Powerful Flavours... Endless Menu Possibilities

A Taste of Club House®

Flavour is the real secret to good cooking. And since the beginning of time, cooks have depended on spices, herbs and seasonings to add natural flavour to their dishes. This guide is designed to be a helpful source of spice information and seasoning tips.

Strength, flavour, and colour are indicative of quality. Always insist upon rich, fresh colour when purchasing spices and particularly when purchasing herbs and paprika. The aroma should be bold, nearly pungent in its strength, but always fresh. Mustard, sesame, or poppy are non-aromatic seeds.

Spices enhance the natural flavour of food and a delicate hand is a good rule. When trying a new recipe or flavour combination, a general guideline might be 1/4 tsp (1 mL) of spices to each pound (500 g) of meat, fish or poultry or to each pint (1 L) of sauce or soup. Hot and pungent spices such as red pepper, cayenne or garlic powder should be added in smaller quantities of approximately 1/8 tsp (0.5 mL).

Health conscious cooking often demands the elimination or reduction of salt, fat, and sugar, and can consequently reduce palatability. A reduction in salt may call for the use of a stronger spice such as garlic or pepper.

When reducing sugar in fruit dishes, simply increase the use of sweet spices such as cinnamon, nutmeg, allspice, cloves or ginger. Fat enriches food and the lack of it can be difficult to compensate for its loss. Experiment with an increase in the use of spices just prior to cooking and again at the end of cooking.

Ground spices give up their flavour quickly and should be used at the end of the cooking period. Salad dressings, fruit juices and uncooked cold foods will do well to have spices added early and then left for a period of time to absorb the flavour of the spice or herb. Whole spices are best suited to longer cooking recipes. When using whole spices in a long cooking dish, add the same spices in small quantities in ground form at the end of cooking to give the dish an added boost of flavour.

Store spices in a cool, dark place away from sources of heat or moisture. All containers should remain tightly closed so that the oils are not lost. Handled and stored properly, most spices and seasonings have a shelf life of at least six months.



