



## SPICE CENTRE GUIDE

For those who does not like to experiment in their kitchens. The table below will surely be handy as it shows what spices & herbs go with what food. Many spices or herbs can be familiar than others depends in which country you are.

Guide to Use your Spices & Herbs	
<b>ALL PURPOSE SEASONING</b>	To be used with Fish, Meat & Pasta. Salt, Garlic Powder, Onion Powder, Paprika, Dried Thyme, Red Pepper, Black Pepper, Dried Oregano, Ground Bay Leaves, Chili Powder
<b>ALL SPICE</b>	It's a mixture of cloves, nutmeg, cinnamon & pepper all combined in one spice. It is a particularly popular spice in European cooking, an important ingredient in many marinades, pickling and mulling spices. Many patés, terrines, smoked and canned meats include allspice. A few allspice berries are added to Scandinavian pickled herring, to Sauerkraut, pickles, soups, game dishes and English spiced beef. Traditionally, allspice has been used in cakes, fruit pies, puddings ice cream and pumpkin pie. Some Indian curries and pilaff contain allspice and in the Middle East it is used in meat and rice dishes. It is also used in liqueurs, notably Benedictine and Chartreuse. Allspice can be used as a substitute, measure, for measure, for cinnamon, cloves or nutmeg. Conversely to make a substitution for allspice, combine one part nutmeg with two parts each of cinnamon and cloves.
<b>ANGELICA</b>	All parts of Angelica are used, roots, seeds, stem and leaves. The seeds are used in cookies and sweets. The stems can be candied and used as in cookie and cake decorating. Young leaves can be added to fruit or leaf salads. Because it reduces acidity, it can be used as a flavoring for rhubarb, orange marmalade, sorbets and fruit syrups.
<b>ANISEED</b>	USUALLY USED IN CAKES, BISCUITS & CONFECTIONARY AS WELL AS RYE BREADS. It is used in much the same way as fennel to flavour fish, poultry, soups and root vegetable dishes. Numerous alcoholic drinks and cordials are flavoured with aniseed, particularly French <i>pastis</i> , Pernod and Ricard, Greek <i>ouzo</i> , Spanish <i>ojen</i> , Turkish <i>raki</i> , Italian <i>anesone</i> , Arab <i>arrak</i> and Egyptian <i>kibib</i> .
<b>BASIL</b>	Basil's pervading, clove-like aroma makes it such an ideal complement to tomatoes that it is often referred to as 'the tomato herb'. Basil also complements other vegetables such as eggplant,

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	zucchini, squash and spinach. When added within the last half an hour of cooking, basil enhances the flavor of vegetable and legume (split peas, lentil) soups. Most salads, especially those with tomato, benefit greatly from the addition of fresh basil. Basil goes well with poultry when used in stuffing, is included in soups and stews and added to sauces and gravies. Fish brushed with olive oil, dusted with freshly ground black pepper, wrapped in foil with a few basil leaves and barbecued, is a simple and effective way to enjoy this versatile herb. Basil is used in pâtés and terrines, where its volatile notes will help counteract the richness of liver and game. Main Ingredient of Pesto Sauce. Used with fish, pasta sauces, soups, stews and bruschetta mixture
<b>BAY LEAFS/LAUREL</b>	Bay leaves are widely used throughout the world. It may be best known in bouquets garnis or used similarly in soups, sauces, stews, daubes and courts-bouillon's, an appropriate seasoning for fish, meat and poultry. Bay leaf is often included as a pickling spice in marinades, tomato dishes & meats, fish soups, curry stews & potatoes
<b>BOUQUET GARNI</b>	A bouquet of herbs; Bayleaf, 2 parts parsley, thyme. The herbs may be wrapped in cheesecloth or with parsley stalks. Use to flavor stews and soups
<b>CAJUN SPICE</b>	Mostly used in Cajun Cooking. It is a mixture of paprika, salt, cayenne pepper, onion powder, garlic powder, oregano, mustard seed, thyme, ground black pepper
<b>CARDAMON</b>	This seed can be used with coffee and crushed with milk. It can be used in apple pies. It features in curries, is essential in pilaf (rice dish) and gives character to pulse dishes. Cardamom is often included in Indian sweet dishes and drinks. At least partially because of its high price, it is seen as a 'festive' spice. Other uses are; in pickles, especially pickled herring; in punches and mulled wines; occasionally with meat, poultry and shellfish. It flavors custards, and some Russian liqueurs. Cardamom is also chewed habitually (like nuts)
<b>CARAWAY SEEDS</b>	Use for apples, pork and sausages. The spice seems to counter act the fattiness of pork, duck and goose. It is an essential taste in sauerbraten, sauerkraut, bread sticks and rye bread. Smoked and skimmed milk cheeses from Austria, Germany, Hungary Holland and Scandinavia contain whole seed. There are many liquors flavoured with caraway (Kummel, Akuavit gins and Schnapps). It can also be used in cakes, cookies, soups, omelets, rice and pasta dishes, cheese spreads and vegetable dishes.
<b>CAYENNE PEPPER</b>	Cayenne pepper can be used as a spice in cooking; or as a condiment at table, generally with seafoods, such as oysters, sardines, smoked salmon and trout, scallops, fried mussels, crab, lobster and crayfish. It may be sprinkled over soups and hors d'oeuvres. It can be eaten with eggs cooked in any way, and egg dishes such as omelettes and souffles. It is good with roasted, grilled, fried or stewed meats. It can be sprinkled on bacon prior to frying and used in the dusting flour for fried chicken, fish and vegetables. It adds piquancy to stews, casseroles and sauces, especially cheese, barbecue and shellfish sauces. It can be used in the making of cheese straws and biscuits, marinades, pickles, ketchups, chutneys and smoked foods. It is an ingredient of

