

Indian Masalas

The dry masalas (powdered spice mixes or curry powders) are used to flavor lentils, vegetables, seafood, and meat. The ingredients are roasted over low heat until they release a faint aroma. A fine powder is made and they are stored in an airtight container.

Some of the popular spice mixes used in Indian cuisines are given here

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Biryani Masala

It is used for savory spiced colorful and flavorful rice.

Fennel Seeds	50 gm	Black Cardamoms	10 gm
White Poppy Seeds	40 gm	Star Anise	10 gm
Cumin Seeds	30 gm	Caraway Seeds	10 gm
Cinnamon Powder	30 gm	Bay Leaves	10 gm
Whole Cloves	20 gm	Mace	10 gm
Green Cardamoms	20 gm	Nutmeg	Powder of 2/4 piece

Chhole Masala

It is used for chick pea curry.

Coriander Seeds	2 tbsp	Cloves	4-5
Cinnamon	1" piece	Cumin Seeds	2 tbsp
Black Cardamom	3-4 pods	Anardana (optional)	1 tbsp

Bay Leaf	1	Whole Dry Chilies (optional)	1 or 2
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Black Peppercorns	1 tbsp
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Coastal Fish Masala

It is used for fish curry and fish fry.

Dry Coconut Grated	3 tbsp	White Pepper Corns	¼ cup
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Sesame Seeds	1 tbsp	Green Cardamom Pods	½ cup
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Mustard Seeds	2 tbsps	Cumin Seeds	¾ cup
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Saffron Strands	¼ tbsp	Nutmeg Powder	¼ cup
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Black Pepper Corns	¼ cup
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Garam Masala

It is a usual spice mix used in stews.

Coriander seeds	4 tbsp	Black Cardamom	3-4 large pods
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Cumin seeds	1 tbsp	Cloves	2-3 pieces
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Black Peppercorns	1 tbsp	Cinnamon	2 × 1" pieces
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Black Cumin seeds	1 ½ tbsp	Bay Leaves	2 Crushed
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Dry Ginger	1 ½ tbsp
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Powder

Kala (Goda) Masala

It is used to flavor lentils and Masala Rice.

Coriander Seeds	500 gm	Mace Flower	50 gm
Dry Red Chilies	250 gm	Cinnamon Bark	50 gm
Dry Coconut shredded	250 gm	White Poppy Seeds	50 gm
Dry Turmeric Roots	50 gm	Caraway Seeds	50 gm
Asafoetida Chunks	50 gm	Sesame Seeds	50 gm
Cloves	50 gm	Sesame Seeds	50 gm
Black Pepper Corns	50 gm	Bay Leaves	50 gm
Flower Stone	50 gm	Green Cardamom	25 gm
Whole Nutmegs	5 pieces	Black Cardamom	25 gm

Meat Masala

It is used to flavor chicken and lamb dishes.

Cumin Seeds	20 gm	Ginger Powder	5 gm
Coriander Seeds	8 gm	Garlic Powder	5 gm
Cloves	5 gm	Red Chili Powder	5 gm

Cinnamon	2" Stick	Turmeric Powder	5 gm
Orange food coloring	1 gm	Mace Powder	5 gm
Salt	5 gm		

Pao-Bhaji Masala

It is used in a tangy stew paired with *pao* (bun-shaped bread).

Red Chili	50 gm	Black Cardamom	4-5 pieces
Coriander Seeds	50 gm	Dry Mango Powder	25 gm
Cumin Seeds	25 gm	Fennel Seeds	10 gm
Black Pepper	25 gm	Turmeric Powder	1 tbsp
Cinnamon	25 gm	Star Anise	2 pieces
Clove	25 gm		

Rajma Masala

It is used to spice kidney beans curry.

