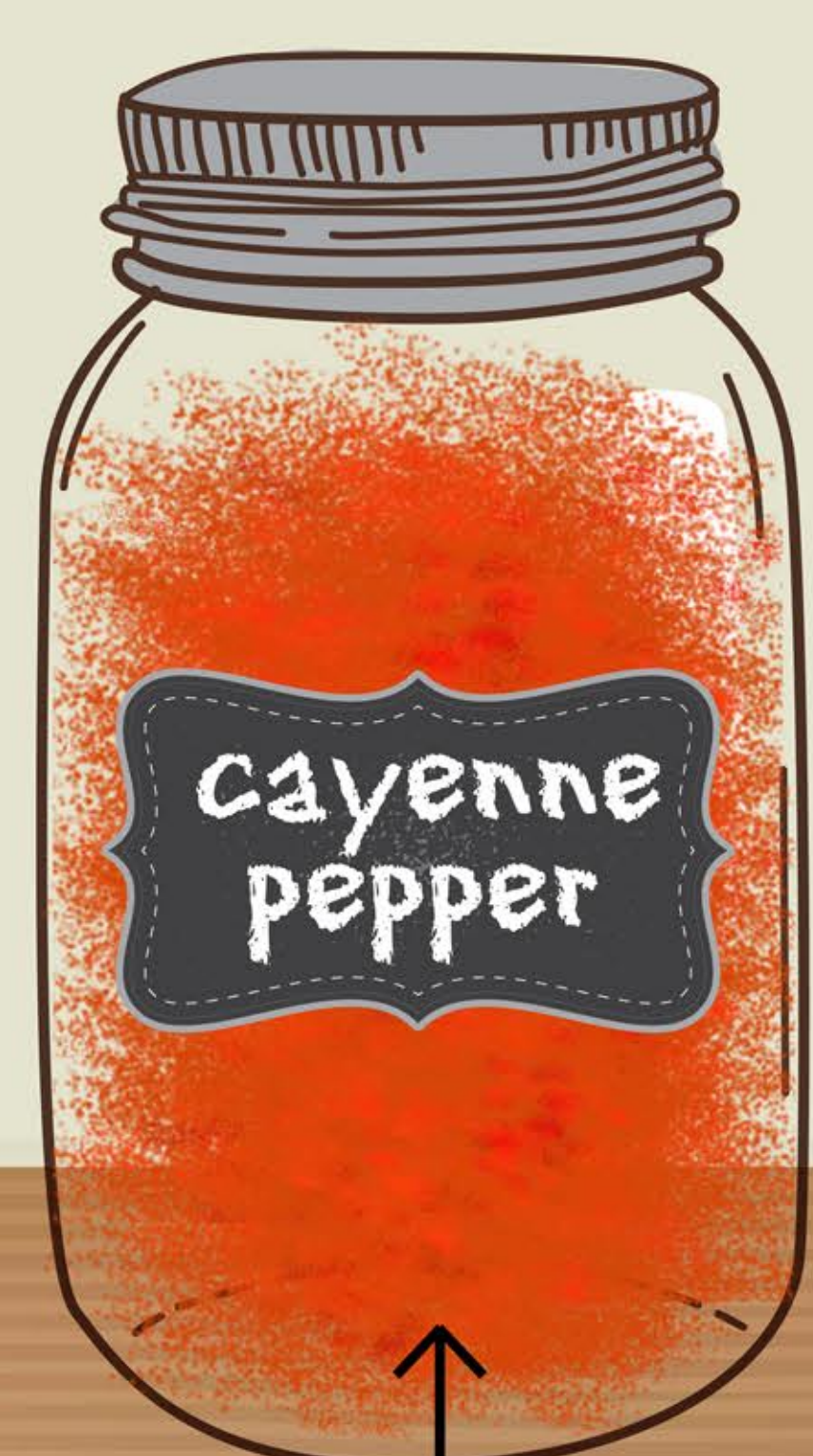


# Your Essential Spice Guide

Add more taste to your dishes with easy-to-store dried spices and herbs. With these 17 must-haves in your cupboard, you can cook up a world of flavours!