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	Worcestershire sauce and is frequently used in curries.
<b>CELERY</b>	<p>Celery is a popular spice in European and North American foods and beverages. The seeds are used in fresh tomato juices, chicken soups, pickles, salad dressings, coleslaw, breads, and meats. Scandinavians and Eastern Europeans add celery seeds and leaves to sauces, soups, stews, and salads. The ground form or extractives are used in salami, bologna, frankfurters, knockwurst, sausages, corned beef, and Bloody Mary drinks. Cooking tends to reduce its bitterness and enhance its sweetness. North Indians and Bengalis add the seeds to curries, pickles, and chutneys. Celery pairs well with chicken, turmeric, sage, cumin, soy sauce, ginger, and vinegar. Celery stalks and roots are not spices but are discussed because they add flavor to many foods and beverages. Celery stalks are braised to give distinct flavorings and crunchy textures. Leaves of celery are chopped and used as a garnish for soups and sauces, while stalks of celery are cut and used to flavor soups, stuffings, and casseroles. Celery root is eaten raw in salads or is cooked and served as a vegetable. In North America, the leaves are added to Creole gumbos and soups. In East Asia and Southeast Asia, it flavors soups, stir-fries, and sauces, and is used as a garnish for Chinese-style rice dishes.</p>
<b>CHERVIL</b>	<p>Chervil is an important inclusion in the traditional French fines herbes blend of tarragon, parsley, chives and chervil. Chervil complements scrambled eggs and omelets, cream cheese and herb sandwiches, salads and even mashed potatoes. Chervil is one of the staples of classic French cooking. Along with chives, tarragon and parsley, it is used as an aromatic seasoning blend called "Fines Herbes." Most frequently it is used to flavor eggs, fish, chicken and light sauces and dressings. It also combines well with mild cheeses and is a tasty addition to herb butters. Chervil, being a spring time herb, has a natural affinity for other spring time foods: salmon, trout, young asparagus, new potatoes, baby green beans and carrots, salads of spring greens. Chervil's flavour is lost very easily, either by drying the herb, or too much heat. That is why it should be added at the end of cooking or sprinkled on in its fresh, raw state.</p>
<b>CHICORY</b>	<p>The young, fresh leaves gathered from chicory plants growing in the garden make an excellent addition to a green salad. Blanched chicory, bought as a vegetable and crisped in icy water, may also be added raw to salads imparting an appetizing bitterness and cool crispness. Chicory can be served raw and quartered as crudité, or separated into individual leaves that make good boats for holding dips, salsas and finely chopped salads. It works well with creamy mixtures and blue cheese in particular - try it in the classic French salad of Roquefort, walnuts and pears. Orange and sultanas are other good partners. Alternatively, cook it. Halve, brush with oil and grill, braise by packing it in a buttered casserole and adding some stock, or cut it into chunks and sauté it on the stove top. Chicory develops a slippery texture and brown-grey colour when cooked but also a sweeter, mellower flavour that particularly benefits from the addition of butter.</p>
<b>CHILI</b>	Most European countries do not use chiles for their traditional

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	<p>dishes; only Mediterranean countries and Hungary have much of a chile tradition, though food is rarely really fiery even in these countries. Consequently, there are only few particular chile cultivars in Europe. A good example is the fiery piri-piri, a Portuguese variety sold almost exclusively in pickled form. Other hot chilies are mostly used dried, e.g., the piment d'espelette from Pays Basque in France, or the South Italian pepperoncino.</p> <p>At its heart, traditional Mexican cuisine is the various permutations and preparations of chiles. Tamales, tacos, Rellenos, moles, tortillas, frijoles, enchaladas, etc. are all tempered by chiles. While each region of Mexico has its specialties the chile is omnipresent.</p> <p>In Thailand, "curry pastes" (prik kaeng or prik gaeng) are ground mixtures of chiles with other fresh spices. Chile-based table condiments are almost ubiquitous in Thailand: nam pla prik (fish sauce with finely chopped green chiles), prik dong (chopped red chiles in vinegar) and prik phom (red chile powder) allow each diner to adjust spiciness (Europeans, however, rarely use the option). The mentioned three chile condiments, plus white sugar and ground toasted peanuts, make up the standard set of "five flavours" which is offered even in very cheap restaurants and at family tables.</p> <p>In Indonesia a red hot chile sauce, sambal, is provided at the table to adjust hotness level to one's personal taste. Sambal may consist simply of mashed, salted chiles (sambal ulek), but may also be fried or enhanced with shrimp paste, nuts or other spices; a popular recipe is sambal bajak.</p>
<b>CHIVES</b>	<p>Chives are a popular ingredient in European cooking because of their delicate flavor. They are an essential flavoring of the spice blend, fines herbs, that is commonly used in French cooking. The bright green leaves of chives are good as a garnish in cold salads, stews, and soups or when sprinkled over cooked sauces, soups, and finished meals. The finely chopped leaves and bulb are used to garnish vichyssoise, cheese and cream sauces, gravies, dips, and baked potatoes.</p>
<b>CHIMICHURRI</b>	<p>Chimichurri is made from finely chopped parsley, minced garlic, vegetable oil or olive oil, white or red vinegar, and red pepper flakes. Additional flavorings such as paprika (pimenton dulce), oregano, cumin, thyme, cilantro (coriander leaf), lemon, and bay leaf (laurel), and in the red version, tomato and red bell pepper may also be added. It is the only seasoning for grilled meats, organ meats and chorizo sausages in Argentine asados. It can also be used as a marinade for grilled meat</p>
<b>CILANTRO</b>	<p>The leaves are always used fresh. They feature in Spanish, Middle Eastern, Indian, Oriental and South American cookery. They are often sprinkled like parsley on cooked dishes, minced or puréed in sauces, soups and curries. In Thailand the root of the coriander plant is used to flavour meats, curries and soups. In Mexico and the Southwestern U.S. it is used in everything from salsas and salads to burritos or meat dishes.</p>