Cloves	4 pieces	Black Peppercorns	4 pieces
Cardamom	2 pieces	Cumin Seeds	1 tbsp
Cinnamon Stick	1" stick	Cumin Powder	1 tbsp

Bay leaf	1 piece	Ginger Garlic Paste	1 tbsp
Coriander Powder	1 ½ tbsp	Garam Masala Powder	½ tbsp
Red Chili Powder	1 tbsp	Dry Mango Powder	½ tbsp

Sambar Masala

It is used to flavor a curry named *Sambar*, prepared with cooked pigeon peas, drumsticks, tomatoes, pumpkin pieces, and cubes of other vegetables. Sambar is paired with *Idli*, *Urad Wada*, *Uthappam*, or various types of *Dosai*.

Chana Daal	¼ cup	Black Peppercorns	¼ cup
Urad Daal (black gram)	¼ cup	Dry Red Broken Chili	¼ cup
Coriander Seeds	½ cup	Dry Grated Coconut	¼ cup
Cumin Seeds	¼ cup	Mustard Seeds	¼ cup
Fenugreek Seeds	¼ cup	Turmeric Powder	2 tbsp
Dried Curry Leaves	20 pieces	Asafetida Powder	2 tbsp

Tea Masala

It is used to prepare flavored tea.

Black Cardamom	1 pod	Black Peppercorns	¼ tbsp
Cardamom Seeds	From 25 pods	Dry, Ground Ginger Powder	1 tbsp

Cloves	4 pieces	Ground Cinnamon Powder	1 tbsp
Fennel seeds	½ tbsp	Carom Seeds (optional)	¼ tbsp

There is a very large variety of spice mixes for side dishes such as curd based salad named *Raita*, appetizers such as *Jal-Jeera* and *Chhach*, sweet-flavored milk named *Thandai*, and Indian street food named *Chaat*.

There are also some other spices such as *pickle* masala, a combination of five spices named *panch-poran* used in eastern states of India. The list goes on according to the taste preferences and diversity in cultures.

Dry and Wet Masalas

Dry Masala:

Dry masalas are those which are in their dry form and no additional liquid component is added to them. These masalas may be whole or broiled and powdered. They might also include those ingredients which are specifically dried. Some ingredients might also be specifically dried in order to be blended with other dry spices. For example, mint is dried and powdered to be used as an ingredient in kebab masala.

Let us discuss some of these dry masalas below:

1. *Aamchoori Masala:*

Ingredients:

Aamchoor, aniseed, cumin, ginger powder, coriander, red chili, salt, ajowan.

This is the regional masala of Punjab. It adds a tangy flavor to the dish as it uses amchoor, which is the power of raw mangoes. We shall discuss more amchoor in chapter 26. It is a souring agent and is used to add piquancy to the masala. Aamchoori masala is mostly used in stuffing okra, baby brinjal, or bitter gourd to create dishes. The names of these dishes are suffixed or prefixed with the name of the masalas, for example, aamchoori bhindi, etc.

2. Potli Masala:

Ingredients:

Cubeb pepper, clove, stone pepper, allspice, cinnamon, mace, green cardamom, the root of betel.

This can be classified as Indian sachet d'epices. In Hindi, it literally means a pouch of spices. It is a bouquet of spices tied up in a muslin bag and left in a curry or liquid to let the flavors infuse. There can be many variations of this masala. This masala is added for easy removal of the spices after they have infused with the liquid. It has various uses in Indian cooking. It is used to flavor curries and also to flavor the water or stock for biryani.

3. Khada Masala:

Ingredients:

Cinnamon, cloves, green cardamom, black cardamom, cumin.

Khada means whole spices. There can be various types of whole spices that are tempered into the hot oil, to allow the flavors to infuse with the oil. The purpose of this could also be to remove the unwanted flavours from the fat such as from ghee.

In Lucknow it is a ritual to add some khada masala to desi ghee to remove the unwanted flavor—this procedure is known as ghee durust dena. If the same spices are tied up in a bag they will be called potli masala. The main purpose of the khada masala is to flavour the oil. The spices contain volatile oils that help release their flavour better in warm oil. The spices can be slightly crushed before adding to hot oil or fat.

