



Enter the Minds of Montreal's Most Famous Spice Hunters



140 RECIPES
+ 175 VARIATIONS

KIT WITH 28 SPICE AND BLENDS INCLUDED

AUTHORS

Philippe and Ethné began hunting spices for their catering company almost 30 years ago. In time, the spices took over, and they opened their shop in the Jean-Talon market in 2004. They quickly expanded the company with daughter and tea hunter, Marika, and son and ceramist, Arik. The idea is simple: sourcing the best ingredients means paying fair prices and building personal relationships with growers. Today, **Épices de Cru** offers over 300 direct-sourced products. They've published 5 cookbooks, including Taste Canada award-winning *The Golden Rules of Spices* and the most recent: *The Spice Trekkers Cook at Home*.

Montreal's **Épices de Cru** is releasing its 5th book, *The Spice Trekkers Cook at Home*, on November 9th! Chef/spice hunters Philippe and Ethné de Vienne are proud to present their approach to making **uncompromised, healthy home cooking delicious**- all by incorporating spices!

Drawn from the cuisine Philippe developed after he was **diagnosed with Multiple Sclerosis** in 2012, this cookbook presents **anti-inflammatory, Paleo-inspired recipes** that both soothe symptoms and feed family and friends. "Cooking for health is important, but food should be first and foremost delicious," he says.

The recipes include a discussion of each technique involved, as well as possible variations of the same recipe. "A recipe is just a list of **ingredients and techniques that can be easily swapped**," says Philippe, "We feel very strongly that we've invented nothing, just presented centuries-old culinary ideas in a new format."

Of course spices are at the center of this new approach to healthy family cooking. **The kit of 28 whole spices** includes old classics, like Herbes de Provence, as well as new, exclusive blends, like Royal Berberé. The book is also filled with tips for choosing, storing and cooking with spices.

The combination cookbook/spice kit, long popular in Quebec, is still little known in America. **Each blend can be used in many ways, and each spice can be mixed into different blends.** According to Ethné, "There's nothing more liberating than adding a special dash of something and seeing the joy spread on your loved one's faces - not to mention their finger-tip licking that ensues."

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