



# All About Spices

With Chef Jessica VanRoo



# How to Buy and Store Spices

- Buy Whole Spices
- Store ground spices in a cool dry place
- Whole spices last longer than ground
- Keep away from moisture, heat and sunlight
- Color aroma, and taste are all indicators of quality

Boyer, Renee, and Julie McKinney. "Food Storage Guidelines for Consumers." Virginia Cooperative Extension (2009): n. pag. Web. 7 Dec 2009.

	Pantry	Refrigerator	Freezer
Spices, whole	1-3 years	--	2-3 years
Spices, ground	6-12 months	--	1-2 years
Herb/Spice Blends, opened	1 year	--	--
Herb/Spice Blends, unopened	2 years	--	--
Herbs	6-12 months	--	1-2 years
Chili Powder	6 months	--	--
Herbs, flakes or crushed	6-12 months	--	--
Fresh Herbs	--	Up to 1 week	--
Garlic	1 month	1-2 weeks	1 month



# Health Benefits of Spices

- Cinnamon; iron, calcium, manganese and fiber
- Capsaicin; red peppers can help suppress appetite and burn more calories after a meal
- Cumin; good source of iron, has antibacterial properties, may help lower blood glucose levels
- Turmeric; contains curcumin a potent antioxidant
- Oregano; contains antioxidants and can also help fend off bacteria
- Ginger; anti-tussive and anti-inflammatory properties



# A Quick History on Spices

- Archeologists discovered spices in Egyptian tombs as early as 3000 BC.; preservative quality of many spices made them ideal for embalming
- Ebers Papyrus, Document dated 1550 B.C., details lists of a vast array of cures formed from herbs and spices
- Spices most demanded and expensive products available in Europe in the Middle Ages; black pepper, cinnamon, cumin, nutmeg, ginger and cloves



# Spices VS Herbs

- **Herbs**
- In general, culinary herbs are the leafy portions of a plant, whether dried or fresh. Examples include basil, bay leaves, parsley, cilantro, rosemary and thyme.
- **Spices**
- Spices, on the other hand, are harvested from any other portion of the plant and are typically dried. Popular spices come from berries (peppercorns), roots (ginger), seeds (nutmeg), flower buds (cloves) or even the stamen of flowers (saffron).
- **Two in One!**
- Some plants are generous enough to yield both an herb and a spice. Cilantro is the leafy herb of the same plant that gives us the popular spice coriander seed. And dill weed (an herb) and dill seed (a spice) also come from the same plant.



# How to use old spices

- Clean Your Carpet
- Repel Bugs; spices with strong smells will often keep insects away, cinnamon, oregano, sage peppermint etc.
- Make Spice-Scented Soap
- Make Spice-Scented Soap
- Make Paint; turmeric, cinnamon etc.
- Add To Laundry; black pepper
- Deodorize



# Toasting Spices

## Homemade Garam Masala

- 2 tablespoons cumin seeds
- 2 tablespoons coriander seeds
- 2 tablespoons cardamom seeds
- 1 (3-inch) stick cinnamon, broken up
- 1 teaspoon whole cloves
- 2 tablespoons black peppercorns
- 1 teaspoon grated nutmeg
- 1/2 teaspoon saffron (optional)

To make Garam masala: toast cumin, coriander, cardamom, cinnamon and cloves in a dry heavy skillet over medium high heat. Toast just until spices begin to smoke and are aromatic, remove from heat. Set aside to cool and grind in a spice grinder/ coffee grinder with remaining items. Use as needed.



# Complimentary Herbs


- Bouquet Garnis — basil, bay, oregano, parsley
- Herbal — basil, marjoram, rosemary, thyme
- Hot — chili peppers, cilantro, cumin, garlic
- Pungent — celery, chili peppers, cumin, curry, ginger, black pepper
- Spicy — cinnamon, ginger, black pepper, star anise
- Sweet — allspice, anise, cinnamon, cloves, nutmeg







# Production

Top Spice Producing Countries(in metric tonnes)			
Rank	Country	2010	2011
1	<a href="#">India</a>	1,474,900	1,525,000
2	<a href="#">Bangladesh</a>	128,517	139,775
3	<a href="#">Turkey</a>	107,000	 15,785
4	<a href="#">China</a>	90,000	95,890
5	<a href="#">Pakistan</a>	53,647	53,620
6	<a href="#">Iran</a>	18,028	21,307
7	<a href="#">Nepal</a>	20,360	20,905
8	<a href="#">Colombia</a>	16,998	19,378
9	<a href="#">Ethiopia</a>	27,122	17,905
10	<a href="#">Sri Lanka</a>	8,293	8,437
—	<a href="#">World</a>	1,995,523	2,063,472