4. Garam Masala:

Ingredients:

Cumin, black cardamom, black peppercorns, coriander seeds, cloves, cinnamon mace, bay leaf, green cardamom.

Garam masala is a blend of aromatic spices, which is used to give flavour to the dish. This masala is usually sprinkled on top of the dish before being served, to retain all the aromas. There could be a slight variation in the ingredients used in different parts of the country.

The individual spices are broiled separately, as they all have different degrees of cooking. They are broiled over low heat until a pleasing aroma comes out. In hotels the spices are arranged in a tray and kept under the 'hot lamp' or 'pick up counter'.

The heating is done to expel the moisture from the spices and to bring out the flavour. Awadhi garam masala may include some more aromatic

spices such as rose petals and star anise in addition to the ones mentioned above.

5. Chaat Masala:

Ingredients:

Cumin, peppercorns, black salt, dry mint leaves, kasoori methi, green cardamom, cloves, cinnamon, asafoetida, tartaric acid, mace, dried mango powder.

As the name suggests this masala is used with the Indian street food called chaat. Chaats are mostly associated with sour, piquant, and spicy titbits that are eaten as snacks. The piquancy in chaats is created by adding chaat masala.

Chaat masala is rarely made in hotels or homes, as it is readily available in the market as a condiment. Chaat masala can be added to various other spices to create more masala blends such as kebab masala, etc. The masala is cooked by broiling the spices individually and grinding them to a smooth fine powder. Some masalas are sifted through muslin cloth to get the smooth powdery texture.

6. Chana Masala:

Ingredients:

Coriander, cumin, red chillies, ginger powder, dried mango powder, cinnamon, black pepper, black cardamom, garlic, cubeb pepper, nutmeg, clove, mace, dried pomegranate seeds.

This is a regional masala from Punjab. Many people make it at home, but mostly it is available in the market as a condiment. This masala is used as a flavouring agent in chickpea curry from Punjab. This masala gives the required amount of spice and piquancy to the dish. Chana masala is also used to flavour the dark pindi chole—a famous dish from Rawalpindi in Pakistan.

7. Pudina Masala:

Ingredients:

Dried mint, chilli powder, dried pomegranate seeds, chaat masala, garam masala, black salt.

This masala is a blend of dried mint powder with other spices. It is predominantly flavoured with dried mint powder. It is used for making Indian flat bread called pudina paratha. This masala is also used with kebab masala for kebabs or as sprinkling for various chaats.

8. Kebab Masala:

Ingredients:

Chaat masala, chilli powder, black salt, garam masala.

There can be varieties of masalas made for kebabs. Usually kebabs are sprinkled with chaat masala, but one can create unique kebab masalas. Toast the kasoori methi and crush to a powder. Mix all the ingredients and keep it in a container. Though this can be made in bulk in the hotel, it is advisable to make it once a week. You can be creative and combine spices with chaat masala as a base and create different types of kebab masalas.

9. Amritsari Machli Masala:

Ingredients:

Cumin, coriander, mint powder, ajowan, asafoetida, aamchoor, ginger powder, chilli powder.

This is again one of the regional masalas from Punjab and is typically used in the preparation of Amritsari machli. The spices are individually broiled and crushed to a powder. The fish is marinated in this spice blend and then batter-fried. This spice is also added to the batter that is made of besan.

10. Paanch Phoran Masala:

Ingredients:

Anise, mustard, cumin, fenugreek, nigella, radhuni.

This is a regional spice from Bengal and is used in tempering of vegetables, lentils, and fish. As the name suggests, this is a blend of five spices. Radhuni is optional, but most of the classical recipes include it as a part of paanch phoran. This spice adds a peculiar taste to the Bengali dishes and is a mixture of whole unroasted spices. It is always tempered in hot oil.