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<b>CINNAMON</b>	A delicate spice cinnamon is used more in dessert dishes. It is commonly used in cakes and other baked goods, milk and rice puddings, chocolate dishes and fruit desserts, particularly apples and pears. It is common in many Middle Eastern and North African dishes, in flavouring lamb tagines or stuffed aubergines. It is used in curries and rice pilaf and in garam masala. It may be used to spice mulled wines, creams and syrups.
<b>CLOVES</b>	Cloves can easily overpower a dish, particularly when ground, so only a few need be used. Whole cloves are often used to “stud” hams and pork, pushing the tapered end into the meat like a nail. A studded onion is frequently used to impart an elusive character to courts-bouillons, stocks and soups. Cloves are often used to enhance the flavour of game, especially venison, wild boar and hare. They are used in a number of spice mixtures including ras el hanout, curry powders, mulling spices and pickling spices. Cloves also figure in the flavour of Worcestershire sauce. They enjoy much popularity in North Africa and the Middle East where they are generally used for meat dishes, though rice is often aromatized with a few cloves.
<b>CORIANDER</b>	The commonest use of coriander seed is in curry powders, where it is the bulkiest constituent, often rough ground in India to give a crunchy texture. The seeds can be likewise used in stews and soups. They blend well with smoked meats and game and feature in traditional English black pudding recipes and Italian mortadella sausage. Coriander is an ingredient of garam masala, pickling spices and pudding spices and is used in cakes, breads and other baked foods. Sugared comfits made from the seeds are a traditional sweetmeat and breath sweetener. Coriander is a characteristic of Arab cookery, being common with lamb, kid and meat stuffings. Taklia, a popular Arab spice mixture, is coriander and garlic crushed and fried. Coriander with cumin is a common combination and features in falafel and in the Egyptian appetizer dukka, which consists of those spices plus sesame seeds, hazelnuts, salt and pepper, roasted and crushed. Coriander goes well with ham and pork, especially when orange is included. It enhances fish dishes and, with other spices, may form a delicious coating for spiced fish or chicken, rubbed into the scored flesh and grilled. Try frying a few seeds with sausages to add an unusual flavour. Coriander complements chili and is included in many chili recipes, such as harissa, the hot North African red pepper sauce. It may be added to cream or cottage cheese. The leaves are always used fresh. They feature in Spanish, Middle Eastern, Indian, Oriental and South American cookery. They are sprinkled like parsley on cooked dishes, minced or puréed in sauces, soups and curries, especially bhuna. Both seeds and leaves can be used in salads. In Thailand the root of the coriander plant is used to flavour meats and curries.
<b>CUMIN SEEDS</b>	Cumin is used mainly where highly spiced foods are preferred. It features in Indian, Eastern, Middle Eastern, Mexican, Portuguese and Spanish cookery. It is an ingredient of most curry powders and many savoury spice mixtures, and is used in stews, grills - especially lamb - and chicken dishes. It gives bite to plain rice, and to beans and cakes. Small amounts can be usefully used in

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	<p>aubergine and kidney bean dishes. Cumin is essential in spicy Mexican foods such as chile con carne, casseroled pork and enchiladas with chili sauce. In Europe, cumin flavours certain Portuguese sausages, and is used to spice cheese, especially Dutch Leyden and German Munster, and burned with woods to smoke cheeses and meats. It is a pickling ingredient for cabbage and Sauerkraut, and is used in chutneys. In the Middle East, it is a familiar spice for fish dishes, grills and stews and flavours couscous - semolina steamed over meat and vegetables, the national dish of Morocco. Zeera pani is a refreshing and appetizing Indian drink made from cumin and tamarind water. Cumin together with caraway flavours Kummel, the famous German liqueur.</p>
<b>CURRY</b>	<p>It is an essential spice in South Indian, Sri Lankan, and Malaysian curries, dals, samosas, dosai fillings, chutneys, snacks, sambars, soups, breads, and vegetables. Kari leaf is popularly used in South Indian vegetarian and fish dishes and Sri Lankan meat and chicken curries. Kari leaves pair well with mustard seeds, turmeric, ghee, cumin, coriander, fenugreek, dals, ginger, garlic, tomatoes, and yogurt. It provides a certain zest to yogurt-based salad dressings and vegetable dishes, such as fried cabbage, lentils, beans, okra, or eggplant. It is usually removed before the food is eaten.</p> <p>Kari leaf also provides a distinct spicy flavor to cold dishes and buttermilk. It gives a more intense flavor and crunchiness when it is toasted in oil or ghee, and this mixture is then added to many vegetarian foods. Sometimes it is toasted, ground, or crushed to season or garnish soups, sambars, and curries.</p> <p>Kari leaf can be kept frozen or refrigerated in a plastic bag for about two weeks. Freezing better retains its flavor, but its color changes to black. To retain its fresh flavor, it is best not to remove the leaves from its branches until ready to use. Spice Blends: curry blends, sambar podi, rasam podi, chutney blends, and fish curry blends.</p>
<b>DILL</b>	<p>Dill is mainly used in pickling, where most of the plant is used. "Dill Pickles" have become a North American classic and in Europe Sauerkraut and dill vinegars have been popular for centuries. It is especially popular in Russia and Scandinavia, where it is used in courts-bouillons and sauces for fish, pickled salmon, casseroles and soups. It is also used on cakes and breads, particularly in rye breads, the way caraway is used. Dill should be used sparingly as the flavour grows. Its flavour works well in sour cream and yogurt sauces. The chopped fresh leaves are frequently used with trout and salmon, shrimp, deviled eggs, green beans, cauliflower, beets, soups, cottage and cream cheese.</p>
<b>FENNEL</b>	<p>As a herb, fennel leaves are used in French and Italian cuisine's in sauces for fish and in mayonnaise. In Italy fennel is also used to season pork roasts and spicy sausages, especially the Florentine salami <i>finocchiona</i>. It is traditionally considered one of the best herbs for fish dishes. The English use fennel seeds in almost all fish dishes, especially as a court bouillon for poaching fish and seafood. It is used to flavour breads, cakes and confectionery. It is</p>

