



Spices and Herbs

Purchase a wide variety of whole, real, unadulterated herbs and seasonings (at your local Healthfood Store), grind them if they have not been already and put them in salt and pepper-like dispensers, for ready use.

Seasoning (spices and herbs) should enhance the natural flavour of your food. Carefully note the aroma of your food and then note the aroma of the various herbs which you have on hand. Let your intuition decide which herbs or combination of herbs to use, then proceed to do so sparingly to see if your palate is in agreement with your olfaction (smell).

Add some International flair to your cooking. With the right seasoning and your imagination you can create any flavour you wish!

Middle Eastern:	garlic, onion, turmeric, cinnamon, cumin, cloves, cayenne, mint
Hungarian:	onion, garlic, paprika, caraway, dill, white pepper
Mexican:	garlic, onion, fresh chillies, oregano, cumin, allspice, cinnamon, cilantro
Italian:	onion, garlic, basil, oregano, rosemary, marjoram, red pepper, bay leaf
Indian:	garlic, gingerroot, onion, coriander, paprika, cumin, tumeric, cayenne, mint
French:	garlic, onion, thyme, rosemary, tarragon, bay leaf
Chinese:	garlic, gingerroot, cayenne, add hoison or tamari sauce, sesame or peanut oil and rice-wine vinegar for additional flavour

<i>Name</i>	<i>Part Used</i>	<i>Flavour</i>	<i>Uses</i>
Allspice	fruit	clove, cinnamon and nutmeg combined	casseroles, soups, eggplant, carrots, squash, yams, marinades
Anise	seeds leaves	sweet licorice	stews, poultry, apple sauce, breads, cookies, salads, soups
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 flavour of heavy foods	breads, soups, stews, cabbage, carrots, green beans, potatoes
Cardamon	seeds	similar to ginger	cakes, marinades, cabbage, fish, poultry
Cayenne	fruit	zesty, hot, bitter	dressings, meats, fish, sauces, cheese, and egg dishes, salads
Celery	seeds leaves stalks	aromatic, slightly pungent	breads, fish, salads, soups, stuffings, vegetables, eggs
Chicory	root	bitter	coffee substitutes, salads
Cinnamon	bark	strong, sweet, spicy	cakes, pies, spiced beverages, apples, carrots, chicken, eggplant, lamb, squash

<i>Name</i>	<i>Part Used</i>	<i>Flavour</i>	<i>Uses</i>
Cloves	dried flowers	strong, pungent, hot	cakes, cookies, fruits, spiced drinks, vegetables, marinades
Cumin	seeds	similar to caraway, hot, slightly bitter	Indian / Mexican cookery curries, dips, rice, salads, vegetables
Dandelion	root leaves	bitter	breads, coffee substitutes, lentils, omelettes, salads, soups, vegetables
Dill	seeds	delicate, zesty	salads, sauces, dressings, vegetables, fish
Fennel	seeds	similar to liquorice, sweet	seeds, breads, cakes, fish, salads, sauces, soups
Garlic	bulb	strong, pungent	eggs, cheeses, vegetables, fish, poultry, sauces, salads, dressings, soups
Ginger	root	hot, sweet overtones	Oriental cooking, curries sauces, dressings, spiced drinks
Liquorice	root	sweet	cakes, herbal tea
Lovage	leaves seeds root	strong celery flavour	casseroles, chowders, salads, omelettes, sauces, stews, soups
Marjoram	leaves	sweeter bu similar to oregano, slightly bitter	Mediterranean dishes, stews, salads, soups, poulrtry, lamb

<i>Name</i>	<i>Part Used</i>	<i>Flavour</i>	<i>Uses</i>
Onion	bulb	pungent	sauces, dressings, salads, eggs, vegetables, soups, meat, fish and poultry dishes
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	bread, fish, poultry, legumes, sauces, stews, rice, lamb, soup
Saffron	flower seeds	slightly bitter	Spanish dishes, poultry, rice, seafood
Savory	leaves	peppery	meat, salads, soups, stuffing, stews, legumes
Spearment	leaves	cool and sweet	beverages, vegetables, soups, legumes, fish
Tarragon	leaves	spicy, sharp, similar to liquorice and mint	French cooking, omelettes, sauces, lamb, poultry, fish
Thyme	whole	similar to cloves, spicy	poultry, sauces, soups, stews, stuffings, legumes, fish, vegetables, meat, potatoes
Tumeric	root	slightly bitter	dressings, soups, sauces, fish, poultry, pasta