



CULTURAL HERBS & SPICES

Compliments of Dr. Donna F. Smith

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PURPOSE

There are four purposes for this document:

1. To provide some seasoning guidelines for creating your own flavors.
2. To help you enhance the flavor of dishes that you create.
3. To provide a list of seasonings for various cultures.
4. To provide a chart that lists the name of the seasoning, part of the plant used, the description of the flavor it provides and how to use the seasoning.

DAIRY, DESSERTS, EGGS, OILS, PASTA, PEPPERS, TOMATOES, SPINACH, FRUIT

Dairy

Dairy includes cheese, yogurt, kefir, ice cream, or any other product from cow's milk, including drinking cow's milk.

The seasonings for dairy products is provided for special occasions only, dairy products should be avoided at all times, however, if you choose to consume them occasionally, like for special holidays, you now have the seasonings for them.

For information about dairy products read the Interview with Dr. Ellis titled, *"The Truth About Milk,"* and *"Dr. Smith's Addendum"* to this interview.

Desserts

Desserts are acceptable in moderation when their ingredients contain made from wholesome ingredients, like seed flour, natural sweeteners, like raw Stevia, maple syrup, sorghum, etc.

Unhealthy desserts, of course, should be avoided, i.e., those whose ingredients contain refined white sugar or artificial and isolated sweeteners, like fructose or sucrose, white or other grain flours, and cow's milk.

However, the seasonings below apply whether the dessert is healthy or not.



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Eggs

Whole eggs are healthy, eating yolks or whites separately is not. However, some people are sensitive to eggs and thus must avoid them permanently or until their digestive systems have improved to be able to digest eggs.

In the Seasoning Chart, you will notice that Omeletes are listed. The only healthy way to prepare eggs is either hard-boiled and/or steamed (poached). Because omelets and crepes are made by heating eggs at a high temperature, these are not healthy.

However, mixing the ingredients of vegetables, nuts, seeds and/or animal proteins with the recommended seasonings for an omelet can make a healthy dish.

Oils

Be sure when purchasing your oils that you follow the criteria outlined in my educational article titled, *“How to Purchase Healthy Oils and the Better Butter Recipe.”* Otherwise, what you are purchasing are rancid oils with preservatives that keep you from smelling or tasting the rancidity.

Pasta

Though the herbs and spices for Pasta in the Seasoning Chart will enhance the flavor of any type of pasta, however, Healthy pasta is made from seed flour or vegetables, not grains.

Peppers

Cooking Black or White Pepper will irritate your stomach when consumed. Therefore, add peppers after you remove food from heat. For example, if you have prepared a casserole, after removing it from the oven, add your pepper at that time, cover the dish for 5-10 minutes, then it is ready to serve.

Tomatoes, Spinach and Fruits

These are three foods that should always be eaten raw. Frequent consumption of cooked Tomatoes and Spinach leads to kidney stones and Nutrient loss is higher when eating cooked fruits; so eating raw fruit is preferred.



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SEASONINGS (HERBS & SPICES)

Seasonings (herbs and spices) enhance the flavor of your food. This document will provide a list of the seasonings that are used in various cultural (international) dishes.

To create your own combinations for flavoring your own creative dishes or just for experimentation, try the following:

Begin by smelling the aroma of the food, then the aroma of the various herbs and spices you have on hand and select those that complement each other. If nothing seems to match, next time you are grocery shopping, you may want to expand your number of herbs and spices by selecting those you currently do not have at home.

Once you have selected the herbs and spices whether by aroma or from the list below, proceed to add the herbs or spices sparingly to see if your palate is in agreement with your olfaction (smell).

The list below will help you add some international flair to your cooking. With the right seasoning and your imagination, you can create any flavor you wish!



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CULTURAL SEASONING

Chinese

1. Garlic
2. Ginger Root
3. Cayenne
4. Hoison (Rice Vinegar) *
5. Sesame Oil (occasional use of Peanut Oil is okay if you have no sensitivities to peanuts).
6. Rice-Wine Vinegar for additional flavor.

*Hoison (Rice Vinegar)

1. Rice Vinegar – is a healthier than the use of soy sauces. So even though Tamari Sauce has little or no wheat (gluten) compared to Soy Sauce both are made from fermented soybeans, so rice vinegar is so much healthier.
2. Look for Hoison brands that are certified Kosher, Vegan, Gluten Free and Non GMO Project Verified.
3. Hoison is Genuine Brewed Rice Vinegar: With depth and richness, this vinegar heightens the flavor of any recipe. Its delicate acidity is versatile and excellent as an addition to Japanese, Chinese, European and American dishes.
4. Look for organic Hoison, and try both seasoned and unseasoned to see what you like best or use both as desired.