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	an ingredient of Chinese Five Spices and of some curry powders. Several liquors are flavoured with fennel, including fennouillette, akvavit, gin and was used in distilling absinthe.
<b>FENUGREEK</b>	The major use of fenugreek is in curry powders, figuring in many mixtures, especially vindaloo and the hot curries of Sri Lanka. It is an ingredient of Panch phoron, the Indian five-spice mixture. In home-made powders, the amount used can be controlled, but in cheap bought powders it often overpowers. When fish is curried, particularly strong-tasting fish such as tuna and mackerel, fenugreek is frequently included in the spice mixture. Many chutneys and pickles incorporate it and it gives a tangy aroma to vegetables. The leaves, both fresh and dried, are used in meat curries, dhal and vegetable dishes and chutneys. The seeds are an ingredient of the Middle Eastern confection halva. Flour mixed with ground fenugreek makes a spicy bread. In India the roasted ground seeds are infused for a coffee substitute or adulterant. A tea can be made by infusing teaspoon of seed with two cups of water for five minutes.
<b>FIVE SPICE</b>	This spice is often used for stir fry vegetables, chicken and in Chinese dishes.
<b>GARLIC</b>	The uses of garlic are infinite and it is an important ingredient in the cuisine of most nations. A small amount will 'lift' dishes of meat, fish and vegetables and be virtually undetectable. Bouquets garnis sometimes include it. Garlic is essential in the robust cookery of the Mediterranean region. Garlic butters accompany snails, mussels and grills of fish or meat. Pasta dishes often call for sauces flavoured with garlic. French and Spanish aioli and Greek skordalia are powerful garlic sauces. Garlic appears frequently in soups, salad dressings, patés, terrines, salamis and smoked spiced sausages. It is usual to include garlic in dishes of game. Joints of lamb and beef roasts benefit greatly by spiking the skin with slivers of garlic before roasting, few or many, according to taste. For just a hint of garlic, rub the salad bowl or cooking pot with a cut clove. A bruised garlic clove can be used to effect in a bottle of vinegar or salad dressing. Garlic is indispensable to Indian cookery and is widely used in China and South East Asia.
<b>GINGER</b>	Fresh ginger is essential to Asian and oriental cookery. It is used in pickles, chutneys and curry pastes and the ground dried root is a constituent of many curry powders. Tender young ginger can be sliced and eaten as a salad. Sometimes the roots will produce green sprouts which can be finely chopped and added to a green salad. In the West, dried ginger is mainly used in cakes and biscuits, especially ginger snaps and gingerbread. Ginger is also used in puddings, jams, preserves and in some drinks like ginger beer, ginger wine and tea. Pickled ginger is a delicious accompaniment to satays and a colourful garnish to many Chinese dishes. Preserved ginger is eaten as a confection, chopped up for cakes and puddings, and is sometimes used as an ice cream ingredient
<b>GARAM MASALA</b>	Garam Masala is used in Indian Cuisine and goes well with Lamb or Beef Curry used also with casseroles
<b>HORSERADISH</b>	The main use is in horseradish sauce. This is made most simply by mixing the grated root with sugar and vinegar to the desired

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	<p>consistency. However, cream, sour cream or wine is also a common base for this traditional English sauce to accompany roast beef, sometimes spices such as garlic, mustard and pepper are added. Albert sauce is a classic accompaniment to boiled or braised beef and is served hot. As a sauce, horseradish also complements tongue, sausages, cold egg dishes, cheese, chicken and hot ham. It is good with fish and is often served with smoked trout. Mixed with yogurt it is a piquant topping to baked potatoes. Horseradish butter is excellent with grilled fish and meat. In America, horseradish is a favourite flavouring in party dips. With grated apple it makes a sharp dressing for fish, and in tomato-based sauces, like "seafood sauce" for shrimp cocktails. When served hot, horseradish loses its pungency and is quite mild.</p>
<b>ITALIAN DRIED HERBS</b>	<p>This Italian mixture of herbs; oregano, basil, rosemary, thyme &amp; sage. It is used for broths &amp; soups</p>
<b>JUNIPER BERRIES SEEDS</b>	<p>Juniper berries perform a quite unique role, by contributing as much to the character of food through their 'freshening' ability, as they do by way of their specific taste profile. As well as flavouring a dish, juniper cuts the gaminess of game, reduces the fatty effect of duck and pork and perks up a bread stuffing. The strong hearty flavour of juniper goes well with strong meats, such as game. Pork chops, roast leg of lamb, veal, rabbit, venison and wild boar are all enlivened with a hint of juniper. Juniper berries blend well with other herbs and spices, especially thyme, sage, oregano, marjoram, bay leaves, allspice and onions and garlic. One application I am particularly fond of is in a simple chicken casserole, it can effectively be added to wine marinades for meats, and is used with coriander in smoking meat. It seasons pâtés and sauces and in Sweden. Goulash and Sauerkraut often feature a juniper taste, as do some home-pickled meats like salt beef, salt pork and ham. Generally juniper can well be used in any dish requiring alcohol. Fruit dishes, such as apple tart and pickled peaches, also harmonize with this flavour.</p>
<b>KAFFIR LIME LEAFS</b>	<p>Kaffir lime leaves are precious to many Thai dishes, from soups and salads to curries and stir-fried dishes. They blend with lemon grass and lime juice in tom yam to give the soup its wholesome lemony essence. In soupy dishes, add the leaves whole or torn into smaller pieces, using them as one would bay leaves to flavour broth or stew.</p> <p>Salads or garnishes require fresh leaves. Dried leaves cannot be substituted. The leaves, when young and tender, are finely shredded and added to salads and sprinkled over curries for a burst of flavour. Being rather thick, they must be cut very fine, like threads, and the thick mid-rib removed. To sliver kaffir lime leaves finely, stack three to four leaves of similar size together and slice them very thinly with a sharp knife. It is faster to cut diagonally, which gives the hands better leverage, or roll a few leaves at a time into a tight roll before slicing. If fresh kaffir lime leaves are not available, use the tender new leaves of lime, lemon or grapefruit. They won't have the same fragrance but are preferable to using dried kaffir lime leaves in some dishes.</p>

