

## **A HANDY SPICE AND HERB GUIDE**

### **Unitarian Universalist Fellowship of Vero Beach, FL 2000**

**ALLSPICE** – a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon and nutmeg. **USES:** (Whole ) pickles, meats, boiled fish, gravies, (Ground) puddings, relishes, fruit preserves, baking.

**BASIL** – the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. **USES:** For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans, sprinkle chopped over lamb chops and poultry.

**BAY LEAVES:** the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet herbaceous floral spice note. **USES:** For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

**CARAWAY** – the seed of a plant grown in the Netherlands. Flavor that combines the tastes of anise and dill. **USES:** For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French Fried potatoes, liver, canned asparagus.

**CURRY POWDER** – a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. **USES:** For all Indian curry recipes such as lamb, chicken and rice, eggs, vegetables and curry puffs.

**DILL** – the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. **USES:** Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni and green apple pie.

**MACE** – the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. **USES:** (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries and doughnuts, adds unusual flavor to chocolate desserts.

**MARJORAM** – an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. **USES:** In beverages, jellies, and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

**MSG (Monosodium Glutamate)** – a vegetable protein derivative for raising the effectiveness of natural food flavors. **USES:** Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey and cooked vegetables.

**OREGANO** – a plant of the mint family and a species of marjoram of which the dried leaves are used to make an herb seasoning. **USES:** An excellent flavoring for any tomato dish, especially pizza, chili con carne and Italian specialties.

**PAPRIKA** – a mild, sweet red pepper growing in Spain, Central Europe, and the United States. Slightly aromatic and prized for brilliant red color. **USES:** An colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

**POPPY** – the seed of a flower grown in Holland. Has a rich fragrance and crunchy nut-like flavor. **USES:** Excellent as a topping for breads, rolls and cookies. Also delicious in buttered noodles.

**ROSEMARY** – an herb (like a curved pine needle) grown in France, Spain and Portugal. And having a sweet fresh taste. **USES:** In lamb dishes, in soups, stews and to sprinkle on beef before roasting.

**SAGE** – the leaf of a shrub grown in Greece, Yugoslavia and Albania. Flavor is camphoraceous and minty. **USES:** For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews and salads.

THYME – the leaves and stems of a shrub grown in France and Spain. Has a strong distinctive flavor. USES: For poultry seasoning, croquettes, fricassees and fish dishes. Also tasty on fresh sliced tomatoes.

TURMERIC: a root of the ginger family, grown in India, Haiti, Jamaica and Peru. Having a mild, ginger-pepper flavor. USES: As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings and salads.