SPICE	APPETIZERS	SOUPS	MEAT	SEAFOOD	POULTRY	VEGETABLES	FRUITS	SAUCES	SALADS	DRESSINGS	BREADS	PASTA & GRAINS	DESSERTS	BEVERAGES
ALLSPICE	Steamed Shrimp Liver Paté	Cream Soups, Split Pea, Oyster Bisque	Ham, Pork, Gravy, Marinade, Spiced Beef	Oyster Stew, Shellfish, Poached Fish	Quail, Duck, Goose, Pheasant	Squash, Sweet Potatoes, Carrots	Preserves, Baked Fruit, Figs, Pineapples	Barbecue, Sweet Cream, Creole	Fruit Salad	Fruit Dressing	Pancakes, Waffles, Muffins	Rice	Angel Food Cake, Pies	Mulled Wine, Tea, Rum Drinks
ANISE	Oysters Rockefeller	Fish Chowder, Chicken Soup	Veal, Hungarian Goulash, Beef Marinade	Red Snapper, Lobster	Chicken, Duck, Quail	Cabbage, Leeks, Sweet Peppers	Baked Apples Compote	Tomato		Orange Vinaigrette	Honey Buns, Sweet Rolls, Fritters	Wild Rice	Spice Cake, Cookies, Candy	Lemonade, Cordials, Espresso, Hot Milk Punch
BASIL	Cheese, Seafood, Buffalo Mozzarella	Minestrone, Clam Chowder	Beef Stew, Lamb Spareribs, Beef Marinade	Lobster, Shrimp, Squid, Swordfish	Chicken, Turkey, Stuffing, Quiche	Eggplant, Potatoes, Zucchini, Tomatoes, Pickled Vegetables		Barbecue, Pesto, Tomato	Vegetable Salad, Seafood Salad, Tomato Salad	Italian, Russian, Vinaigrette	Pesto Bread, Zucchini Muffins, Focaccia	Rotini, Rice, Linguini, Spaghetti	Ice Cream	Carrot Juice, Tomato Juice
BAY LEAF	Paté de Foie Gras	Onion, Bean, Vegetable, Lobster Bisque	Beef Stew, Broth, Beef Marinade	Seafood Stew, Poached Fish, Bouillabaisse	Chicken Pot Pie, Gravy, Marinade	Ratatouille, Green Beans	Dried Fruits, Figs, Raisins, Chutney	Béchamel, Creole, Tomato, Barbecue		Vinaigrette				
BLACK PEPPER	Paté	Gazpacho, Lentil, Minestrone	Steak, Hamburger, Gravy, Pork, Beef Marinade	Poached Fish, Marinade, Calamari	Fried Chicken Batter, Duck	All Vegetables		Tomato, Barbecue, Curry	Green Salad	Vinaigrette, Mayonnaise		Carbonara, Fried Rice, Pasta	Mango Puree	Tomato Juice
CARAWAY	Cheese Spreads	Borscht, Cream Soups	Pork, Meatloaf, Sauerbraten	Shrimp, Crab	Duck, Goose	Cabbage, Carrots, Potatoes, French Fries	Applesauce	Lemon, Butter, Cream	Coleslaw, Potato Salad	Mayonnaise, Vinaigrette	Biscuits, Rye Bread, Corn Muffins	Risotto	Cookies, Seed Cakes	Kümmel
CARDAMOM	Pickled Herring	Chicken Soup, Fish Soup	Lamb, Meatloaf, Hamburger	Trout, Mussels	Roast Chicken	Sweet Potatoes, Fried Eggplant	All Fruit	Curry, Spiced Yogurt	Fruit Salad	Oriental Dressing		Risotto, Rice Pilaf	Ice Cream, Cakes, Pastries, Apple Pie	Coffee, Tea, Glögg, Spiced Wine
CELERY SEED	Canapés, Cheese Dips, Shrimp Cocktail	Chicken, Potato, Vegetable, Lentil, Fish Chowder	Beef Stew, Pot Roast, Ham, Grilled Beef	Tuna, Shrimp, Oyster Stew	Eggs, Omelettes, Stuffing	Potatoes, Cauliflower, Corn Relish		Cream, Creole, Tomato	Tuna Salad, Potato Salad, Pasta Salad	Mayonnaise	Biscuits, Breads, Rolls	Pasta	Pastries, Cookies	Tomato Juice