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	<p>When making a soup or stock, whole fresh or dried leaves may be added, as they are removed after cooking. Finely chopped fresh or crumbled dry kaffir lime leaves are used in dishes like tom yum, stir fries and curries, especially those containing coconut cream. The flavour also combines well with basil, cardamom, chiles, cilantro, cumin, curry leaves, lemon grass, galangal, ginger, mint, tamarind, turmeric and coconut milk.</p>
<b>LAVANDER</b>	<p>English Lavender is the one most commonly used in cooking. It has a sweet flowery flavour with citrus notes. Dried lavender can be very potent, so use sparingly, it can be overwhelming. It is often used in combination with other herbs and spices for robust meat dishes like mutton or game. Fresh lavender flowers make a colourful and edible garnish. Desserts can be decorated with crystallized lavender flowers. Lavender is a member of the mint family and is close to rosemary, sage, and thyme, so lavender can be used in most recipes in place of rosemary. The dried flowers can be put in sugar and kept sealed for a few weeks to create a lavender scented sugar to use in cakes, custards and shortbreads. It is also one of the herbs found in Herbes de Provence and the Moroccan blend, <i>ras el hanout</i>.</p>
<b>LICORICE</b>	<p>Licorice is known mostly as confectionery flavouring, especially Licorice Allsorts or Pontefract cakes. Licorice candy actually rarely has more than 2% natural licorice extract, usually taking most of its flavour from anise or a synthetic substitute. Ninety percent of all natural licorice employed as a flavouring agent is used in tobacco (cigarettes, cigars, pipe tobacco). The sticks of licorice essence may be dissolved in hot water and drunk as a tisane and the roots may flavour fruit juices, syrups and for flavouring drinks like sambuca and beers like Guinness.</p>
<b>LEMON GRASS</b>	<p>Lemon grass features in Indonesian, Malaysian, Sri Lankan and Indian cooking and is widely used in savoury dishes and meat, poultry, seafood and vegetable curries. It harmonizes well with coconut milk, especially with chicken or seafood, and there are countless Thai and Sri Lankan recipes exploiting this combination. The stems are also used in teas or used in pickles and in flavouring marinades.</p>
<b>MACE</b>	<p>Mace and nutmeg are very similar, though mace is somewhat more powerful. Mace is a lighter colour and can be used in light-coloured dishes where the darker flecks of nutmeg would be undesirable. Small amounts will enhance many recipes, adding fragrance without imposing too much flavour. Mace works especially well with milk dishes like custards and cream sauces. It contributes to flavouring light-coloured cakes and pastries, especially donuts. It can enhance clear and creamed soups and casseroles, chicken pies and sauces. Adding some to mashed potatoes or sweet potatoes creates a more interesting side dish. Some beverages improve with a little mace, especially chocolate drinks and tropical punches.</p>
<b>MARJORAM</b>	<p>Marjoram is typically used in European cooking and is added to fish sauces, clam chowder, butter-based sauces, salads, tomato-based sauces, vinegar, mushroom sauces, and eggplant. In Germany, marjoram is called the “sausage herb” and is used with thyme and other spices in different types of sausages. It is usually</p>

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	<p>added at the end of cooking to retain its delicate flavor or as a garnish. It goes well with vegetables including cabbages, potatoes, and beans. The seeds are used to flavor confectionary and meat products.</p> <p>The French add marjoram to bouquet garni and herbes fines for flavoring pork, fish, and lamb dishes. It is popular in Greek cooking, for grilled lamb and meats and to complement onions, garlic, and wine. Italians use it in tomato sauces, pizzas, fish dishes, and vegetables. In Eastern Europe, it is added to grilled meats and stews with paprika, chilies, fruits, nuts, and other dried spices.</p> <p>North Africans and Middle Easterners use marjoram in lamb, mutton, barbecues, vegetables, and seafood. In the United States, it is used commercially in poultry seasonings, liverwurst, bologna, cheeses, sausages, soups, and salad dressings. Spice Blends: bouquet garni, fines herbes, khmeli suneli, sausage blend, and pickle blends.</p>
<b>MINT</b>	<p>For most culinary purposes spearmint is the preferred variety. Mint combines well with many vegetables such as new potatoes, tomatoes, carrots and peas. A few chopped leaves give refreshment to green salads and salad dressings. Pennyroyal is used to season haggis and black puddings. Peppermint is more commonly used in desserts, adding fresh flavour to fruits, ices and sherberts. Spearmint is popular in the Balkans and Middle East, where it is used both fresh and dried with grilled meats, stuffed vegetables and rice and is an essential ingredient of dolmas, stuffed vine leaves. Dried mint is sprinkled over hummus and other pulse and grain dishes. Yogurt dressings, dips and soups often include mint. In India fresh mint chutney is served with biranis. American mint julep is a southern classic and a glass of English Pimms #1 must always be served with a sprig of mint. Mint tea is enjoyed copiously by Moslem Arabs. Peppermint is used to flavour toothpaste, chewing gum and liqueurs such as creme de menthe.</p>
<b>MIXED HERBS</b>	<p>All time favourite mixture that is used with lamb, beef, pork and fish. It is widely used in the Mediterranean countries.</p>
<b>MIXED SPICE</b>	<p>Usually used in desserts with apple pies and stewed fruits but also good with beef ragu' sauce, stews and rabbit. It enhances the flavor of the dishes.</p>
<b>MUSTARD</b>	<p>Whole white mustard seed is used in pickling spice and in spice mixtures for cooking meats and seafood. It adds piquancy to Sauerkraut and is sometimes used in marinades. In India, whole seeds are fried in ghee until the seed pops, producing a milder nutty flavour that is useful as a garnish or seasoning for other Indian dishes. The brown seed is also pounded with other spices in the preparation of curry powders and pastes. Mustard oil is made from <i>B. juncea</i>, providing a piquant oil widely used in India in the same way as ghee. Powdered mustard acts as an emulsifier in the preparation of mayonnaise and salad dressings. Powdered mustard is also useful for flavouring barbecue sauces, baked beans, many meat dishes, deviled eggs, beets and succotash. There are many ready-made mustards from mild and sweet to sharp and strong. They can be smooth or coarse and flavoured</p>