**USE:** Adds sweetness and pungent flavour to eggs, tomato-based dishes and Mediterranean cuisine.  
**TIP:** Substitute fresh basil with  $\frac{1}{3}$  the quantity of more potent dried basil.



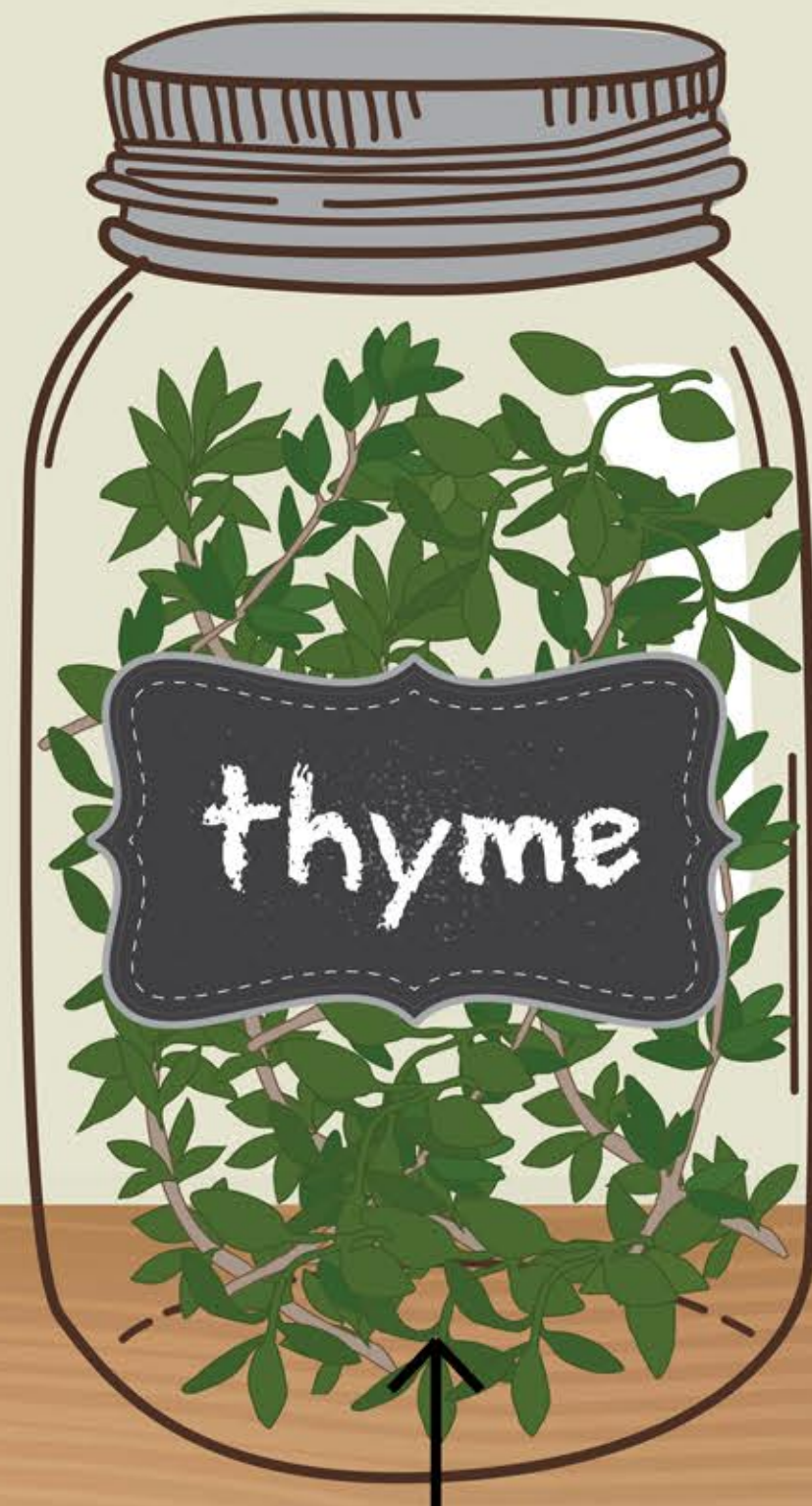
**USE:** Introduces sharp heat to Indian, Italian, Mexican and Caribbean cuisines.  
**TIP:** Drizzle hummus with olive oil, and garnish with a sprinkling of cayenne.