CHIVES	Cream Cheese, Canapés, Stuffed Mushrooms	Chicken Soup, Vichyssoise	Pork, Gravy, Lamb	Salmon, Oysters	Omelettes, Quiche	Cucumbers, Baked Potatoes, Potato Pancakes		Tomato, Cream, Hollandaise	Green Salad, Potato Salad, Pasta Salad	Green Goddess, Thousand Island	Buttermilk Bread, Bread Spreads, Potato Rolls	Pasta		
CILANTRO	Ceviche, Guacamole, Salsa	Hot & Sour Soup	Chili con Carne, Beef Stew, Thai Stir-Fry	Poached Fish, Steamed Fish	Chicken	Onion, Tomatoes, Chili Peppers	Fruit Relish	Yogurt Sauce, Tomato, Curry	Tomato	Mexican Dressing	Herb Bread	Lentils, Mexican Green Rice, Chinese Noodles		
CINNAMON	Fresh Fruit	Lamb Soup	Pork, Ham, Beef Stew, Lamb		Fruit Stuffing for Game Duck	Sweet Potatoes, Carrots, Squash	Stewed Fruits, Compote, Fruit Stuffing	Custard Sauce, Yogurt Sauce, Sweet & Sour	Fruit Salad	Fruit Dressing	Rolls, French Toast, Breads	Curried Rice, Risotto	Apple Pie, Chocolate, Cakes, Cookies	Coffee, Cider, Mulled Wine, Hot Chocolate
CLOVES	Spiced Fruit	Beef Noodle, Beef Vegetable, Cream of Tomato	Ham Glaze, Beef Stew, Gravy		Cornish Hen, Duck, Gravy Stock	Boiled Onions, Sweet Potatoes, Carrots	Preserves, Stewed Fruit, Spiced Fruit	Béchamel, Raisin Sauce, Curry		Fruit Dressing	Cinnamon Bread		Chocolate, Gingerbread, Mincemeat	Fruit Punch, Mulled Wine
CORIANDER	Corn Pudding	Cream of Chicken, Hot & Sour Soup, Consommé	Pork, Ham, Spareribs, Marinade	Poached Fish, Steamed Fish	Chicken, Duck	Sweet Potatoes, Scalloped Potatoes, Braised Celery	Applesauce	Curry, Cream	Potato Salad		Honey-Wheat Bread, Corn Bread	Orzo	Pastries, Cookies, Cakes	Pineapple Juice, Grapefruit Juice
CUMIN	Nachos, Cheese, Salsa	Seafood Gumbo, Chili-Bean	Chili, Sausage, Pork Stew, Curry	Fried Shrimp Batter, Deviled Crab	Chicken Stew, Chicken Croquettes	Sauerkraut, Chili Peppers, Beans	Chutney	Barbecue, Spiced Yogurt, Mustard Sauce	Bean Salad	Spanish Dressing	Jalapeño Bread, Corn Bread	Rice	Texas Bread	Kümmel
DILL	Sour Cream Dips, Deviled Eggs, Shrimp Paté	Borscht, Lobster Bisque, Tomato	Veal, Grilled Lamb, Pork	All Seafood	Chicken, Omelettes	Cucumbers, Potatoes, Green Beans, Braised Cabbage		Cream, Cucumber Sauce	Pasta Salad, Potato Salad, Shrimp Salad	Dill Cream, Mayonnaise, Vinaigrette	Rye, Pumpernickel, Bread Spreads	Rice, Pasta		
FENNEL	Shrimp Cocktail, Oysters Rockefeller	Creamed Fish Soup, Fish Chowder	Italian Sausage, Pork, Ham, Meatloaf	All Seafood (especially grilled)	Stuffing, Chicken Stew	Sautéed Mushrooms, Spinach, Cabbage	Figs, Apples	Cream, Curry	Potato Salad, Shrimp Salad	Mayonnaise, Vinaigrette, Mustard	Cracker, Rolls, Bread Sticks	Risotto, Rice	Apple Pie, Candy, Pound Cake	
GARLIC	Dips, Escargot	Vegetable, Oxtail	Beef, Roast Lamb, Meatballs	All Seafood Marinade	Chicken, Quail, Pheasant	Green Beans, Zucchini, Potatoes		Tomato, Garlic Butter	Roasted Potato, Green Salad	Mayonnaise, Vinaigrette, Italian	Garlic Bread, Bread Spreads, Focaccia	Linguini, Spaghetti		
