

USAGE OF SPICES

BASIL

Sweet basil is bright and pungent in taste. Leaves are green in color, round and pointed.

Uses: Pesto, salads, sauces, meats, fish and soups. Pairs well with carrots, eggplant, potatoes, squash, spinach and tomatoes.

BAY

Also known as sweet bay or sweet laurel, aromatic bay leaves are often used dried for maximum flavor.

Uses: Soups, sauces or pickling solutions. Add to marinade solutions for meat or fish.

CINNAMON

Derived from the inner bark of evergreen trees native to Sri Lanka, southwest India and Asia.

Uses: Complements a wide variety of foods and other spices. Works well with poultry, in curries and with fruit, particularly apples and pears. Add to casseroles or eggplant, squash and carrot dishes.

CORIANDER LEAF OR SEED

Coriander leaves, also known as **cilantro**, bear a strong resemblance to Italian flat leaf parsley, but with a stronger scent. Seeds, when dried, have a fragrant flavor reminiscent of citrus peel and sage.

Uses: Combines Nicely with beets, onions, potatoes and lentils. Add to salads, salsas, soups, stews, curries and rice.

CUMIN

Powerful peppery flavoring with slight citrus overtones. Integral spice in the cuisines of Mexico, India and the middle east.

Uses: Complements chicken, lamb, beans, lentils, vegetables and rice dishes. Excellent in carrot or cabbage dishes.

DILL

Dill's green leaves are wispy and fern-like and have a soft, sweet taste. The leaves and seeds are used to flavor food.

Uses: Combines well with fruits, vegetables, fish, egg and poultry. Should be added to the end of cooking time, since heat can destroy its delicate flavor.

GINGER

Fragrant, pungent and hot. Can be used fresh, dried or in powder form.

Uses: Curries, stews and stir-fries. Complements poultry.

MINT

With more than 25 varieties, tastes range from cool, sweet and slightly menthol.

Uses: Use fresh in salads, marinated vegetables, legumes or tomato based soups or stews.

NUTMEG

Seed of an apricot-like fruit native to Indonesia, with a cinnamon and peppery taste.

Uses: Can be used in either sweet or savory dishes, including pasta sauces, cheese dishes, cake or milk puddings.

PARSLEY

Most common types are curly or Italian flat leaf. Mildly fresh aromatic flavor.

Uses: Soups, salads, sauces and casseroles. Use with any vegetable, potato or grain dish.

ROSEMARY

Pine-like, distinct flavor used either fresh or dried.

Uses: Marinades, vegetables, chicken and fish dishes. Complements roast meats, especially lamb or chicken.

SAGE

Grayish, silver green leaves in color with with an earthy, aromatic taste that is both sweet and bitter.

Uses: As a flavoring for stuffing, good with vegetables, cheese and meat dishes, especially pork, game and liver.

THYME

Tiny leaves with a minty, tea-like flavor.

Uses: Add to stocks, marinades, soups and casseroles. Good with fish, vegetable and game dishes.