



# Guide des condiments et épices du monde: 120 plantes condimentaires et leur utilisation

*Couplan/Fran Ois*

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Saviez-vous qu'en Thaïlande, on utilise les racines de la coriandre, alors que ce sont les graines qui sont commercialisées en Europe et les feuilles qui sont populaires partout ailleurs ? Saviez-vous que les 160 000 fleurs nécessaires à l'obtention d'un kilogramme de safran font de ce dernier l'épice la plus chère du monde ? Ce guide présente les 120 plantes condimentaires les plus courantes du monde. Pour chacune, sont indiqués leur nom usuel et leurs éventuels synonymes, leur nom scientifique et leur famille botanique, leur aire d'origine, leur zone de consommation, les parties employées, leur utilisation et leurs modes de préparation ainsi que quelques renseignements sur l'histoire, la consommation et les propriétés médicinales.

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