



The Incredible Spice Men

Tony Singh, Cyrus Todiwala

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Easy, everyday recipes show you how to put the magic of spice into your mealtimes—and give the food you love a new lease on life

Acclaimed chefs Tony Singh and Cyrus Todiwala are on a mission to wake Britain up to the versatility of spices. For too long, our spices have sat unused and dusty in cupboard shelves, when just a mere sprinkling of cumin, a dash of turmeric, or a handful of star anise has the power to turn our everyday food into an explosion of tastes and smells. Tony and Cyrus have taken to the road, exploring the British Isles and adding their own spicy twist to the UK's most classic and best-loved dishes. Try jazzing up a Sunday roast chicken with a honey and ginger, adding a cumin and coriander kick to a shepherd's pie, or lacing a Victoria sponge with aromatic fennel seeds and cardamom. With delicious, everyday recipes accompanied by Cyrus and Tony's top tips and favorite spices, *The Incredible Spice Men* will demystify the contents of your spice rack, and open your everyday cooking up to a world of exciting new flavors.

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