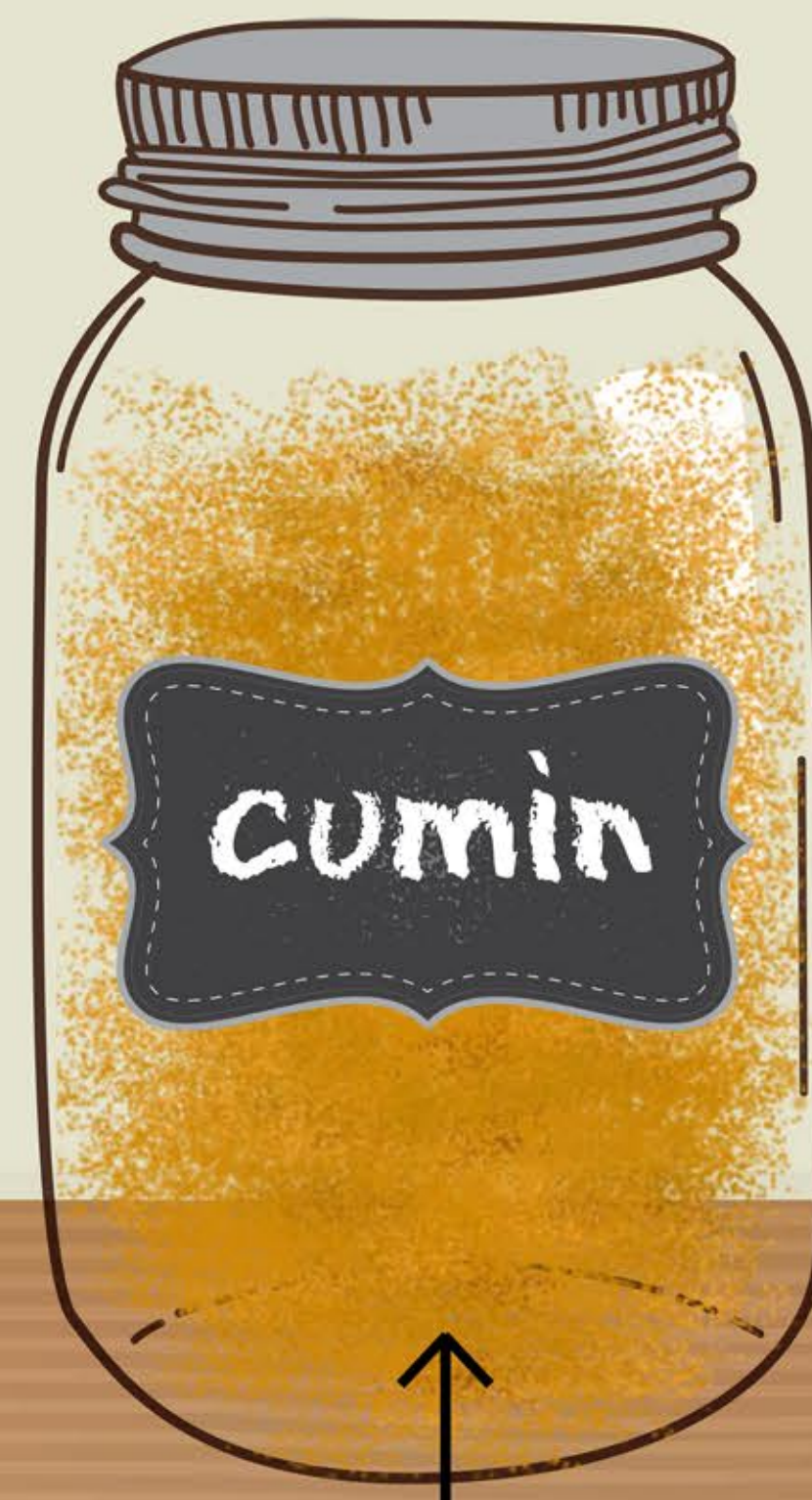
**USE:** Imparts an aromatic foundation to soups, stews and tomato sauces.  
**TIP:** Add one or two leaves at the start of cooking; remove before serving.



