



# How to Be a Chili Head: Inside the Red-Hot World of the Chili Cult

*Andy Lynes*

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# How to Be a Chili Head: Inside the Red-Hot World of the Chili Cult

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**How to Be a Chili Head: Inside the Red-Hot World of the Chili Cult** Andy Lynes

**A sizzling-hot guide to the world of the chili head, from where to celebrate at chili festivals to practical growing tips and the 10 best chili recipes from around the globe**

Welcome to the world of the chili cult. All over the globe, people are getting together to grow chilis, taste chilis, and make sauce hot enough to blow their heads off. Competition among chili-growers is fierce, and tall tales of dastardly deeds abound. This sizzling-hot book is your essential guide to the chili world, with inside information on where to find the tastiest varieties, where to eat the best chili-packed street food, and the race to produce the hottest chili ever known. Find out the secrets of chili science, such as why a slug of water won't help when your mouth's on fire, what effect eating a super-hot chili has on your body, and how to measure how hot a chili is. If you want to grow your own chilis, this book contains a wealth of foolproof cultivation tips, and, of course, there's a delicious selection of chili recipes to make with your first harvest. Packed with features, facts, and fun, this is the perfect gift for the chili obsessive in your life. Recipes include dual measurements.

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