Source: [UN Food & Agriculture Organization](#) <sup>[21]</sup>



# Common regional spice mixtures

- [Advieh](#) ([Iran](#))
- [Baharat](#) ([Middle East](#) )
- [Berber](#) ([Ethiopia](#) and [Eritrea](#))
- [Bumbu](#) ([Indonesia](#))
- [Chaat masala](#) ([India](#) and [Pakistan](#))
- [Chili powder](#)
- [Curry powder](#)
- [Five-spice powder](#) ([China](#))
- [Garam masala](#) ([South Asia](#))
- [Harissa](#) ([North Africa](#))
- [Hawaij](#) ([Yemen](#))
- [Jerk spice](#) ([Jamaica](#))
- [Khmeli suneli](#) (Georgia, former U.S.S.R.)
- Masala (a generic name for any [blend of spices](#) used in South Asia)
- [Mixed spice](#) ([United Kingdom](#))
- [Old Bay Seasoning](#) (United States)
- [Panch phoron](#) ([India](#) and [Bangladesh](#))
- Pumpkin pie spice (United States)
- [Quatre épices](#) (France)
- [Ras el hanout](#) ([North Africa](#))
- [Shichimi togarashi](#) ([Japan](#))
- [Vegeta](#) ([Croatia](#))
- [Za'atar](#) (Middle East)
- Sharena sol ([Bulgaria](#))



## Garam Masala Rice

1 tablespoon butter or grapeseed oil  
2 cups basmati rice, rinsed  
1 cup diced onion  
2 teaspoons minced garlic  
1 teaspoon garam masala  
4 cups vegetable broth  
½ cup frozen peas defrosted  
Salt and pepper to taste

- Preheat your oven to 350 degrees
- Melt butter or heat oil over medium high heat in an oven safe pot.
- Add onion and garlic, cook for 2-3 minutes or until onions begin to soften. Sprinkle in the gram masala and continue to cook for 2 minutes.
- Add vegetable stock, and salt and pepper. Bring to a boil. Cover and bake until rice is tender bout 20 25 minutes. Stir in peas and bake for another 5 minutes.



# Spiced Coffee Cookies

Makes about 24 cookies

2 ¼ whole wheat flour (measured correctly)

1 ½ tsp cinnamon

¼ teaspoon nutmeg

¼ teaspoon ground ginger

1 ½ tsp baking powder

¼ cup unsalted butter, melted and warm

1 ½ tsp instant coffee crystals

2 large egg

2 tsp vanilla extract

1 c maple syrup

1. Preheat your oven to 325 degrees
2. Whisk flour and spices together with the baking powder, set aside.
3. Mix the coffee into the warm butter, mix until dissolved. In a large bowl whisk together the egg, vanilla, maple syrup and the coffee mixture.
4. Add the flour into the bowl and stir just until incorporated.
5. Refrigerate the dough for 30 minutes.
6. Line a baking sheet with parchment and drop rounded tablespoons onto the cookie sheet, pressing down gently.
7. Bake for 12- 15 minutes, cool on the pans.



# Spiced Meatballs in Spiced Tomato Sauce

2 1/2 pounds ground turkey  
1 egg  
1/2 cup ketchup  
1 tablespoon toasted coriander seed , ground  
1 tablespoon toasted cumin seed , ground  
1 teaspoon curry powder  
1 tablespoon garlic powder  
2 teaspoon onion powder  
3/4 teaspoon ground mustard  
3/4 teaspoon smoked paprika  
1/2 teaspoon ground allspice  
1/2 teaspoon ground cinnamon  
1/2 teaspoon chili powder  
2 teaspoon dried oregano  
1 teaspoon dried thyme  
Salt and freshly ground black pepper

2 tablespoons grapeseed oil  
1 cup minced onion  
1 tablespoon minced garlic  
2 cinnamon sticks  
1 tablespoon toasted coriander seed , crushed  
1 tablespoon toasted cumin seed , crushed  
4 cups tomato puree  
1 cup vegetable stock  
Salt and freshly ground black pepper  
1 tablespoon chopped mint leaves  
1 tablespoon chopped Italian parsley  
10 Oz frozen spinach squeezed dried  
Parsley and or mint to garnish

1. **To make meatballs mix all the ingredients, mix well. Form meatballs in the size of Ping-Pong. Place them on a parchment lined baking sheet and bake for 20 minutes.**
2. **Heat the oil in a heavy bottomed pot. Add onions and garlic into hot oil. Add spices and stir to toast for 2 minutes.**
3. **Stir in tomato puree and stock, with mint and parsley. Simmer for 10 -20 minutes.**
4. **When you are ready to serve, add the meatballs into the sauce and cook until heated and cooked through, about 5- 10 minutes.**
5. **Taste and season before serving!**