GINGER	Shrimp, Cheese	Beef Vegetable, Beef Noodle, Hot & Sour Soup	Spareribs, Pork, Marinade	Stir Fries, All Seafood	Duck, Poultry Glaze	Sweet Potatoes, Carrots, Stir-Fry Vegetables	Chutney, Stewed Fruit, Apples, Melons	Curry, Soy Sauce, Sweet & Sour			Pastries	Couscous, Rice	Gingerbread, Pudding, Apple Pie	Mulled Wine, Tea, Ginger Beer
MACE	Liver Paté, Cheese	Vichyssoise	Sausage	Potted Shrimp, Oyster Stew	Creamed Chicken, Cornish Hens	Rutabaga, Spinach, Asparagus, Sweet Potatoes	Baked Fruit	Chicken Cream, Béchamel					Chocolate, Vanilla Pudding, Gingerbread	Wassail, Chocolate Drinks
MARJORAM	Fried Cheese, Paté, Anchovies	Consommé, Bean, Corn, Split Pea	Lamb, Hamburger, Pork, Veal	Baked Fish, Seafood Breading	Chicken, Stuffing, Eggs	Zucchini, Tomatoes, Carrots, Peas, Lima Beans		Barbecue, Tomato, Butter	Cucumber-Yogurt Salad	Oil & Vinegar, French, Italian	Bread Sticks, Pizza, Herb Bread	Spaghetti, Pasta, Orzo		
MINT	Cucumber-Yogurt Dip	Fruit Soup, Split Pea	Lamb Stew, Venison		Marinade	Peas, Potatoes, Cucumbers	Pineapples, Chutney, Compote, Gooseberries	Sweet Sauce, Yogurt Sauce, Mint Sauce	Cucumber Salad, Green Salad	Fruit Dressing, Yogurt Dressing, Cranberry Dressing	Minted Yogurt Bread	Bulgar, Orzo	Candy, Chocolate	Iced Tea, Mint Julep, Hot Chocolate
MUSTARD	Deviled Eggs, Meatballs, Ham Spread	Creamed Seafood	Ham Glaze, Beef, Sausage, Cold Meat	Baked Fish, Crab		Baked - Mashed Potatoes, Cabbage, Sauerkraut		Cheese, Sour Cream, Lemon- Mustard, Yogurt Sauce	Coleslaw	Vinaigrette, Mayonnaise, Rémoulade				
NUTMEG	Chopped Liver, Fruit	Mushroom Soup, Bisques	Pot Roast, Meatloaf, Ham		Fried Chicken, Batter, Turkey Stuffing	Spinach, Carrots, Sweet Potatoes, Braised Cabbage	Applesauce, Chutney, Baked Fruit	Cream, Mushroom Sauce, Béchamel		Creamy Dressing	Cinnamon Rolls	Tortellini, Ravioli	Rice Pudding, Custard, Cakes, Soufflés	Egg Nog, Brandy Alexander, Punch
OREGANO	Fried Cheese, Paté, Salsa, Meatballs	Corn Soup, Vegetable Soup, Consommé	Pork,Veal, Lamb, Hamburger	Seafood Breading, Baked Fish	Chicken, Stuffing	Zucchini, Tomatoes, Carrots, Green Beans		Barbecue, Tomato, Butter	Tomato & Onion, Seafood Salad	Oil & Vinegar, French, Italian	Cheese Bread, Pizza, Bread Sticks	Pasta, Rice, Ravioli		
PAPRIKA	Deviled Eggs, Nachos, Potted Cheese	Minestrone, Seafood Soup, Chowder, Bisques	Goulash, Veal, Sausage, Meatloaf	Seafood Breading, Baked Fish, Shellfish	Chicken, Stuffing	Potatoes, Cabbage, Mushrooms, Cucumbers		Barbecue, Cream, Yogurt		French, Russian	Garlic Bread, Muffins	Lasagna, Rice, Orzo		
PARSLEY	Canapés, Deviled Eggs	Vegetable Soup, Chicken Soup	Meatballs, Hamburger, Veal	Shellfish, Baked Fish	Chicken	Zucchini, Potatoes, Tomatoes, Green Beans		Tartar Sauce, Béarnaise, Tomato	Tuna or Egg Salad, Macaroni Salad, Green Salad	Mayonnaise, Italian, Ranch, Vinaigrette	Garlic Bread	Pasta, Orzo		
