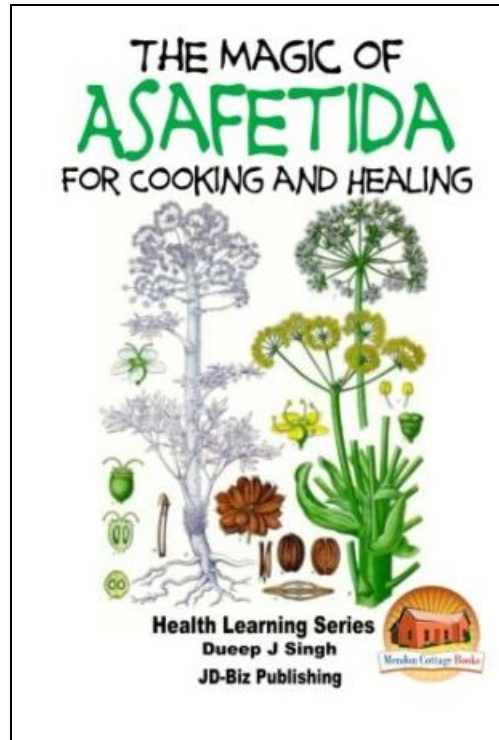


The Magic of Asafetida for Cooking and Healing



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THE MAGIC OF ASAFETIDA FOR COOKING AND HEALING



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Magic of Asafetida For Cooking and Healing Table of Contents Introduction How to Grow Asafetida Harvesting the Sap Type of Soil? Watering Your Plant Sowing the Seedlings Asafetida to Heal Fishing Bait Ceremonial Magic Throat Infections Influenza Remedy Urinary Infections Bronchitis Cure Heeng Spicy Mix Arthritis Oil Strengthening a Heart Healthy Heart Mix Suffering from Diarrhea/Dysentery Mango Cure So How Do You Make Buttermilk? Making Clarified Butter the Traditional Way Tempering Your Food with Asafetida. Chicken in the Wok. Conclusion Author Bio Introduction This book introduces you to one of the most notorious of all spices - the Asafetida. Many people do not use it, as a flavoring ingredient in their foods, because they say it smells. Nevertheless, this spice has been an integral part of the cuisine found near the regions, of the NWFP, which is now called Afghanistan. My father was born in this area, and he talks about remembering Pakhtoons crossing the border with their backpacks full of dried fruit, Asafetida, and spices, which they used to grow on the mountains of Afghanistan. This Asafetida was collected as sap from the taproot of an indigenous plant, which grew extensively all over that region. He remembers, running after the gruff Afghani salesmen saying Khan-a, Khara Moshai which was a greeting to the Khan. In return, a gruff baritone would always answer Khara Moshay in return. These vendors sold their products, from door to door, and one knew that they were going to be getting original spices, dry fruits, as well as natural Asafetida without any sort of adulteration. That is why this spice is so expensive. The call of these door to door salesman always...



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