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	with a wide variety of herbs, spices and liquids.
<b>NUTMEG</b>	<p>Nutmeg is usually associated with sweet, spicy dishes — pies, puddings, custards, cookies and spice cakes. It combines well with many cheeses, and is included in soufflés and cheese sauces. In soups it works with tomatoes, split pea, chicken or black beans. It complements egg dishes and vegetables like cabbage, spinach, broccoli, beans onions and eggplant. It flavours Italian mortadella sausages, Scottish haggis and Middle Eastern lamb dishes. It is often included as part of the Moroccan spice blend <i>ras el hanout</i>. It is indispensable to eggnog and numerous mulled wines and punches.</p> <p>One whole nutmeg grated equals 2 to 3 teaspoons of ground nutmeg.</p>
<b>ONION</b>	<p>Onion is a basic flavouring in the kitchen. It is used as a vegetable, or as a spice to bring out the flavour of other dishes without overpowering them. It often accompanies meat - especially mince and meat dishes such as shepherd's pie and meat loaf which would be insipid without it. Onion is also widely used in soups, pickles and cooked vegetable dishes, sauces, hearty casseroles, and bean and lentil dishes. It is a common ingredient in marinades, and an onion studded with cloves is often a main flavouring in stocks and <i>courts-bouillons</i>. There are many classic recipes featuring onion including such familiar dishes as tripe and onions, steak and onions, French onion soup, <i>coq au yin</i>, <i>sauce soubise</i>, to name but a few. Equally famous in India is <i>do pvaza</i>, a dish of meat cooked with a, much as double its weight of onions. The shallot is frequently used in Mediterranean and American cookery, the rocambole in country recipes. Spring onions are common in fresh summer salads and in Chinese and Japanese cookery.</p>
<b>OREGANO</b>	<p>Oregano is an important culinary herb. It is particularly widely used in Turkish, Greek, Portuguese, Spanish, Latin American, and Italian cuisine. It is the leaves that are used in cooking, and the dried herb is often more flavourful than the fresh.</p> <p>Oregano is often used in tomato sauces, fried vegetables, and grilled meat. It is commonly used by local chefs in southern Philippines when boiling carabao or cow meat to eliminate the odor of the meat, and to add a nice, spicy flavor.</p> <p>Oregano combines nicely with pickled olives, capers, and lovage leaves. Unlike most Italian herbs, oregano works with hot and spicy food, which is popular in southern Italy.</p> <p>Oregano is an indispensable ingredient in Greek cuisine. Oregano adds flavor to Greek salad and is usually added to the lemon-olive oil sauce that accompanies many fish or meat barbecues and some casseroles.</p> <p>In Turkish Cuisine, oregano is mostly used for flavoring meat, especially for mutton and lamb. In barbecue and kebab restaurants, it can be usually found on table, together with paprika, salt and pepper.</p>

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<b>PAPRIKA</b>	<p>Paprika is intimately associated with Hungarian cuisine especially paprikash and goulash. Many spiced sausages incorporate it, including the Spanish chorizos. Paprika is often used as a garnish, sprinkled on eggs, hors d'ouvres and salads for colour. It spices and colours cheeses and cheese spreads, and is used in marinades and smoked foods. It can be incorporated in the flour dusting for chicken and other meats. Many Spanish, Portuguese and Turkish recipes use paprika for soups, stews, casseroles and vegetables. In India paprika is sometimes used in tandoori chicken, to give the characteristic red colour. Paprika is an emulsifier, temporarily bonding with oil and vinegar to make a smooth mixture for a salad dressing.</p>
<b>PARSLEY</b>	<p>The fresh flavour and crisp mouth-teel of parsley makes it an ideal accompaniment to most foods. It is traditionally featured in well-known herb blends like fines herbes (with chervil, chives and tarragon) and in bouquet garni with thyme, marjoram and bay leaves.</p> <p>Fresh or dried parsley may be used in omelets, scrambled eggs, mashed potatoes, soups, pasta and vegetable dishes and in sauces to go with fish, poultry, veal and pork. It is included with garlic and butter for making garlic bread or simply garnishing a juicy, sizzling barbecued steak. Parsley is a key ingredient, along with mint in the healthy and nutritious Middle Eastern salad, tabouleh.</p> <p>Flat-leaved parsley is found in Moroccan dishes, from spiced tagines with preserved lemons, to dishes flavored by a chermoula blend that includes coriander leaves, onions, cumin and cayenne pepper. With its stronger flavour, it is more frequently used in cooking, particularly since it stands up well to heat. For instance, try using the stems rather than the leaves when you want the freshness of parsley in a white sauce but don't want the color to bleed. Persillade and gremolada are two well known sauces which have parsley as one of the main ingredients. Persillade, a French sauce, is a sautéed mixture of finely chopped parsley and garlic. It is added just before serving to broiled meats, particularly lamb and beef, as well as chicken or vegetables. Gremolada is a Milanese condiment made of sautéed parsley, garlic, lemon and orange zest. This mixture is traditionally spread over osso bucco just before serving, although it enhances any braised meats.</p>
<b>PEPPER</b>	<p>Pepper is best ground directly on to food. With hot food it is best to add pepper well towards the end of the cooking process, to preserve its aroma. White pepper is used in white sauces rather than black pepper, which would give the sauce a speckled appearance. Green peppercorns can be mashed with garlic, cinnamon or to make a spiced butter or with cream to make a fresh and attractive sauce for fish. Pink peppercorns are called for in a variety of dishes, from poultry to vegetables and fish.</p>
<b>PICKLING SPICE</b>	Used for marinating and food preserving
<b>PIMENTO</b>	Pimentos are used for beef sauces, pizza & salads
<b>POPPY SEEDS</b>	In the West, the blue poppy seeds are used principally in

