

Spices & Herbs

Adding flavor to your food without the extra salt



Dried herbs and spices...

- Allspice
- Bay leaf
- Caraway seed
- Cardamom
- Cayenne pepper
- Chili powder
- Cinnamon
- Clove
- Cumin
- Curry powder
- Freshly ground black pepper
- Garlic powder
- Ginger
- Italian
- Nutmeg
- Onion powder
- Oregano
- Paprika
- Rosemary
- Saffron
- Sage
- Smoked paprika
- Star anise
- Thyme
- Turmeric

Try some of these fresh herbs...

- Basil
- Chives
- Cilantro
- Dill
- Lemon thyme
- Mint
- Oregano
- Parsley
- Rosemary



Some benefits of herbs and spices...

- Add flavor to food
- They contain antioxidants
- They may lower inflammation, blood pressure, blood sugar and LDL cholesterol
- Aid with digestion
- And many others...

Examples of spices and herbs to pair with food items...

Apple	Cinnamon, cloves, ginger, nutmeg
Avocado	Chile peppers, pepper, cumin, garlic
Beans	Parsley, garlic, marjoram, mint, onions
Beef	Cloves, coriander, garlic, pepper, allspice, basil, bay leaf, cayenne, cinnamon
Blueberries	Cinnamon, ginger, nutmeg, cloves, mace, mint
Brussels Sprouts	Garlic, parsley, pepper, thyme, basil, bay leaf, coriander, fennel seeds
Chicken	Basil, cinnamon, curry powder, garlic, ginger, red pepper flakes, saffron, sage
Coffee	Cinnamon, cocoa, nutmeg
Cucumbers	Dill, garlic, parsley, tarragon, thyme
Eggplant	Basil, cinnamon, garlic, ginger, oregano, saffron, sage sesame seeds
Mushrooms	Garlic, parsley, pepper, tarragon, thyme
Oats	Cinnamon
Sweet Potatoes	Allspice, bay leaf, cinnamon, garlic, ginger, nutmeg, parsley, pepper, rosemary, thyme

For more examples, visit: <http://www.spice101.com/ingredient-pairings/>

Spice blends...

Chinese Five-Spice Powder:

- 6 star anise (2 teaspoons ground star anise)
 - ¾ teaspoons Chinese ground cinnamon or ground cinnamon
 - 1 ½ teaspoons fennel seeds
 - 1 ½ teaspoons Szechuan peppercorns or black peppercorns
- * Combine all ingredients and mix in blender or grinder until very fine

Citrus Rub: Combine grated lemon, orange and/or lime peel with fresh, minced garlic and cracked pepper

Herb Rub: Combine fresh or dried marjoram, thyme and basil

Italian Rub: Combine fresh or dried oregano, basil and rosemary with minced Italian parsley and garlic

Italian Seasoning:

- 2 tablespoons each of:
 - Dried basil, oregano, rosemary, marjoram, cilantro, thyme, savory, and red pepper flakes

Jamaican Jerk Seasoning:

- ½ cup ground allspice berries
- 1 tablespoon ground thyme
- 2 teaspoon freshly ground black pepper
- ½ teaspoon ground cinnamon
- ½ teaspoon cayenne pepper
- 2 tablespoon dried minced onion or 2 teaspoon onion powder
- ½ cup packed brown sugar
- ½ teaspoon grated nutmeg

- 1 teaspoon salt
- 2 tablespoons vegetable oil
- * Combine all dry ingredients and mix with vegetable oil for immediate use

Pepper-garlic rub: Combine garlic powder, cracked black pepper and cayenne pepper

Storage Tips...

- Dried spices and herbs should be stored away from moisture and heat and placed in a cool dark cupboard in an airtight container
 - Not next to your oven or refrigerator!
- Fresh herbs should be tightly wrapped and refrigerated