



The Everything Hot Sauce Book: From growing to picking and preparing - all you need to add some spice to your life! (Everything (Cooking))

Angela Garbes

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Add some real flavor to foods with the magic of hot sauce! Hot sauce is more than just the red sauce that gets sprinkled on tacos or eggs; it can be a featured player in all kinds of dishes from breakfasts and snacks to cocktails and desserts (that's right, desserts)! Plus, this all-encompassing guide explains the many health benefits of hot sauce like how it can improve digestion, help combat the common cold, battle the blues, and even relieve the pain of arthritis! In *The Everything Hot Sauce Book* readers learn how to grow and cultivate hot pepper plants and how to prepare delicious dishes with hot sauces. With so many scrumptious and spicy meals, it's easy to see why readers are ready to get hot for hot sauce.

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