POPPY SEED	Cheese			Broiled Fish, Tuna Casserole	Turkey Stuffing	Green Beans, Onions, Tomatoes	All Fruit	Curry, Butter	Fruit Salad	Oil & Vinegar, Blue Cheese	Rolls, Breads, Crackers	Egg Noodles, Rice	Cakes, Cookies, Pastry Filling, Apple Strudel	
RED PEPPER	Deviled Eggs	Hot & Sour Soup	Sausage, Pizza	Blackened Fish, Crab Cakes, Shrimp	Omelettes, Chicken	Thai Stir-Fry		Barbecue, Tomato-Anchovy		Mayonnaise, Thousand Island	Pizza, Corn Muffins	Rice, Tabbouleh		Tomato Juice, Bloody Mary
ROSEMARY		Consommé	Lamb, Pork, Venison, Meatballs, Marinade	Baked Fish, Shrimp	Chicken, Quail, Pheasant, Goose, Cornish Hen	Eggplant, Turnips, Squash, Potatoes	Citrus Fruit	Tomato, Cheese	Cold Beef Salad	Vinaigrette	Spoon Bread, Herb Bread, Pizza	Pasta, Lentils		
SAFFRON		Chicken Soup, Fish Soup	Lamb	All Seafood	Chicken Stew, Scrambled Eggs			Seafood Saffron, Vegetable Cream, Tomato			Rolls, Biscuits, Sweet Breads	Rice, Risotto, Orzo	Cakes, Rice Pudding, Cookies	
SAGE	Cheese, Country Paté	Consommé, Minestrone	Sausage, Ham, Lamb, Veal, Venison	Seafood Stuffing, Trout	Stuffing Quail, Duck, Goose, Pheasant	Acorn Squash		Tomato	Green Salad	Herb Dressing	Sage Bread, Rolls	Risotto, Fettuccine		
SAVORY	Goat Cheese	Lentil, Bean, Split Pea	Stuffing, Veal, Gravy, Hamburger, Meatloaf	Baked Fish, Sea Bass	Stuffing, Chicken, Turkey, Eggs	Onions, Peas, Green Beans, Navy Beans	Fruit Stuffing	Tomato, Horseradish			Savory Rolls, Herb Bread	Lentils, Egg Noodles		
SESAME	Hummus Dip		Beef, Pork, Hamburger, Lamb	Baked Fish, Shrimp, Scallops	Chicken	Vegetable Stir-Fry, Green Beans		Hoisin Sauce, Peanut Sauce, Rémoulade	Green Salad	Mayonnaise, Tahini Dressing	Buns, Rolls, Waffles, Breads	Egg Noodles, Rice, Bulgar	Cookies, Pie Pastry, Pecan Pie	
TARRAGON	Mushroom Caps	Turtle Soup , Fish Chowder	Steak, Beef Stew, Marinade	Lobster, Shrimp	Cornish Hens, Marinade, Chicken, Eggs, Omelettes	Mushrooms, Stuffed Tomatoes		Béarnaise, Tartar, Mustard Sauce	Shrimp Salad, Tomato Salad	Mayonnaise, Vinaigrette, Green Goddess	Herb Bread	Pasta, Orzo	Rhubarb Compote	
THYME		Oxtail	Sauerbraten, Pork, Lamb, Marinade	Baked Fish, Seafood Stuffing	Stuffing, Chicken, Fried Chicken Batter	Potatoes, Tomatoes, Zucchini		Tomato, Thyme Pesto, Cream, Yogurt	Tuna Salad	Vinaigrette	Bread Spreads, Herb Rolls, Focaccia	Pasta, Rice		Mulled Wine
TURMERIC	Deviled Eggs	Chicken Noodle, Lentil	Curry	Shrimp, Scallops	Chicken, Eggs			Caper Sauce, Satay	Egg Salad	Mayonnaise, Creamy Dressings	Breads	Rice, Egg Noodles		
WHITE PEPPER	Veal Paté	Consommé, Vichyssoise		Baked Fish	Chicken, Turkey	Potatoes, Chutney		Barbecue, Béchamel Cream	Salads with Mayonnaise	Mayonnaise, Vinaigrette		Rice, Egg Noodles	Spice Cake	Vegetable Juice

