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Contact: Lydia Finn
Publicist, Quarto Publishing Group U.S.A.
978-282-3511
lydia.finn@quartous.com

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

SPICE HEALTH HEROES

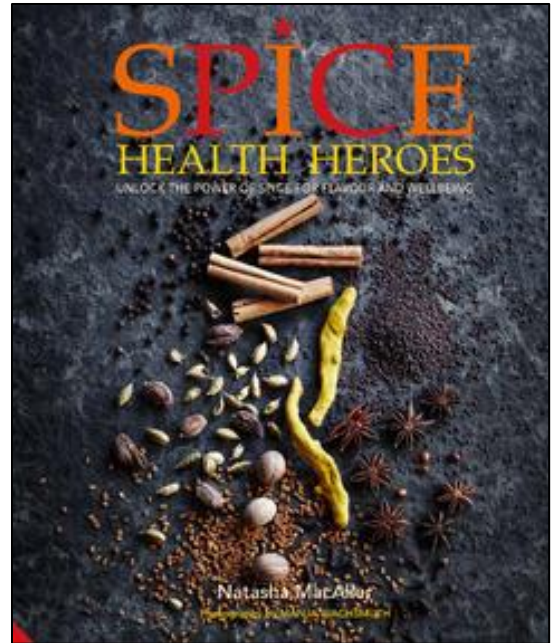
Go on a spice journey around the world with Natasha MacAller with **SPICE HEALTH HEROES** (Jacqui Small LLP / October 20, 2016 / \$30.00).

Spices are celebrated the world over for the depth of flavor that they bring to the dishes to which they are added. The alchemy of roasting and blending the perfect spice mix is a careful balance of sweet, sour, bitter and spicy that can elevate a dish to something truly special. But beyond their remarkable taste, many spices have huge benefits to health and nutrition that are only now beginning to be recognized in the Western world.

SPICE HEALTH HEROES includes a detailed study of the history, myths and traditional uses of spices. The first part of the book examines the culinary, nutritional and medical applications of the everyday and more exotic spices found in your pantry. Medical and nutritional claims are backed by contributions from an impressive team of international medical professionals and institutions.

With more than 80 recipes, including contributions from some 20 internationally renowned chefs from around the world, such as Yotam Ottolenghi, April Bloomfield and 2016 James Beard winners Lidia Bastianich and Ragahavan Iyer, **SPICE HEALTH HEROES** takes the home cook on a journey through the spice cabinet and will inspire you to add a fragrant spice to every meal.

NATASHA MACALLER is known worldwide as the "Dancing Chef". A former professional ballerina, after thirty years of performing with companies such as New York's Joffrey Ballet, the Boston Ballet and on the stages of Broadway, she decided to move on to what she considered another performing art: cookery. She used her seasonal layoffs from ballet to become a professional cook and eventually set up her own catering business, Dancing Chef Catering, which served TV, theatre, film and food industry folks. In 1996, after graduating number one in her class from The Colorado Culinary Institute, Natasha went from strength to strength, and she now holds her own culinary classes and has become an international chef consultant.



SPICE HEALTH HEROES **by Natasha MacAller**

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**For more information, to request a review copy of the book or an interview, please contact
Lydia Finn at 978-282-3511 OR lydia.finn@quartous.com**