**USE:** Infuses sweet, woody flavour into baked goods like apple pie; adds kick to pickles and meats.  
**TIP:** Combine butter, brown sugar and cinnamon to spread on toast.



**USE:** Adds earthy flavour to potatoes, meat and tomato dishes. Used in Mediterranean and South Asian cuisine.  
**TIP:** Mix with croutons, onion, egg and water to make stuffing.



**USE:** Imparts bitterness, muskiness and peppery warmth to chili and curries, and to Mexican, and Middle Eastern cuisines.  
**TIP:** Add a pinch to guacamole for extra kick.



**USE:** Gives black-licorice-like flavour and warm, sweet notes to fish, meat and Chinese, Mediterranean and Indian dishes.  
**TIP:** Use as an alternative to dill or caraway seeds.



**USE:** Adds bittersweet notes to vinegar, pickles, fish, beef, chicken, stews and classic French Béarnaise sauce.  
**TIP:** Try in egg dishes in place of chives or basil.



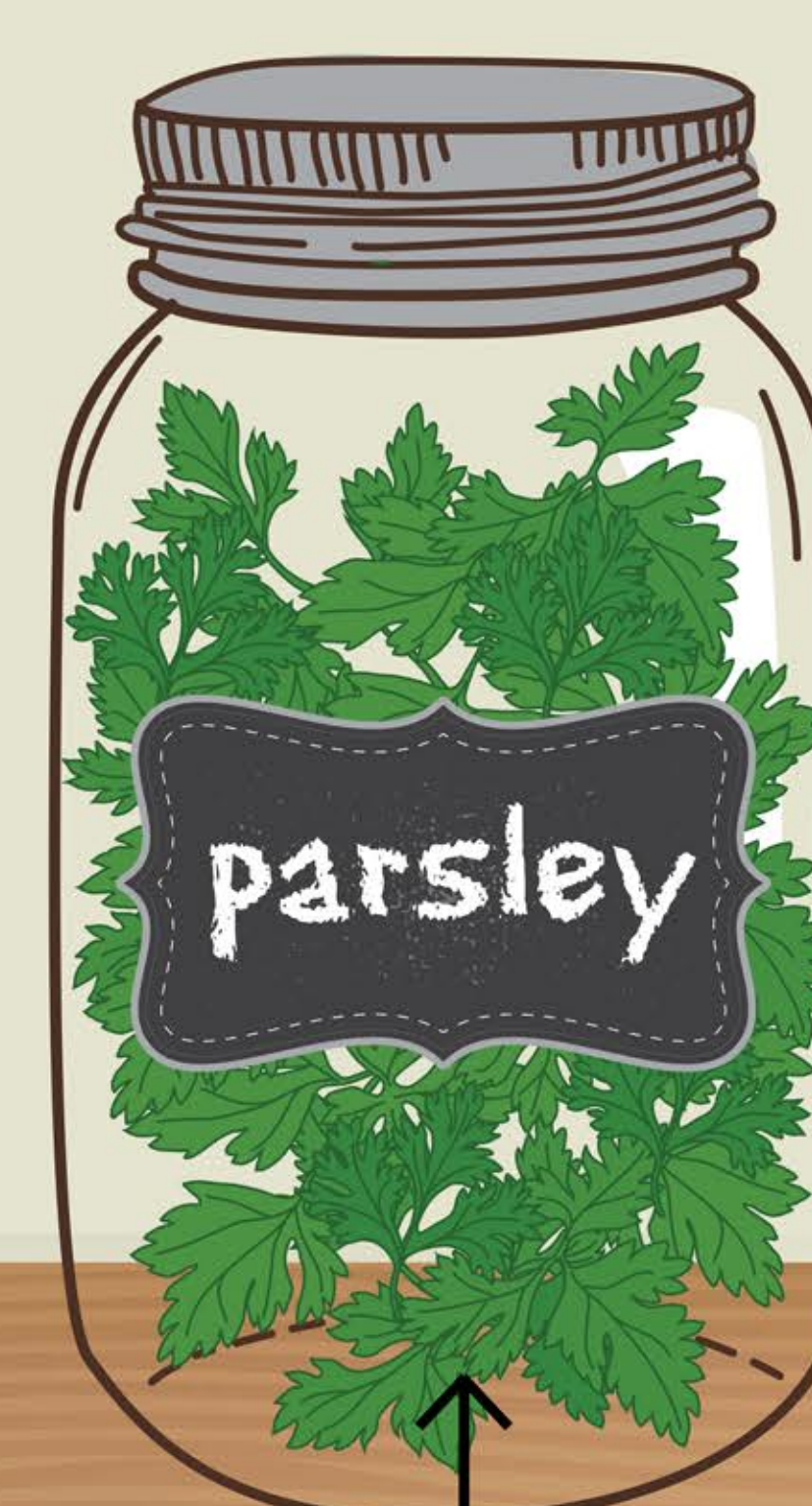
**USE:** Adds warmth, bite and sweetness to cookies, puddings and pumpkin pie, and to Asian dishes.  
**TIP:** Sprinkle onto yams or pumpkin before roasting to add depth of flavour.