11. Achari Masala:

Ingredients:

Anise, mustard, cumin, fenugreek, nigella seeds.

It is also known as an Indian pickling spice. This masala blend is used in flavoring pickles and hence the name. This is a combination of the above-mentioned spices and is used in pickles. It is also tempered in hot mustard oil to create Achari gravy. These spices are used whole and rarely crushed, as they will give a bitter flavor.

12. Bhatti Da Masala:

Ingredients:

Ajowan, green cardamom, black cardamom, clove, bay leaves, cumin, coriander, mace, nutmeg, black pepper, ginger powder, kasoori methi.

This is another regional spice from Punjab. This masala is made by broiling the spices individually and grinding them into a fine powder. In this masala, the spices are broiled until they attain a darker color. This masala is used in kebabs grilled over an open charcoal grill or sigri. Sigri is also known as Bhatti in Punjab and thus the name of the spice blend.

13. Dum Ka Masala:

Ingredients:

Anise, ginger powder, green cardamom, black cardamom.

It is a blend of aromatic spices and is suitable for dum cooking, where the dish is cooked covered with a heat applied from both top and below. The slow heat in dum cooking helps to extract the flavors out of this masala. This masala is usually used for Mughlai foods cooked by the method of dum cooking. There could again be several variations of dum masala depending upon the regions they are used in.

14. Gunpowder Masala:

Ingredients:

Dried curry leaves, red chilies, sesame seeds, black pepper.

The name suggests that this masala is very hot. This is a regional masala from Tamil Nadu in south India. The ingredients are broiled separately and ground to a fine powder. The powder is used to flavor boiled rice with ghee, which is eaten as a meal. It is also served with idlis in the breakfast. This masala is served as a condiment rather than used as a spice in cooking.

15. Bafat Masala:

Ingredients:

Red chili, coriander seeds, cumin, mustard, pepper, turmeric, clove, cinnamon.

This masala is used both in vegetarian and meat dishes. It is a popular regional masala of Mangalore region of south India. Traditionally the spices used in this masala are dried out in the sun for almost a week and then ground into powder. This can keep up to several weeks and can be used as a base for vegetable, fish, and meat preparations. It gives a pleasing aroma and color to the dish.

16. Goda Masala:

Ingredients:

Coriander seeds, sesame seeds, dry grated coconut, dried red chilies, cumin, cinnamon, asafoetida, star anise, bay leaf, peppercorn, cobra saffron.

Goda masala is a regional masala from Maharashtra. It is used in many Maharashtrian preparations and also used in Konkani cuisine. Heat a very little amount of oil and lightly fry the spices in oil one by one. Keep draining the spices on a paper napkin to soak excess oil. Now grind them into powder and keep the powder in an airtight jar in a cool dry place. This spice blend can be used to flavor meats and vegetables. In case of non-availability of cobra saffron, turmeric can be used.

17. Kolhapuri Masala:

Ingredients:

Red chili, coriander, sesame, cumin, mace, cinnamon, dry ginger, green cardamom, black cardamom, mustard, clove, bay leaf, dry coconut, garlic, poppy seeds, peppercorns, asafoetida, turmeric, fenugreek, star anise, nutmeg, oil.

This is one of the regional masalas from Maharashtra. It is a reddish colored masala and is very hot due to a large amount of red chilies in it. Heat a very little amount of oil and lightly fry the spices in oil one by one. Keep draining the spices on a paper napkin to soak excess oil. Now grind the spice into a powder and keep in the powder in an airtight jar in a cool dry place. This spice blend is normally used to flavor meats.

18. Rasam Masala:

Ingredients:

Red chili, coriander, cumin, peppercorns, turmeric.

Rasam masala is a regional masala from south India and is used for flavoring a hot aperitif called rasam. This aperitif can be described as spiced lentil water, tempered and flavored with rasam masala and other ingredients such as tamarind, lemon, pineapple, pepper, etc.

