

Spices, Herbs, and Seasonings



Table of Contents

1.	Allspice	p. 2	27.	Mixed Vegetable Flakes	p. 4
2.	Apple Pie Spice	p. 2	28.	Nutmeg	p. 4
3.	Barbeque Spice	p. 2	29.	Onion (Salt, Powder)	p. 4
4.	Basil	p. 2	30.	Oregano Leaves	p. 4
5.	Bay Leaves	p. 2	31.	Paprika	p. 4
6.	Bell Pepper Flakes	p. 2	32.	Parsley	p. 4
7.	Celery Flakes	p. 2	33.	Pepper (Black or White)	p. 5
8.	Celery Salt or Seed	p. 2	34.	Pimiento	p. 5
9.	Chervil Leaves	p. 2	35.	Poppy Seed	p. 5
10.	Chili Peppers	p. 2	36.	Poultry Seasoning	p. 5
11.	Chili Powder	p. 2	37.	Pumpkin Pie Spice	p. 5
12.	Chives	p. 3	38.	Red Pepper	p. 5
13.	Cinnamon	p. 3	39.	Rosemary Leaves	p. 5
14.	Cinnamon Sugar	p. 3	40.	Saffron	p. 5
15.	Cloves	p. 3	41.	Sage	p. 5
16.	Coriander Seed	p. 3	42.	Savoury Leaves	p. 5
17.	Cumin	p. 3	43.	Seafood Seasoning	p. 5
18.	Curry Powder	p. 3	44.	Seasoned Pepper	p. 6
19.	Dill Weed	p. 3	45.	Seasoned Salt	p. 6
20.	Garlic	p. 3	46.	Sesame Seed	p. 6
21.	Ginger	p. 3	47.	Shallots	p. 6
22.	Horseradish	p. 3	48.	Soy Sauce	p. 6
23.	Italian Seasoning	p. 4	49.	Tabasco	p. 6
24.	Lemon Pepper	p. 4	50.	Tarragon Leaves	p. 6
25.	Majoram Leaves	p. 4	51.	Thyme Leaves	p. 6
26.	Mint (Leaves or Flakes)	p. 4			

Allspice

Dried berry of the pimento tree of the clove family. This dried, unripened fruit has the flavour combination of cinnamon, nutmeg, and cloves, hence the name of Allspice. Grown in the West Indies.

Uses: Ground used in baked goods, ketchup, and pot roast. Whole used in pickling, stews, boiled fish, soups, and sauces.

Apple Pie Spice

Cloves, nutmeg, and mostly cinnamon makes up this seasoning.

Uses: For apple pies or any other foods that cinnamon or nutmeg might be used.

Barbeque Spice (Seasoning)

A blend of spices and seasonings such as paprika, chili powder, salt, sugar, and garlic.

Uses: For chicken or ribs, also for marinades or sauces.

Basil

Belonging to the mint family, this herb is one of the most widely used.

Uses: Great for tomato sauces, pesto, and vinaigrettes.

Bay Leaves

Dried leaves of the laurel shrub.

Uses: In soups, stocks, sauces, marinades, and such.

Bell Pepper Flakes

Dehydrated sweet red and green peppers.

Uses: In soups, sauces, salads, and stews.

Celery Flakes

Dehydrated celery.

Uses: Soups, sauces, salads, dips, and stuffing.

Celery Salt or Seed

Pungent seed from the celery plant.

Uses: Cole slaw, potato salad, pickles, and such.

Chervil Leaves

Aromatic herb of the carrot family.

Uses: Cheese dishes, eggs, soups, and salads.

Chili Peppers

Many varieties from mild to hot; sweet to salty.

Uses: Used to make chili powders for chili con carne, pickles, hot sauce, soups, and sauces.

Chili Powder

A blend of chili peppers, cumin, garlic, oregano, salt, paprika, and other spices.

Uses: In chili con carne, seasoning spare ribs, stews, appetizers, etc.

Chives

Fresh or freeze dried. Has a mild onion-like flavour.

Uses: As a garnish, in soups or sauces, in salad, egg or potato dishes.

Cinnamon

Bark from various trees of the cinnamon family.

Uses: Ground for bake goods or whole for pickles, hot drinks, and preserves.

Cinnamon Sugar

Combination of sugar and ground cinnamon.

Uses: Sugar cookies, baked apples, and sprinkling on buttered toast.

Cloves

Rich and pungent in flavour. Dried flower bud of the clove tree.

Uses: In pickling, baked hams, stocks, desserts, marinades, and spiced drinks.

Coriander Seed

This herb of the carrot family, has the flavour of sage and lemon peel.

Uses: Pickles, oriental dishes, curried dishes, and meat dishes.

Cumin

Member of the carrot family. Aromatic seeds. Warm bitter flavour.

Uses: In chili powders, pickles, spare ribs, and other meat dishes.

Curry Powder

A blend of 16 to 30 India spices of varying proportions. Usually containing turmeric, garlic, coriander, comino seed, and ginger.

Uses: To make curry sauce, flavour meats, rice, poultry, and seafood with an oriental touch.

