



# SPICE HEALTH HEROES

Featuring recipes from Jose Andres, April Bloomfield  
Peter Gordon, Judy Joo and Lidia Bastianich

By Natasha MacAller

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Natasha MacAller, ballerina-turned chef and author of *VANILLA TABLE: THE ESSENCE OF EXQUISITE COOKING FROM THE WORLD'S BEST CHEFS*, has always had a vested interest in health and a passionate interest in spices. **'For me' says Natasha 'spices are the flavour of life and may be the source of wellbeing for life too. I want SPICE HEALTH HEROES to inspire people to add more spices to their everyday cooking, as spices may show surprising benefits in helping to off-set certain diseases or poor health issues. Ultimately this is a book which celebrates the wonder of spices in all their forms and how we can use them to enhance our cooking and lives.'**

In *SPICE HEALTH HEROES*, her dazzling new cookbook, Natasha explores the culinary, nutritional and medicinal uses of more than 30 spices found in one's kitchen cupboard, from the everyday to the more exotic. She takes each of her spice heroes, groups them into six chapters; from immune and cleansing, to energy and warming, to restorative and calming and details the flair of flavour and the wealth of medicinal benefits each spice may contain, supported by quotes from an expert team of 8 international medical doctors and nutritional experts. Practical advice on the storage, preparation and uses of all the featured spices is also given.

Each of the spices star in over 100 mouth-watering recipes. There is her 'California Girl Prawn Curry' (a childhood memory of her Mum's Californian take on curry) together with many other original sweet and savoury recipes including: 'Floating Spice Islands With Lime, Raspberry and Coconut Jam'; 'Tropical Turmeric Smoothie'; 'Heirloom Apple And Walnut Galette'; 'Doves Bay Bouillabaisse' inspired by her visits to New Zealand; 'Tonga Chili-Lime Chicken'; 'Cornish Saffron Popovers' and 'Lemongrass Pork Pearls'. Together with Natasha's recipes there are recipes contributed from some 22 internationally acclaimed chefs, including **Jose Andres, Lidia Bastianich, April Bloomfield, Suzanne Goin, Peter Gordon, Mette Helbak, Judy Joo, Michael Kempf, Christine Manfield, Anne-Sophie Pic and Cyrus Todiwala**, whose spice stories and recipes began from their very first taste of a spice then developing over years of cooking, creating and tasting into their own individual spice signature.

*SPICE HEALTH HEROES* is a cookbook that will change the way you think of spices and the way you cook with them as you learn of the many benefits they can have:

- **Cinammon 'The Good Sweet Spice'** may help lower blood sugar levels, especially for those suffering from Type 2 Diabetes.
- **Hisbiscus 'The Refreshing Red Spice'** is thought to be a formidable foe in the war on aiding the digestive system by blocking fat absorption and flushing it out of your system.
- **Rosemary 'The Remember-me Spice'** is a must-have for barbecues, as it has been well studied, tested and analyzed for its extraordinary ability to nullify the cancer-causing hetrocyclic amines (HCAs) that form when beef, pork, chicken, lamb or any other meat is grilled (broiled), fried, charred, smoked or cooked over an open flame, and thus protects the immune system from having to stave off these easily absorbed chemicals.

- **Tumeric 'The Master Spice'** shows promising results from studies around the world as an antioxidant and antiseptic with anti-inflammatory and analgesic benefits, and it is thought to support the liver with its LDL- and triglyceride-cholesterol-lowering punch.

At a time when culinary medicine, the exciting link between food and medicine (and food as medicine), has become one of the hottest health topics, SPICE HEALTH HEROES will stimulate all your senses and show you how to create dishes that not only taste fantastic but may help you feel fantastic too. As Natasha writes in her introduction, **'These two professions, culinary and medical, have come together and are working as a team to bring attention to the simple fact that good food equals good health. Culinary medicine is not about following a diet, nor is it about removing entire food groups from your life, but rather it consists in eating fresh food that is free from a long list of artificial ingredients: just simple, wholesome, fresh food, full of flavour, health-giving properties – and spice'**.



**NATASHA MACALLER** ([www.dancingchef.net](http://www.dancingchef.net)) spent 30 years as a professional ballerina performing with New York's prestigious Joffrey Ballet and Boston Ballet, finishing her exhilarating career in the Broadway and Los Angeles productions of "The Phantom of The Opera." Turning her artistic spirit to the kitchen, she now channels the same passion, diligence and precision that made her a successful dancer into her love of creative cooking. She divides her time between Los Angeles, London and New Zealand, where she teaches cookery courses and writes. She's also a highly sought-after restaurant consultant and is currently consulting pastry chef at the restaurant, Sausal in El Segundo, California.

SPICE HEALTH HEROES blossomed from her passion for the distinctive, varied spices she cooks with while traveling and consulting. Her first book, **VANILLA TABLE: THE ESSENCE OF EXQUISITE COOKING FROM THE WORLD'S BEST CHEFS** (Jacqui Small, UK), was published in 2015. Some 33 widely applauded international chefs contributed recipes. The book attracted great acclaim, resulting in television appearances and excellent reviews everywhere, from blogs and newspapers to magazines.

**'The pages are bursting with aromatic dishes from both the sweet and savory sections of the kitchen ... while she no longer dances for a living, the flavors and combinations within these pages will soon be dancing on your palate.'** Peter Gordon

**'Natasha MacAller's lovely book is a riposte to anyone who thinks that vanilla is 'plain'.....The collection of recipes from some of the world's top chefs, as well as MacAller herself, open up a universe of vanilla beyond that little bottle of essence at the back of the cupboard. MacAller rightly says that vanilla is a 'universal flavour', but one that is too often taken for granted. VANILLA TABLE reveals hidden intensities in those dark, twisting pods. It inspired me to embark on vanilla experiments in my own kitchen.'** Bee Wilson

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