



Richtig scharf kochen: 100 heiße Rezepte (German Edition)

Peter Wagner

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Scharfe Küche für feine Zungen. Sanftes Prickeln mit himmlischem Aroma und höllisches Feuer mit der vollen Wucht der Endorphine - dieses Buch bietet beides und alles dazwischen. Nicht nur Chili und Pfeffer, sondern scharfes Essen und kulinarische Scharfmacher aus der ganzen Welt sind hier versammelt: vom heimischen Meerrettich bis zur Parakresse aus Brasilien und Ingwer und Zimt aus der indischen Küche. Scharf ist nicht gleich scharf. Chili-Schärfe und die Schärfe von Ingwer oder Kurkuma "schmecken" unterschiedlich, sie reizen andere Rezeptoren auf der Zunge. Das Kochbuch der Stiftung Warentest stellt mehr als 40 bekannte und unbekannte Scharfmacher vor - mit tollen Rezeptideen aus aller Welt!

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