Dill Weed

Aromatic herb pertaining to the carrot family.

Uses: Good with fish, potatoes, soups, and sauces.

Garlic

Flavoured bulb of the onion family. Available in powder, salt, minced or chopped.

Uses: Used in almost any type of sauce for meats, seafood, or poultry. Great for pastas, soups, etc.

Ginger

Dried pungent root of a plant grown in China, Japan, India, and the West Indies.

Uses: In pickles, chutney, and preserves. Also used in many oriental dishes.

Horseradish

Pungent perennial herb.

Uses: Cocktail sauce, horseradish sauce, or grated as a condiment.

Italian Seasoning

A blend of herbs and sweet red peppers to give the characteristic flavour of Italian.

Uses: Italian sauces such as pizza and spaghetti.

Lemon Pepper

A blend of black pepper and dehydrated lemon.

Uses: Good in salads. Great with broiled meats, poultry or seafood.

Marjoram Leaves

This herb belonging to the mint family is potent in flavour.

Uses: Poultry stuffing, sausage, stews, sauces, soups, veal dishes, meat dishes, potato dishes, and most Italian sauces.

Mint (Leaves or Flakes)

Cool pungent flavoured herb.

Uses: As a garnish, used in middle eastern cooking, and lamb dishes.

Mixed Vegetable Flakes

Dehydrated vegetable flakes containing celery, onion, carrot, green and sweet red pepper.

Uses: Soups, sauces, and stuffing.

Nutmeg

From the nutmeg tree, this kernel of fruit is one of the oldest of known spices.

Uses: In cream soups, and sauces, and a wide variety of desserts.

Onion (Salt, Powder, Minced or Chopped)

Onions dried in various forms.

Uses: Powdered or salt for flavouring. Minced or chopped where texture is wanted.

Oregano Leaves (Leaf Oregano)

Wild marjoram.

Uses: In Italian dishes, soups or sauces, meat stews, and in bean dishes.

Paprika

A form of red pepper. Hungarian is hotter than the mild Spanish paprika. The method of grinding determines the flavour.

Uses: For mild flavour and colouring of seafood, egg dishes, sauces, and salad dressings.

Parsley

Fresh or dried.

Uses: To garnish or season stocks, soups, sauces, salads, egg, and potato dishes.

Pepper (Black or White)

Black pepper is the immature berries. White pepper is the mature berries with the hull removed.

Uses: Whole in stocks and pickling. Ground in most other dishes.

Pimiento

Ripe fleshy fruit of a sweet red pepper plant.

Uses: Garnish for salads, soups, or entrees. Mild flavour for soups, salads, stews, and vinaigrettes.

Poppy Seed

Very small seeds of the poppy plant.

Uses: Garnish for noodles. In baking of breads, rolls, cakes, and cookies.

Poultry Seasoning

A mixture of spices and herbs as sage, thyme, celery salt, savoury, etc.

Uses: In poultry, pork, and fish dishes or stuffing. For seasoning meat loaf.

Pumpkin Pie Spice

A mixture of ground spices including cloves, cinnamon, ginger, and nutmeg.

Uses: Apple or pumpkin pies. For fruit desserts.

Red Pepper

Whole, ground, or crushed hot red peppers.

Uses: A variety of uses where heat is desired such as in sauces, soups, egg dishes, etc.

Rosemary Leaves

Belonging to the mint family.

Uses: Stuffing, roasted dishes such as lamb, pork, beef, poultry, and wild game.

Saffron

From a species of the purple crocus this is the dried stigma.

Uses: In Spanish and Italian foods for mild flavour and yellow colouring.

Sage

A dried leaf of a shrub belonging to the mint family.

Uses: Strong in flavour. Used to season stuffing, pork, poultry, and veal dishes.

Savoury Leaves

Balsam in fragrance.

Uses: Great with boiled fish.

Seafood Seasoning

A blend of pungent spices and savoury herbs.

Uses: In seafood sauces, fish sauces, and seafood dishes.

Seasoned Pepper

A mixture of black pepper, other spices, and sweet pepper flakes.

Uses: Use whenever pepper is used for a unique twist.

Seasoned Salt

A mixture of salt, herbs, and spices.

Uses: As an alternate for straight salt or part salt.

Sesame Seed

Creamy white in colour with the flavour of toasted almonds.

Uses: In baking such as rolls and breads. The oil is used in oriental cooking.

Shallots

Fresh or freeze dried. A type of small onion.

Uses: Like garlic to flavour a variety of dishes. Great in vinaigrettes and sauces.

Soy Sauce

Made from soy beans.

Uses: Used in many oriental dishes.

Tabasco

Trade name for hot Mexican peppers. Salted and cured for three years, then blended with vinegar and strained.

Uses: Soups, sauces, salad dressings, and marinades.

Tarragon Leaves

Aromatic leaves of a bitter flavour.

Uses: Bearnaise sauce, egg, seafood, and poultry dishes.

Thyme Leaves

A rich flavoured herb.

Uses: Seafood chowders, sauces, stocks, and meat dishes.