

SEASONING CATEGORIES

HERBS	SPICES	MUSTARD	VINEGARS	SEASONING BLENDS
Herbs are leaves of plants. They can be used <u>fresh</u> or <u>dried</u> . Dried herbs are 2-4 times stronger than fresh.	Spices are dried <u>roots</u> , <u>stems</u> , and <u>seeds</u> . Some people are confused as to whether spices are spicy or hot. Peppers and ginger are <u>hot</u> .	Mustard is made of ground mustard seeds. It is pungent.	Vinegars are acidic liquids made from fermented alcohol or wine and vary in strength and color. Herbed vinegar is made by adding herbs to any vinegar.	These are mixtures of dried spices and herbs, usually powdered.
Basil Bay Leaf Rosemary Mint Oregano Sage Tarragon	Ginger Mace Cinnamon Nutmeg Cloves	Dijon Yellow	White Red Wine Tarragon Cider	Chili Powder Curry
<p style="text-align: center;">SOURCE LOCATION OF SOME SPICES:</p> <p>NATIVE TO THE ASIAN AREA (some imported B.C.) cardamom, ginger, cinnamon, tumeric, black pepper, clove, mace, nutmeg, tarragon</p> <p>NATIVE TO THE EASTERN MEDITERRANEAN AREA (some used B.C.) basil, marjoram, oregano, mint, rosemary, sage, savory, thyme, anise, caraway, coriander, cumin, dill, parsley, fennel, bay, caper, fenugreek, garlic, mustard, poppy, sesame, saffron</p> <p>NATIVE TO THE NEW WORLD (imported 15th-16th centuries) allspice, red pepper, vanilla</p>				
<p style="text-align: center;">HINTS AND RULES FOR USING HERBS AND SPICES</p> <p><u>TEST</u>: To determine if a spice is fresh enough, rub the spice between the palms and smell. If it has no smell then replace that spice.</p> <p>1/4 tsp. per 4 servings</p> <p>Cooking increases the strength of flavor. Add last hour of cooking.</p> <p>With cold dishes it takes longer to blend in flavors. Make at least 1 hour ahead.</p> <p>Store in a cool, dry, dark place.</p> <p>Flavor doesn't get stronger with age.</p>				