



*A BIT OF SPICE TO MAKE EVERYTHING REAL NICE....
SPICES 101*

“Variety's the very spice of life, that gives it all its flavor”~ William Cowper

HERB/SPICE	FLAVOR	BEST USED	COOKING USE
ALLSPICE	Mix of Nutmeg, cloves and cinnamon	Freshly Ground	Anything from salads to desserts.
ANISE	Sweet, similar to licorice	Dried seeds	As flavoring in cookies, candies and pastries; also in poultry dishes
BASIL	Somewhat sweet	Fresh	Tomato dishes, Italian dishes, in salads and veggies.
BAY	Mild	Dried	In soups, stews, and tomato sauces, and in shellfish boils. Also used in teas Remove leaf before serving.
BLACK PEPPER	Somewhat hot	Dried, freshly ground	Any dish to make mildly hot.
CARAWAY	Sweet, nutty	Whole	Cookies and cakes, apple sauce, herbal vinegars.
CARDAMOM	Sweetly spicy	Whole or ground	Stews, curries. A little goes a long way, as it has a strong taste.
CAYENNE PEPPER	Fiery hot	Dried and ground or fresh	In anything you want to taste really hot.
CELERY SEED	Strong, celery flavor	Dried whole seed	Instead of celery stalks in cooking; as a flavoring in tomato juice, sauces and soups.
CHILE POWDER	Spicy, hot	Ground	In spicy dishes.
CHIVES	onion or garlic flavor	Fresh	Garnish, blended with soft cheeses, added to salads.
CILANTRO	Spicy, sweet or hot	Fresh	Used in several dishes but especially in Latin and Spanish, especially common ingredient in Mexican salsas.
CINNAMON	Sweet	As dried sticks or ground powder	In sweet dishes, baking, oatmeal or in soups.
CLOVES	Sweet or bittersweet	Dried and ground	Sweet dishes or curries.



CORIANDER	Spicy, sweet or hot	Ground or whole	In cakes, cookies, breads, or in curry.
CUMIN	Peppery	Whole or ground	Soups, stews, sauces. Use sparingly.
CURRY POWDER	Como of several ground spices	Hot	Sparingly in curries.
DILL	Mild, somewhat sour	Leaves --fresh; seeds --used whole	Fish, eggs, potatoes, meats, breads, salads, sauces; and to make dill-flavored vinegar.
FENNEL	Like anise, but sweeter and lighter	Raw or cooked	In salads (especially Greek salad!) or soups.
GARLIC	Onion-like, mildly hot to very hot	Fresh or powder	Roasted, or flavoring for Italian dishes, marindades and just about anything else!
GINGER	Mix of pepper and sweetness	Dried powder or freshly grated from root	Baking, Asian dishes (stir-fry's) and salads.
HORSERADISH	Similar to mustard	Fresh	Condiment to flavor meats and salads.
MINT	strong	Fresh	In Salads, Veggies, Drinks, just about everything!
MUSTARD, BROWN	Hotter than yellow mustard	Whole seed	As a seasoning, or in preparing Oriental mustard sauces.
MUSTARD, YELLOW	Hot, tangy, not as hot as brown mustard	Powdered or whole seeds	Ground used in mustard; whole seeds used as a garnish for salads.
NUTMEG	Spicy & sweet	Freshly ground	In cakes and cookies, in sweet potatoes.
OREGANO	Herbal flavor	Fresh or Dried	In Italian dishes, in chili, with vegetables, soups
PAPRIKA	Sweet to hot	Dried and ground	On lean protein, soups, or various salads (especially egg salad).
PARSLEY	Mildly peppery	Fresh Best	As a garnish, in sauces, soups and salads or on fishes.
POPPY SEED	Nutty	Dried, whole	In muffins and cakes, salad dressings.
ROSEMARY	Slight flavor of lemon and pine	Fresh or dried	In Meat or fish dishes and sauces.



SAFFRON	Strong flavor	Dried	Adds color and flavor to rice, stews, curries and fish
SALT	Salty	Granular	Baking, preserving, & curing.
SESAME SEED	Nutty	Whole	In baking and in salad dressings.
TARRAGON	Anise-like	Fresh or frozen	In tartar sauce, as flavoring for cream sauces, in egg dishes and seafood salads.
THYME	Minty, lemony	Fresh or dried	In omelet's, stews, soups, and stuffing for chicken, or as flavoring for green salads and cooked vegetables
TURMERIC	Strong and somewhat bitter	Dried and ground	Curries, East Indian dishes and on fish
VANILLA	Sweet	dried beans; or, in extract	Coffee flavoring, in sweet dishes and baking
WHITE PEPPER	Similar to black pepper, but milder	Freshly ground	As a condiment on just about anything
WINTER SAVORY	Combo of thyme and mint	Dried or Fresh	Soups, meat, fish and bean dishes. (use sparingly)