" to see the Table of Contents -- learn to make your own BBQ blends, cajun spices, Mexican and Caribbean, Italian, Mediterranean, Indian, Middle Eastern, Asian, and African recipes and blends! See more at [IronRingPublishing.com](http://IronRingPublishing.com)

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