French

1. Garlic
2. Onion
3. Thyme
4. Rosemary
5. Tarragon
6. Bay Leaf



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Hungarian

1. Onion
2. Garlic
3. Paprika
4. Caraway
5. Dill
6. White Pepper

Indian

1. Garlic
2. Ginger Root
3. Onion
4. Coriander
5. Paprika
6. Cumin
7. Turmeric
8. Cayenne
9. Mint

Italian

1. Onion
2. Garlic
3. Basil
4. Oregano
5. Rosemary
6. Marjoram
7. Red Pepper
8. Bay Leaf



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Mexican

1. Garlic
2. Onion
3. Fresh Chilies
4. Oregano
5. Cumin
6. Allspice
7. Cinnamon
8. Cilantro

Middle Eastern

1. Garlic
2. Onion
3. Turmeric
4. Cinnamon
5. Cumin
6. Cloves
7. Cayenne
8. Mint



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SEASONING CHART

NAME	PART USED	FLAVOR	USES
Allspice	Fruit	Clove, Cinnamon and Nutmeg combined.	Casseroles, Soups, Eggplant, Carrots, Squash, Yams, Marinades
Anise	Seeds Leaves	Sweet Licorice	Stews, Poultry, Apple Sauce, Salads, Soups, Bread, Cookies
Bay Leaf	Leaves	Strong	Dressings, Sauces, Soups, Stuffings, Fish, Meat, Poultry, Stews, Marinades
Basil	Leaves	Heady, Warm	Appetizers, Dips, Eggs, Cheese, Salads, Soups, Fish, Meats, Poultry
Caraway	Seeds	Similar to Licorice, Lightens the Flavor of Heavy Foods	Soups, Stews, Cabbage, Carrots, Green Beans, Potatoes, Bread.
Cardamon	Seeds	Similar to Ginger	Marinades, Cabbage, Fish, Poultry, Cakes.
Cayenne	Fruit	Zesty, Hot, Bitter	Dressings, Meats, Fish, Sauces, Salads, Cheese and Egg Dishes.
Celery	Seeds Leaves Stalks	Aromatic, Slightly Pungent	Fish, Salads, Soups, Stuffings, Vegetables, Eggs, Bread.
Chicory	Root	Bitter	Salads, A Coffee Substitute (Ask for our Herbal Beverage)



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NAME	PART USED	FLAVOR	USES
Cinnamon	Bark	Strong, Sweet, Spicy	Spiced Beverages, Apples, Carrots, Chicken, Eggplant, Lamb, Squash, Cakes, Pies
Cloves	Dried Flowers	Strong, Pungent Hot	Fruits, Spiced Drinks, Vegetables, Marinades, Cakes, Cookies
Cumin	Seeds	Hot, Similar to Caraway, Slightly Bitter	Indian/Mexican Cookery, Curries, Dips, Rice, Salads, Vegetables
Dandelion	Root Leaves	Bitter	Salads, Soups, Vegetables, Bread, Omelets, Coffee Substitutes
Dill	Seeds	Delicate, Zesty	Salads, Sauces, Dressings, Fish, Vegetables
Fennel	Seeds	Sweet, Similar to Licorice	Seeds, Salads, Sauces, Soups, Fish, Cakes, Bread
Garlic	Bulb	Strong, Pungent	Vegetables, Salads, Dressings, Sauces, Soups, Fish, Poultry, Eggs, Cheeses
Ginger	Root	Hot, Sweet Overtones	Oriental cooking, Curries, Sauces, Dressings, Spiced Drinks
Licorice	Root	Sweet	Herbal Tea, Cakes
Lovage	Leaves Seeds Root	Strong Celery Flavor	Casseroles, Chowders, Salads, Sauces, Stews, Soups, Omelets
Marjoram	Leaves	Sweeter but similar to Oregano, Slightly Bitter	Mediterranean Dishes, Stews, Salads, Soups, Poultry, Lamb
Onion	Bulb	Pungent	Sauces, Dressings, Salads, Eggs, Vegetables, Soups, Meat, Fish, Poultry Dishes



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NAME	PART USED	FLAVOR	USES
Oregano	Whole Plant	Similar to Marjoram, but stronger	Italian and Mexican Cooking, Meats, Stews, Salads, Stuffing, Tomato Sauces.
Parsley	Leaves	Sharp and Peppery	Sauces, Soups, Salad Garnish, Casseroles, Dressings, Stews
Pepper	Unripe Fruit	Sharp and Peppery	All Purpose Spice
Rosemary	Leaves	Piney	Fish, Poultry, Sauces, Stews, Rice, Lamb, Soup, Bread
Saffron	Flower Seeds	Slightly Bitter	Spanish Dishes, Poultry, Rice, Seafood.
Savory	Leaves	Peppery	Meat, Salads, Soups, Stuffing, Stews
Spearmint	Leaves	Cool and Sweet	Beverages, Vegetables, Soups, Fish
Tarragon	Leaves	Spicy, Sharp, Mint, Similar to Licorice	French Cooking, Sauces, Lamb, Poultry, Fish, Omelets
Thyme	Whole	Similar to Cloves, Spicy	Poultry, Sauces, Soups, Stews, Stuffings, Fish, Vegetables, Meat, Potatoes
Turmeric	Root	Slightly Bitter	Dressings, Soups, Sauces, Fish, Poultry, Pasta