



Heat: Cooking With Chillies, The World's Favourite Spice

Kay Plunkett-Hogge

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Meet the chilli. It's a fiery little fruit. From humble origins in a tucked-away corner of Latin America, it has found its way into the food of more than half the world.

Intrepid food writer Kay Plunkett-Hogge is on its trail, following the chilli from the Americas to Europe, and along the spice routes to the Middle East, India, China and beyond. With more than 120 delicious recipes from around the world, including Thai, Indian and Mexican favourites, plus tantalising desserts with a difference, Kay showcases the chilli's extraordinary versatility, celebrates its rich and nomadic history, and discovers the secrets of its success.

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