

# **A HANDY SPICE GUIDE TO MAKE YOU BECOME A SEASONED SEASONER**

## **Apple Pie and Sisterhood** Favorite Recipes from Tri Kappa

**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 used in cooked peas, squash and 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 may be used with a variety of meats and fish.

**Caraway**....the seed of a plant grown in the Netherlands. Flavor that combines 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 and canned asparagus.

**Curry Powder**....a ground blend of ginger, turmeric, fenugreek seed and 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 dry 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)**....is 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**....the leaf of a safe bush growing in Italy, Greece and Mexico. 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: A colorful garnish for pale foods, and for seasoning chicken paprika, Hungarian goulash and 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. Having a sweet, fresh taste. USES: In lamb dishes, in soups, stews and sprinkled 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 distinct flavor.  
USES: For poultry seasoning, in croquettes, fricassee 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.