Broil the spices individually until a pleasing aroma comes out. Grind into a fine powder and store in the powder in an airtight container. There could be many variations of the rasam masala depending upon the rasam and the region it is from.

Wet Masala:

Wet masalas are those masalas which are actually made by soaking the spices in liquid and grinding them into a paste. They might also use fresh ingredients which tend to yield wet masalas. For example, usage of fresh turmeric, ginger, and garlic with other spices, etc. will yield wet masalas or masala pastes.

1. Malabar Masala:

Ingredients:

Coriander, anise, fenugreek, nutmeg, star anise, clove, cinnamon. This is the regional masala from south India. It is used as a base for fish curries. The spices are soaked in water and ground into a paste. Malabar masala is fried in oil to get the flavors infused into the curry. This spice also lends a thickening to the curry.

2. Sambhar Masala:

Ingredients:

Coriander, cumin, chana dal, urad dal, asafoetida, dry red chili, peppercorn, grated coconut, fenugreek seeds, curry leaves, turmeric. This is a regional masala from south India. It is used to flavor the lentil curry called sambhar. Sambhar is served as an accompaniment with south Indian meals such as idli, dosa, and vada. It is also served as a dal with rice. Sambhar can be eaten at any time of the day. The dry spices are boiled separately.

Chana and urad dal is sautéed in a minimum quantity of oil and the entire ingredients are ground along with fresh curry leaves to a fine paste. This paste can be cooked in oil in the beginning or can be added to the boiled lentils towards the end as a tempering.

3. Chettinad Masala:

Ingredients:

Red chili, black cardamom, cinnamon, fenugreek, anise, cumin, coriander seeds, star anise, poppy seeds, peppercorns, green cardamom, cloves, stone flower, and nutmeg, capers, curry leaves, mace, grated coconut.

The merchant community called Chettiars have in the dry region of Tamil Nadu. They used to travel to South-East Asia and brought back many ingredients and spices that can be seen in their cuisine called Chettinad cuisine. Chettinad masala is one of the famous wet masalas. Except for the grated coconut, all the ingredients of the masala are broiled one by one.

Lightly fry the grated coconut in coconut oil until it turns brown. Grind the masala into a paste and this can keep well for months if stored in a cool, dry place. It usually goes well with chicken and the name of the masala will suffix the ingredient used, for example, chicken Chettinad.

4. Goan Masala:

Ingredients:

Red chili, garlic, coriander, cinnamon, clove, green cardamom, toddy vinegar, sugar.

As the name suggests, this masala is the regional masala of Goa and is predominantly used in Goan cuisine. This masala pairs up well with fish and seafood. All the spices can be placed in a blender and made into a paste with vinegar. This masala does not require broiling of spices as it will be cooked in oil along with onions and tomatoes to create a piquant and hot Goan curry.

5. Xacutti Masala:

Ingredients:

Sliced onions, grated coconut, coriander seeds, cumin, clove, black cardamom, green cardamom, cinnamon.

This is a regional masala from Goa and pairs up well with chicken. The spices are broiled separately and then made into a paste with sliced onion. The roasting of the masala is done to give a stronger flavor to this masala. This masala is cooked in oil to form the base of curries that go well with chicken.

6. Rechado Masala:

Ingredients:

Red chili, garlic, peppercorn, coriander, cumin, turmeric, star anise, sugar.

This is a regional masala from Goa and is used in fish preparations. This masala goes well with a fish preparation called pomfret rechado masala, where this masala is stuffed into the belly of fish, which is then pan-fried. All the ingredients are made into a paste with some vinegar. This masala is stir-fried with chopped onions and fresh herbs such as chopped coriander.

7. Balchao Masala:

Ingredients:

Red chili, cinnamon, green cardamom, peppercorn, cumin, fresh ginger, garlic.

This is a regional masala from Goa and is used in the preparation of seafood, such as prawns and shrimps. This masala is used to marinate the seafood which is then cooked in oil until the dish is cooked. The spices are ground into a paste along with ginger and garlic.