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	<p>confectionery and in baking. Like several other spicy seeds, they are sprinkled on breads and buns and used in a variety of Western cakes and pastries, for example in poppy cakes, strudels and Danish pastries. Poppy seed complements honey spread on bread, giving a nice contrast of texture. Fried in butter, poppy seed can be added to noodles or pasta. It flavours vegetables and their accompanying sauces, especially asparagus and root vegetables. Sprinkled into coleslaw, the seeds give a contrast of both colour and texture. They are used to top creamed potatoes and au gratin dishes, and sometimes appear in fish dishes. In Middle Eastern and Jewish cookery, poppy seeds go on breads and in cakes and candies and are often seen studding pretzels.</p> <p>In the East the white poppy seed is generally used. Chappatis (Indian whole-wheat griddle breads) may contain it, and certain curries and varieties of mixed spice contain a small proportion of poppy. Its function in curry is partially to thicken the liquid and add texture. The whole seeds are used in chutneys. The oil expressed from poppy seeds, which the French call oilette, is used for culinary purposes and is an acceptable substitute for olive oil. The European poppy variety, <i>Papaver rhoeas</i>, is used to make a syrup similar to that of rose hips, which is occasionally used in soups. Being hard to grind, it requires a special machine. These hand-turned grinders are common in Austria and Germany but seldom seen in elsewhere. Poppy syrup is made from the flowers of the corn poppy or rose poppy, (<i>P. rhoeas</i>). It is used in cordials. This variety is also known as 'headache' - to smell it causes momentary dizziness. It is also the poppy of Remembrance Day which is the emblem of the soldiers who perished in the Great War. Indian poppy seed - 'mawseed' - is a food for birds.</p>
<b>ROSEMARY</b>	<p>Rosemary has one of those distinctive, strong flavours that convinces the palate that herbs aren't just delicate things reserved for dainty soups and sprinkling on baby vegetables. It takes hold of the taste buds with a woody flavour, somewhat piny, mint like yet sweeter, with a slight ginger finish. It can also be used as a subtle accent, using just a hint of the flavour lightening the mood of an otherwise mundane sauce or pastry.</p> <p>Its flavour harmonizes with those of poultry, fish, lamb, beef, veal, pork, and game, particularly in their roasted forms. Rosemary enhances tomatoes, spinach, peas, mushrooms, squash, cheese, eggs, lentils, and complements the herbs chives, thyme, chervil, parsley, and bay in recipes. Gentle soups like potato and eggplant benefit from rosemary's robust character, as do marinades, salad dressings, bouquet garnis, and cream —sauces.</p> <p>You can use both the flowers and leaves for garnishing and cooking. Crush or mince the spiky leaves before sprinkling over or rubbing into foods.</p>
<b>SAFFRON</b>	<p>Saffron appears in Moorish, Mediterranean and Asian cuisines. Its most common function is to colour rice yellow, as in festive Indian pilaus and risotto Milanese, where its delicate flavour makes it the most famous of Italian rice dishes. It combines well with fish and</p>

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	seafood, infamous as a key ingredient of Spanish paella as well as bouillabaisse. In England, saffron is probably best known for its use in Cornish saffron buns where it is paired with dried fruit in a yeast cake.
<b>SAGE</b>	While some people may find the pungency of sage overpowering, its astringent, 'grease-cutting' attributes make it a perfect accompaniment to fatty foods such as pork, goose and duck. Sage often gives the best result when used in moderation and in dishes that are being cooked for a long time. Such is the power of sage, that its flavor is rarely diminished by exposure to extended cooking times. Sage goes well with carbohydrates and for this reason it is an important ingredient in bread stuffings, dumplings and savory scones. Pea, bean and vegetable soups benefit from sage, as does a mash of potato or butter beans. Sage and onions are a well-known combination and moderate amounts of sage are excellent with eggplant and tomatoes. Sage is a traditional element of mixed herbs along with thyme and marjoram. Sage will complement any full-bodied soup, stew, meat loaf, or roast meat dish. Deep fried sage leaves make a fashionable garnish.
<b>SESAME SEEDS</b>	The simplest and now commonest use of sesame is as whole seeds sprinkled over cakes and breads, like poppy seeds. In Syria and Lebanon it is mixed with sumac and thyme to make the condiment <i>zatar</i> . Sesame is a key ingredient in halva, the Middle Eastern confection, where the seeds are ground and pressed into blocks with various sweet or nutty ingredients. Sesame in its ground form, <i>tahini</i> , is widely used throughout the Middle East and Mediterranean. It is a flavouring for hummus, a sauce for kebabs and is often mixed with lemon and garlic to make a bread dip — a popular Arab appetizer or <i>mezze</i> . In Mexico, its oil is called <i>ajonjolí</i> which is frequently used for cooking. Black sesame appears frequently in Chinese, Japanese and Korean dishes where meat or fish is rolled in the seeds before cooking for a crunchy coating. Black sesame is an ingredient of <i>gomassio</i> , the Japanese tabletop condiment, and other colourful rice and noodle dishes.
<b>SORREL</b>	Romans and Egyptians used sorrel in ancient times to offset rich, heavy foods. It is used typically in French and Egyptian foods, such as soups, sandwiches, salads, poached salmon, stewed or braised meats, and poached eggs. It goes well with fish, onions, pepper, potatoes, meats, pork, veal, eggs, salads, cream-based sauces, and goat cheese. Sorrel is pureed to flavor goose, fish, or soups or for use in condiments for meats. It is also used in teas. Tough meats can be wrapped in sorrel leaves to tenderize them before cooking.  Sorrel is cooked for a minimum time to preserve its fresh flavor. To prevent sorrel from blackening and developing a metallic taste, only stainless steel knives and noniron pots are used. Sorrel is a natural acidifier and can be a substitute for fresh lemon in salads, stews, and sauces. Spice Blends: green sauce blend, potato soup blend, and meat marinade.
<b>STAR ANISE</b>	Star anise is used in the East as aniseed is in the West. Apart from its use in sweetmeats and confectionery, where sweeteners must be

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	<p>added, it contributes to meat and poultry dishes, combining especially well with pork and duck. In Chinese red cooking, where the ingredients are simmered for a lengthy period in dark soy sauce, star anise is nearly always added to beef and chicken dishes. Chinese stocks and soups very often contain the spice.. It flavours marbled eggs, a decorative Chinese hors d'oeuvre or snack. Mandarins with jaded palates chew the whole dried fruit habitually as a post-prandial digestant and breath sweetener - an oriental comfit. In the West, star anise is added in fruit compotes and jams, and in the manufacture of anise-flavoured liqueurs, the best known being anisette. It is an ingredient of the mixture known as "Chinese Five Spices".</p>
<b>SZECHWAN PEPPER</b>	<p>Originating from the Szechwan province of China, Szechwan pepper is associated with dishes from that region which feature hotter and spicier cooking than the rest of China. Duck and chicken dishes in particular work well with the spice. <i>Hua jiao yen</i> is a mixture of salt and Szechwan pepper, roasted and browned in a wok and served as a condiment to accompany chicken, duck and pork dishes. Star anise and ginger are often used with it and figures prominently in Szechwan cuisine.</p> <p>Szechwan pepper is one of the few spices important for Tibetan and Bhutani cookery of the Himalayas, because few spices can be grown there. The national dish of Tibet is <i>momos</i>, a pasta stuffed with yak and flavoured with Szechwan pepper, garlic, ginger and onion. The noodles are steamed and served dry, together with a fiery chile sauce.</p> <p>In Japan the dried and powdered leaves of the same species of prickly ash is known as <i>sansho</i> and used to make noodle dishes and soups mildly hot and fragrant. The whole leaves, <i>kinome</i>, are used to flavour vegetables, especially bamboo shoots, and to decorate soups. Szechwan pepper is an ingredient in Chinese five-spice powder and <i>shichimi togarashi</i>, a Japanese seven-flavour seasoning.</p>
<b>TAMARIND</b>	<p>Usually it is the juice or paste that is used as a souring agent, particularly in south Indian and Gujarati lentil dishes, curries and chutneys, where its flavour is more authentic than vinegar or lemon juice. It may be used to flavour pulse dishes, rice dishes, or as an ingredient in sauces and side dishes for pork, fowl and fish. Tamarind contains pectin which is used in the manufacturing process of commercially produced jams, so it is a natural ingredient in many jams, jellies, fruit drinks, and is vital to Worcestershire sauce. In India, the ground seed is used in cakes. A refreshing drink made from tamarind syrup and resembling lemonade is quite popular in the Middle East.</p>
<b>TANDOORI</b>	<p>It is a mixture of garlic salt, cayenne pepper, coriander, cumin, ginger, cardamom &amp; cinnamon. This Asian spice mixture is used mainly with salmon, chicken &amp; pork. You can find it also as Tandoori paste.</p>
<b>TARRAGON</b>	<p>Among cooks, this herb is popularly associated with vinegar and fish. Its aniselike character is particularly suited to both, but tarragon deserves a wider role in the kitchen. Tarragon has a somewhat mysterious property as well; chew on a leaf, and you may notice a numb feeling on your tongue. Although it is one of</p>