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A Glossary of Herbs, Spices & Seasonings



ALLSPICE, so named for its flavour – resembling a blend of cloves, cinnamon, and nutmeg, imparts a rich, warm flavour to most long-cooking dishes. Jamaican soups and stews require a few berries for traditional flavour. The Germans adore its subtlety in Sauerbraten and the English use it to flavour traditional spiced beef and plum pudding. Try it in baked goods and mulled drinks.



ANISE, with its warm licorice-like and mildly fennel-like taste, was once thought to be a charm against bad dreams and the evil-eye. Popular in liqueurs and candies, it is also a known digestive aid. The French sweeten their éclairs with its extract, and Italian bakers know it to be the secret ingredient in Biscotti. (Purchase only seeds and extract as the ground form quickly loses flavour).



BASIL, also the Greek word for King, has long been known as the King of Herbs. This versatile herb has a special affinity for tomatoes and is much loved by Italian cooks. Delicious in Chicken Cacciatore. Also popular in Greek seafood dishes. Try in marinades for meats, fish, and vegetables. Basil blends well with oregano, parsley, rosemary, thyme, sage, and saffron.



BAY LEAF, also known as *Laurel*. In Greece and Rome, bay leaves were a symbol of honour and used to crown the heads of victors in battle, Olympic champions, poets, and scholars. Bay leaf is most popular in Mediterranean dishes. Excellent simmered in a wine-based sausage and pepper stew as well as tomato-meat sauces combined with cloves and cinnamon.



BLACK PEPPER is obtained from berries that grow in clusters and are picked while still green. Its flavour is much stronger than that of white pepper. In ground form it releases flavour quickly. Whole peppercorns are found in a number of spice mixtures including the french mixture *Quatre-Épices*. Black pepper is one of the most popular spices in the United States and can be used to enliven nearly every dish.



CARAWAY, with its dill and anise-like flavour, has always been popular in English baked goods, such as cookies and seed cakes, and gives rye bread its distinctive acrid-warm flavour. Most root vegetables are enhanced by a sprinkle of caraway in ground form, and it has a particular affinity for potato dishes. Try it in German potato dumplings for authentic flavour.



CARDAMOM, with its pungent lemony flavour, enhances both sweet and savoury dishes. It is essential to Indian cookery, from pilafs and curries to creamy dessert dishes, and is one of several spices found in the traditional Indian spice mixture known as *Garam Masala*. Cardamom is delicious in mulled drinks, especially Swedish Glögg, and often flavours Middle Eastern coffees.



CELERY SEED is the fruit of Wild Celery and is not derived from traditional cultivated celery. The seeds are slightly bitter with a concentrated celery-like flavour. A favourite Northern Italian dish uses celery seeds, raisins, and apples to stuff a breast of veal. Celery seed flavours the traditional beef for German Sauerbraten. It has a natural affinity for tomatoes.



CHIVES, reminiscent of onion but much more delicate in flavour, have a distinctive taste best suited to mild cheese, egg, and cream dishes. Always add to food just prior to serving as heat will cause the flavour to quickly expire. Chives are essential to the French herb mixture *fines herbes*, consisting of chervil, parsley, and tarragon, a mixture particularly well-suited to poached chicken and fish.



CILANTRO, also known as Chinese Parsley, comes from the leaves of the coriander plant, but has a very different flavour from coriander seeds. It adds pungent flavour to Tex-Mex cuisine and Asian dishes. Cilantro has a nice affinity for mint and cumin, and blends well with garlic and chilies. Try it in stir-fries, soups and stews, and Indian chutneys, relishes, and curries.



CINNAMON, always popular in European sweets and baked goods, is surprisingly versatile. In the Middle East it is commonly added to meat stews, especially lamb. Cinnamon is an essential ingredient in *curry* spice blends, *Chinese Five Spice Powder*, and European spice mixtures such as pudding spice. Try cinnamon in fruit stuffings, and keep in mind its affinity for apples and chocolate.



CLOVES, or *clavus* – the Latin word for nail, is a strong and aromatic spice suitable, when whole, for long-cooking recipes. For a deep, rich broth, use a clove studded onion in the liquid of cooking meats, poultry, and game. Cloves are commonly found in many spice mixtures including *curry*, the French blends *Quatre-Épices*, and *Bouquet Garni*.



CORIANDER is a seed with a faintly citrus-like aroma and a mild mint taste. An essential ingredient in *curry*, *Garam Masala*, and *Pickling Spice*, it is extremely popular in Indian dishes where it seasons chutneys and relishes. Coriander has a nice affinity for mint and cumin and blends well with fruit juices, especially lemons, for use in marinades.



CUMIN, one of the chief ingredients in *chili powder* and *curry powder*, has a potent, spicy flavour which tends to dominate food. It is extremely popular in Mexican dishes, North African dishes such as couscous, and Indian meat stews. Roasting the seeds just prior to use will bring out their unique flavour. For a more immediate flavour release, use the ground variety of cumin.