8. Soola Masala:

Ingredients:

Coriander seeds, clove, green cardamom, fennel, garlic, mustard oil, coriander roots, peppercorn.

This is the regional masala from Rajasthan and is used in kebabs called soola. The name soola refers to kebabs made on thick iron skewers on a sigri. The mustard oil is smoked and brought to a lower temperature. The spices are then fried in the oil, except fennel, which is added to the oil in the last. The mix is then cooled and blended into a fine paste. This paste is used for marinating meats, which are then grilled on an open fire.

9. Tandoori Masala:

Ingredients:

Hung yogurt, red chili, turmeric, garam masala, ginger-garlic paste, malt vinegar, salt.

This is a regional masala from Punjab, but this is used around India to marinate the tandoori kebabs such as tandoori chicken, tikkas, tandoori fish, etc. The red chilies are made into a paste and all the ingredients are mixed together to form a masala. The meats or vegetables are marinated with this masala for at least six to eight hours and then skewered on to the seekh and cooked in tandoor.

10. Salan Masala:

Ingredients:

Sesame seeds, cashew nut, peanuts, desiccated coconut, peppercorn, red chili, turmeric.

This is the regional masala from Hyderabad used in making gravy called salan. The spices are broiled individually and ground together into a fine paste. This spice blend is cooked in hot mustard oil along with ginger garlic paste and other spices. Salan is usually a vegetable preparation that is used as an accompaniment with biryani.

11. Ver Masala:

Ingredients:

Garlic, shallots, red chili powder, anise seeds, black cumin, black cardamom seeds, green cardamom seeds, cinnamon, cloves, fenugreek seeds, black peppercorns, mace, star anise, nutmeg.

This is the regional masala from Kashmir and the method of preparation of this spice blend is very unique. It is made into a paste and then sewn on a string and hung to dry. This spice is then crushed and used in Kashmiri curries and dishes. It is also known as Kashmiri masala Tikki as it is sold in the form of dry cakes.

Indian Condiment & Spices Hindi & English Name With Their Uses In Kitchen

1. Ajowan (Ajwain)
2. Aniseed (Saunf)
3. Asafoetida (Hing)
4. Bay Leaf (Taj Patta)
5. Green Cardamom (Choti elaichi)
6. Black Cardamom (Moti/Badi elaichi)
7. Cinnamon (Dalchini)
8. Clove (Laung)
9. Coriander Seed (Dhaniya)
10. Cumin (Jeera/Zeera)
11. Chilli (Mirch)
12. Fenugreek (Methi daana)
13. Wild Mangosteen (Kokum)
14. Mace and Nutmeg (Javitri and Jaiphal)
15. Mustard (Sarson/Rai)
16. Nigella (Kolonji/Onion seeds)
17. Pepper (Kali Mirch)
18. Poppy Seeds (Khus Khus)
19. Saffron (Kesar/Zafran)
20. Turmeric (Haldi/Yellow ginger)
21. Curry Leaf (Kari Patta)
22. Dried Ginger (Saunth)
23. Black Salt (Kala namak)
24. Allspice (Kebab cheeni)
25. Cubeb Pepper (Pipli/Long pepper)
26. Dill (Sowa)
27. Liquorice (Mulethi/Black sugar)
28. Star Anise (Badalphool/Chakriphool)
29. Zedoary (Aam haldi/Wild turmeric)
30. Celery Seeds (Radhuni)
31. Marjoram (Marwa)
32. Oregano (Sathra/ Mountain mint)
33. Capers (Marathi Moggu/ Kiari/ Kabra)
34. Stone Flower (Pathar ka phool)
35. Cobra Saffron (Nag kesar)

36. Basil Seeds
37. Root of Betel

(Subza)
(Paan ki jadh)