**USE:** Gives potent, sharp and peppery notes to tomato sauces, pizza, lamb, beef and soup.  
**TIP:** Add to Mexican-style chili or Greek salad for more robust flavour.



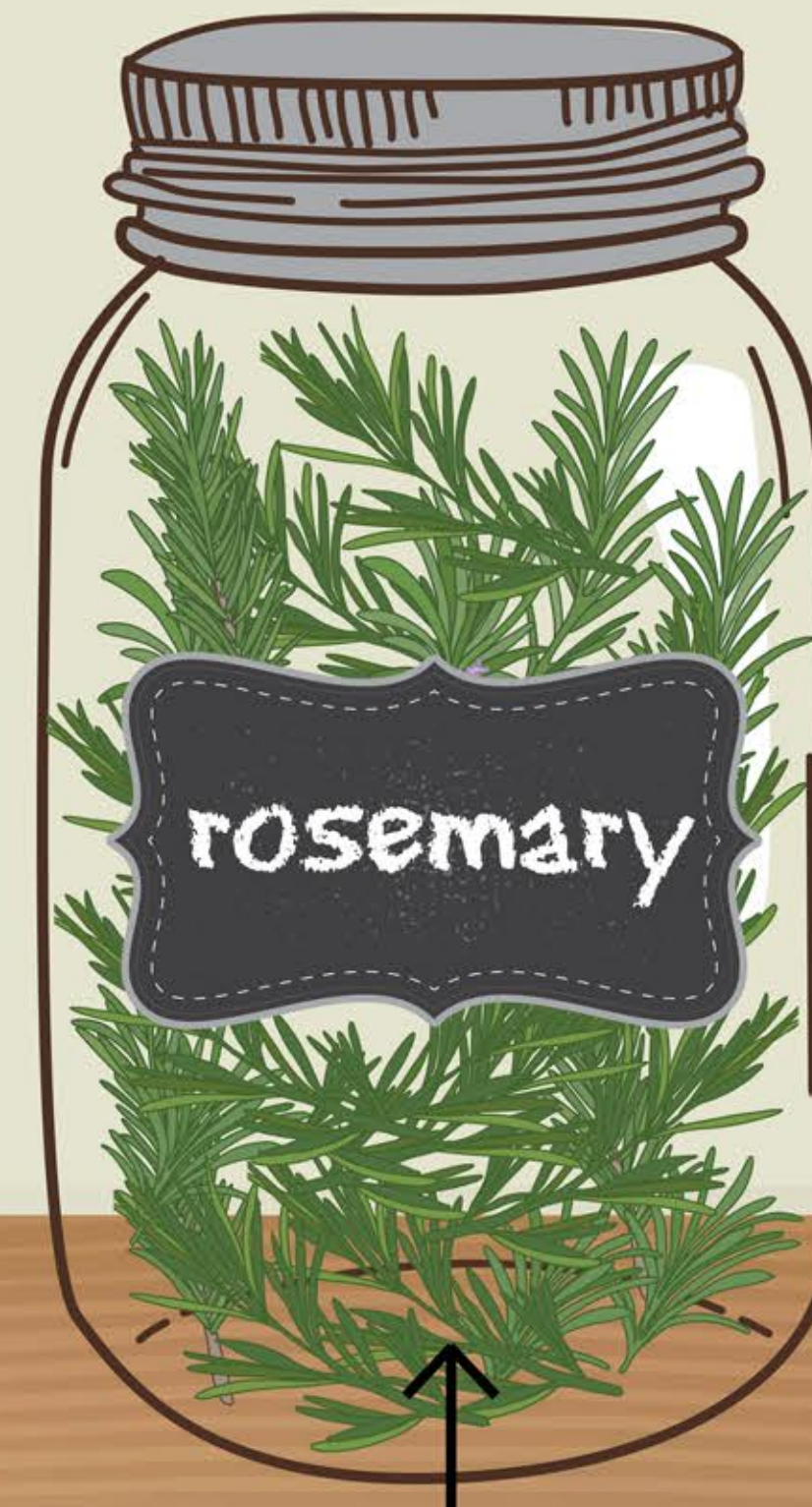
**USE:** Adds sweetness and heat to meats and seafood, and to Italian, Caribbean, Mexican and Indian dishes.  
**TIP:** Sprinkle onto pizza, eggs and sauces for extra flavour and heat.