	<p>the French fines herbes, tarragon can be dominating and overshadow or fight with other flavours. Use the leaves fresh in salads, as garnishes, or in such classic applications as remoulade sauce, tartar sauce, béarnaise sauce, French dressing, and veal Marengo. In general, don't add this herb with a heavy hand, and avoid bringing out its bitter side by cooking it too long.</p> <p><b>French tarragon</b> lends its unique flavour profile to French sauces such as tartare and bernaise and is an essential component along with chives, chervil and parsley in the subtle blend of herbs known as fines herbes. Tarragon has a particular ability to flavour vinegar, achieved by placing a complete, washed stem with leaves in a bottle of good quality, white wine vinegar for a few weeks. Tarragon vinegar then becomes a useful ingredient for salad dressings and when making homemade mustards. Tarragon complements fish and shellfish; I recall my mother garnishing a fish-shaped seafood mold with gills and fins of tarragon leaves. It goes well with chicken, turkey, game and veal and most egg dishes. The chopped leaves (or rehydrated dry ones) are attractive and tasty in mayonnaise, melted butter sauce and French dressing.</p> <p>Tarragon enhances fish, shellfish, pork, beef, lamb, game, poultry, pâtés, leeks, potatoes, tomatoes, carrots, onions, artichokes, asparagus, mushrooms, cauliflower, broccoli, beets, peas, parsley, chervil, garlic, chives, lemons, oranges, rice, and barley. Use it in flavored vinegars, herbed mayonnaise, herbed butters, cream sauces, and soups, and with cheeses, eggs, sour cream, and yogurt.</p> <p>For maximum flavor, add tarragon to long-cooking soups and stews during the last 15 minutes only.</p>
<b>THYME</b>	<p>Thyme tastes delicately green with a faint clove aftertaste; It ranks as one of the fines herbes of French cuisine. Leaves and sprigs are used in salads as garnishes and most famously in clam chowder, bouquets garnis, and French, Creole, and Cajun cuisines.</p> <p>Thyme works well with veal, lamb, beef, poultry, fish, poultry stuffing, pâtés, sausages, stews, soups, stocks, bread, herbed butters, herbed mayonnaise, flavoured vinegars, mustard, and bean and lentil casseroles. Use it with tomatoes, onions, cucumbers, carrots, eggplant, parsnips, leeks, mushrooms, asparagus, green beans, broccoli, sweet peppers, potatoes, spinach, corn, peas, cheese, eggs, and rice. Its flavor blends well with those of lemon, garlic, and basil. For a different taste, try flavoured varieties such as lemon thyme.</p>
<b>TURMERIC</b>	<p>Turmeric is used extensively in the East and Middle East as a condiment and culinary dye. In India it is used to tint many sweet dishes. Apart from its wide use in Moroccan cuisine to spice meat, particularly lamb, and vegetables, its principal place is in curries and curry powders. It is used in many fish curries, possibly because it successfully masks fishy odours. When used in curry powders, it is usually one of the main ingredients, providing the associated yellow colour.</p>

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<b>VANILLA</b>	<p>Vanilla's mellow fragrance enhances a variety of sweet dishes: puddings, cakes, custards, creams, soufflés and of course ice cream. Classic examples include crème caramel, peach Melba and apple Charlotte. Vanilla flavour is detectable in many chocolate and confectionery items and several liqueurs such as Crème de Cacao and Galliano.</p>
<b>WASABI</b>	<p>The pungent flavour of Wasabi lends itself to a great range of culinary uses. For most people the first introduction to its splendid taste is as a condiment for use with Japanese dishes such as Sushi, Sushimi and Soba dishes, and also with raw fish. For these uses it is ground up into a paste for seasoning.</p> <p>Increasingly, we are finding that the use of wasabi extends beyond the scope of these traditional dishes. It is a flavour in its own right and can be used to enhance dips, meats and other foods</p>
<b>WATERCRESS</b>	<p>Europeans and North Americans enjoy watercress in sandwiches, in potato salads, in omelets, as cottage cheese spreads, or as garnishes in soup and scrambled eggs. It is pureed and made into watercress soup, a favorite with the English who claimed it to cleanse the blood. The French add it to fines herbes, many white sauces, and flavored vinegars. It adds crunchiness to salads, soups, and sandwiches. Westerners enjoy it fresh while Asians cook it. It is a popular vegetable in Asia, where it is added to stir-fries and soups. As a simple stir-fry, rice wine, sugar, and salt are added. Or it is blanched, chopped, and flavored with sesame oil, garlic, and miso.</p> <p>Spice Blends: herbes fines, watercress soup blend, stir-fry blend, and blend for omelet.</p>

Thanks to [www.theepicentre.com](http://www.theepicentre.com) for reference.