NAME	TYPE	CHARACTERISTICS	EXAMPLE USE
Allspice	Whole or ground #spice	Small brown berry. Flavour resembles a combination, cinnamon, clove and nutmeg. Native to W. India. – Spices and #Herbs SL 326	Sausages, braised meats, poached fish, cooked fruits, puddings, pies, relishes
Anise	Whole or ground spice	Licorice flavour, native to Spain, China, and Syria.	Cookies, pastries, bread.
Basil	Herb leaf; fresh or dried	Aromatic green leaf, member of mint family. Can be grown fresh in warm weather.	Tomato dishes, Pesto, egg dishes, salads, marinades, fish, compound butters.
Bay leaf	Whole leaf herb	Stiff, dark green, oblong leaf. Pungent aroma. Reminiscent of saffron. Comes from laurel tree.	Stocks, sauces, soups, stews, braised meats.
Bouquet garni	Flavouring mix	A personal selection of herbs, vegetables and occasionally spices, often tied with a string. – Spices and Herbs SL 329	Stocks, soups, sauces

Caraway	Whole spice, seed.	Dark brown curved seed. Grown in Northern Europe.	Rye breads, cabbage, sauerkraut, Eastern European cuisine.
Cardamom	Whole pod or ground seed spice.	Tiny brown seeds, white on green pods. Sweet and aromatic, expensive. Native of India and Guatemala.	Pickling, Danish pastries, curries
Cayenne	Ground spice, seed.	Ground hot red pepper. Very powerful. Native to French Guiana.	In small amounts: soups, sauces, fish, eggs.
Celery seed	Whole or ground spice, seed	Tiny brown seed, with strong celery flavour. Too much can create a “hot” spice effect.	Salads, dressings, pickling, tomato dishes, marinades. – Spices and Herbs SL 321
Chervil	Herb leaf, fresh or dried	Mild flavour of parsley and tarragon	Soup, salads, sauces, egg dishes, chicken, fish, dressings.
Chili powder	Ground spice, blend	Blend of ground cumin, chili pepper, oregano, all spice. Can be mild or hot	Chili, stews, sauces, ground meats.
Chives	Fresh, dried,	Fine, hollow, green top	Salads, egg

	frozen herb	of a very small onion	and cheese dishes, fish soups, sauces.
Cilantro	Leaf herb, dried or fresh	Light green aromatic leaf. Shape of flat parsley but much more pungent flavour. Leaf from coriander seed. – Spices and Herbs SL 333	Salads, salsa, sauces, soups, eggs, dressings
Cinnamon	Stick or ground spice	Aromatic bark from cinnamon or cassia tree. Reddish brown colour. Native to east India.	Preserves, stewed fruits, breads, pastries, desserts, ham, hot beverages.
Clove	Whole or ground spice	Dried flowerbud of tropical clove tree, pungent, sweet in flavour. Native to Indonesia.	Whole: Marinades, stocks, sauces, braised meats, hams, and pickling. Ground: pastries, fruits and cakes.
Coriander	Whole or ground spice	Round, light brown seed. Slightly aromatic flavour. Native to Argentina and Morocco. Seed to cilantro leaf.	Pickling, sausage, stocks, pork, curries, gingerbread, salsa,

			dressings. – Spices and Herbs SL 259
Cumin	Whole or ground seed, spice	Small seed resembling caraway, but lighter in colour. Grown in Mexico and Syria.	Ingredient in chili and curry powder blends. Sausage, meats, salsa, egg, and cheese dishes.
Curry	Ground blend, spice	Mixture of approx. 20 spices, peppery, yellow in colour. Includes turmeric, cumin, coriander, ginger, clove, cinnamon. Can vary from mild to very hot.	Curry dishes, vegetables, soups, sauces, fish, meat, rice.
Dill	Whole seed or “dill weed” which are leaves. Leaf fresh or dried.	Herb and seed with “ dill pickle” flavour. Seed more pungent than herb.	Seed: Pickling soups, sauerkraut, marinades. Herbs: Salads, soups, fish and shellfish, vegetables, sauces, vinegar.
Fennel	Whole seed	Greenish brown seed, similar in flavour to anise. Grown in S.	Sausage, tomato, sauces,