**USE:** Imparts mildly grassy, slightly bitter flavour to fish, eggs and meats.  
**TIP:** Add  $\frac{1}{2}$  tsp (2 mL) of parsley flakes to 1 cup of oil-and-vinegar dressing for Italian-style salads.



**USE:** Adds mild to medium heat and sweetness to potato salad, paella and deviled eggs.  
**TIP:** Use mild sweet Hungarian paprika for colour; use hot paprika for extra spiciness.



**USE:** Gives woody, peppery flavour to pasta, lamb, focaccia, potatoes and game meat.  
**TIP:** Sprinkle sparingly onto root veggies coated in olive oil with a pinch of salt before roasting.



**USE:** Adds vivid yellow colour and mild bitterness to South Asian cuisine and hot drinks.  
**TIP:** Sprinkle onto boiled eggs for an extra pop of colour and more intense flavour.



**USE:** Imparts bittersweet notes to cookies, cakes and ciders and meat dishes.  
**TIP:** Make spicy simple syrup for drinks by boiling with water, sugar and cinnamon.



**USE:** Brings sweet, spicy flavour to seafood, egg dishes, baked chowders and curries.  
**TIP:** Add a pinch to an individual serving of rice pudding to give it a little punch.

## International Spice Blends

Explore the globe with these flavour combos.



**Italian**  
basil + hot pepper flakes + oregano + parsley + rosemary + thyme



**Moroccan**  
cayenne pepper + cinnamon + cloves + cumin + ginger + nutmeg + pepper + salt



**Chinese**  
black pepper + cinnamon + cloves + fennel seeds



**Indian Curry**  
black pepper + cayenne + cinnamon + cloves + cumin + fennel seeds + ginger + nutmeg + turmeric



**Caribbean**  
black pepper + cinnamon + cloves + nutmeg



**Cajun**  
black pepper + cayenne pepper + hot pepper flakes + oregano + paprika + salt + thyme