DILL, long favoured as a *pickling spice* for cucumbers, was once believed to be a protection against witchcraft. Dill is an excellent flavouring ingredient in vinegar and is delicious in sauces for meat and fish. Dill, in combination with tarragon, lemon, and melted butter, will delicately season seafood. Use it generously in soups, salads, and dips, and use the seeds in long-cooking recipes.



FENNEL gives Italian sausage its traditional flavour and adds flavouring to both red wine vinegar and olive oils. The seasoning of choice for fish, try it in melted butter brushed on before baking or sprinkle on seafood before grilling. The Russians enjoy a savoury stew of chicken, rice, celery, and pumpkin flavoured with fennel seeds. Fennel has an affinity for parsley, oregano, sage, thyme, and chilies.



GARLIC has a history steeped in witchcraft and religious lore. From repelling vampires and evil spirits, to curing boils and asthma – many powers have been attributed to garlic. It is popular in Chinese dishes and is used quite lavishly in Mediterranean dishes. Much of its popularity can be attributed to the ease and availability of the prepared garlics including powders, salts, and oil.



GINGER, the most popular spice in Asian cookery, is hot, spicy, and pungent. Its affinity for fruit dishes inspires European baked goods, while Asian cookery takes advantage of its ability to enhance a wide variety of meat, fish, and vegetable dishes through stir-frying. For quick-cooking dishes, use powdered ginger to release flavour quickly. Try ginger in marinades of citrus fruit, garlic, soy sauce, and onion for use in meat and poultry.



MACE is the lacy covering of the nutmeg seed, but its flavour is unique and much more delicate than nutmeg. Always purchase from a reliable source as this expensive spice is easily adulterated. Mace is delicious when sprinkled on cooked spinach. The English use it liberally in potted meats and cheeses, and the French enjoy it in patés and stuffings. Mace is always good in delicate cream sauces.



MARJORAM, much like its minty-sweet cousin oregano but with a milder flavour, gives pizza its pizzazz and is essential to Italian seasonings. Mixed with oregano, savory, thyme, and rosemary, it is known in Southern France as *Herbes de Provence* – especially good on roast chicken. Marjoram is considered an enduring symbol of romantic love.

Let's Flavour Together.

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MINT has always been the classic seasoning for all lamb dishes and also has a nice affinity for cucumbers and yogurt. Try it in a cold sour cream and shallot sauce for fish. Mint is popular in Middle Eastern dishes where it is a primary ingredient in such foods as Tabbouleh – a parsley, mint, and cracked wheat salad.



MUSTARD is an excellent spice base for developing custom flavours. Pungent and slightly bitter, it takes on a unique flavour when mixed with lemon for seafood sauce, or horseradish for cold meats. Experiment with dry mustard blends using chili powder, chives, basil, or mint. To make a mustard paste allow mustard mixed with cold water to stand 10-30 minutes to achieve full flavour.



NUTMEG, with its warm flavour, is the perfect addition to cakes, custards, and puddings. It also enhances vegetables – especially spinach, and gives pasta stuffings a subtle richness. Nutmeg blends well with mace, cardamom, cinnamon, cloves, and ginger. It should always be added at the end of cooking time as heat diminishes the flavour.



OREGANO, much like marjoram but stronger in flavour, gives zest to Italian seasonings. It blends well with basil and tomato sauces and is especially good when simmered in stews with a blend of garlic, onions, and red wine. Because it retains its flavour well, oregano is an excellent seasoning for long-cooking stews and sauces.



PAPRIKA is widely used to add colour and a sweet capsicum flavour to cream soups and sauces. Paprika is handy for microwaved food in that it gives a nice broiled or baked appearance to meats. Spanish Paella recipes get much of their colour and rich flavour from pungent Spanish paprika. Hungarian paprika is a hotter paprika. Use this spice generously and often as it has a short shelf life. Discard if it should turn brown.



PARSLEY, a most popular herb, is widely used in Western cookery. Its applications are virtually limitless. Use it in marinades, dressings, sauces, soups, eggs, herb butters, meats, and fish. Parsley flakes rehydrate quickly and add attractive colour to creamed food. Use often as it blends well with most other herbs and also enhances their flavour.



POPPY SEED, coming from the same plant that produces opium – but absolutely non-narcotic, is best when toasted or baked before use. The slightly sweet-nut flavour is excellent in noodle casseroles and cheese or butter sauces. Try it on soft fruits, like melon or strawberry, or in yogurt toppings. A favourite Austrian dish consists of baked noodles with poppy seeds and cheddar cheese.



RED PEPPER, also known as cayenne, is a very hot pepper product and the spice most widely used in all ethnic cuisines. Use it to fire flavour into meat stuffings for green peppers or tortillas. Cajun Jambalaya, a fabulous fiery blend of seafood, sausage, rice, and seasonings, gets its hot spicy flavour from red pepper. Begin adding red pepper in small quantities to build heat in a dish.



ROSEMARY, a potent spice, is excellent with all game including rabbit, venison, and quail. It has a nice affinity with garlic and wine, and makes an excellent addition to marinades for grilled meats. It is superb in all potato dishes. Italian cooks favour rosemary as a savory addition to lasagna and pizza.



SAFFRON, the world's most expensive spice, flavours and colours cheese, butters, pastries, and confections. When using it to impart a golden colour to breads, make a saffron tea by soaking a small pinch of whole saffron in warm water and then add the tea to the dough. Saffron is especially popular in Spanish rice dishes such as Arroz con Pollo (chicken and rice) and Paella – with its blend of vegetables, rice, and meats. Saffron is also a key ingredient in Indian cooking. Try it in garlic and fish dishes.



SAGE, a strong-flavoured herb with a camphor-like taste, should be used in small quantities. It is extremely popular in stuffings for poultry and fish, especially when mixed with onion. Sage has an unusual affinity for animal fats and is the perfect addition to sausage dishes, pork, game, goose, and oil-rich fish. It blends well with rosemary, thyme, parsley, oregano, and bay leaf.



SAVORY flavours stuffings – particularly sausage stuffings – for meat, poultry, and fish. It blends extremely well with onions sautéed in butter for use in stuffings and with lemon and butter sauces for vegetable and fish dishes. Try it in a poultry seasoning mixture, and keep in mind its affinity for nearly all peas and beans. Trout is especially delicious when seasoned with savory.



SESAME is an oil-rich seed popular on breads and rolls. Its flavour can be somewhat bland in uncooked food. Consider toasting the seeds before adding to noodles, dips, or dressings. Middle Eastern cookery uses sesame seeds in sweet dishes such as Halvah, a confection sold in blocks. Sesame seeds are a pleasant and tasty surprise in chicken, vegetables, and meat stir-fries.



TARRAGON means *little dragon* and was once reputed to cure a snake bite. It is essential to classic French cooking and is adored in a *fines herbes* mixture of tarragon, parsley, chives, and chervil. Tarragon flavours Béarnaise sauce and a host of other rich sauces for fish, chicken, and eggs. Add it in small amounts to mayonnaise, salad dressings, vinegar, and butters.



THYME blends well with many spices and is popular in a number of seasoning blends for meat, fish, and poultry. Thyme enriches vegetables and seafood when mixed with melted butter and brushed on after baking or sautéeing. The French make excellent use of this herb in beef burgundy, veal fricassee, and roast lamb.



TURMERIC is most often used in small amounts to add a saffron-like colour to foods. It is one of the primary ingredients in *curry powder* and prepared mustard. Turmeric flavours African dishes such as a peppery beef in sauce, and also Afghanistan dishes such as Mahi Laqa – a savoury catfish stew of onions, garlic, and tomatoes served over rice.



WHITE PEPPER comes from the same pea-shaped pod as black pepper, but the outer shell is naturally removed. It is picked when fully ripe and has a milder, more delicate flavour than black pepper. White pepper is used in combination with black pepper in most Cajun dishes where the peppers release their heat in an almost staggered manner and with varying intensity. It is a good choice for mild cream dishes where it blends colourlessly into foods.







Spices, Herbs & Seasonings

Flavour Guide

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