		America, Asia, and Africa.	marinades, fish, pickling.
Fine herbes	Herb blend	Generally a bouquet blend of three or more herbs used to enhance various dishes. Finely chopped herb mixture – chives, tarragon, parsley, basil, savoury, etc. – Spices and Herbs SL 257	Herb sauce, compound butters, broiled, fish, cold sauces.
Garlic	Fresh, whole bulb. Dried: granulated powder, or mixed with salt.	Strong, aromatic member of onion family. – Spices and Herbs SL 259	Used widely in cooking.
Ginger	Spice, fresh whole, dried powder, candied, crystallized, or pickled.	Light brown knobby root from tropical plant.	Baked goods, desserts, fruits, curry dishes, pickling, chutney, Chinese, Caribbean and Japanese cuisine.
Juniper Berry	Whole spice	Slightly soft, purple berry, “Piney” flavour. Principle flavour of gin.	Marinades, game dishes, sauerkraut.
Mace	Whole “blade” or ground spice.	Made from outer covering of nutmeg. Orange red in colour. Aromatic, similar to	Baked goods, desserts, fruits, sausage,

		nutmeg in flavour but milder.	fish, vegetables, preserves.
Marjoram	Dried herb leaf	Grey green herb from mint family. Similar to oregano but milder.	Beef, veal, lamb, sausage, pâtés, poultry, stews, soups, vegetables, salads, sauces.
Mint	Herb leaf, fresh or dried.	Aromatic herb with cool flavour. Spearmint and peppermint are most common.	Lamb, fruits, tea, fruit, beverages, peas, carrots, potatoes, jellies, soups, sauces.
Mirepoix	Flavouring mix	Mixture of vegetables, herbs and spices used to enhance the flavour of meat, fish and shellfish dishes. Common ingredients are – onion, celery, carrot, leek, garlic, peppercorns, bayleaf, clove, thyme and rosemary.	Stocks, soups, sauces, roasts.
Mustard seed	Whole and ground seed	Very pungent seed – white, yellow or brown. – Spices and Herbs SL 297	Blended w/vinegar to make prepared mustard.

			Pickling, sauces, salsa, Prepared: Sandwiches, sauces, dressings, ham.
Nasturtium	Leaf and seed.	Plant with yellow, orange, and red flowers, with sharp casting leaves and seeds with pungent odour.	Salads, pickling, mustard.
Nutmeg	Whole or ground spice	Sweet, aromatic kernel of nutmeg fruit. Grown in Netherlands and East and West Indies.	Baked goods, pies, cream sauces, soups, chicken, veal, vegetables, desserts, breads.
Oregano	Leaf or ground herb, fresh or dried.	Pungent herb, similar to marjoram, but stronger. Native to Italy and Mexico, grown domestically.	Italian and Mexican dishes, tomato sauces, soups, sauces, stews, meats, salads, marinades.
Paprika	Ground spice	Ground from dried sweet red pepper. Spanish: Bright and	Asset to bland pale food. Fish,

		mild. Hungarian: Darker and more pungent.	sauces, dressings, garnish.
Parsley	Fresh leaf herb in bunches. Dried.	Green leaf, curly or flat, with delicate sweet flavour. Excellent source of vitamin C.	Garnish, fried stews, sauces, salads, vegetables, potatoes.
Pepper	Whole “peppercorns” black, white, or green, cracked medium or fine ground.	Small hard berry. Black: Pungent, aromatic. White: What is left when black outer casing is removed, milder. Adds sharp tang to all foods. Green: Packed in mild brine.	Widely used with just about all foods including green in sweets.
Poppy seeds	Whole spice	Tiny blue black seeds with crunchy nut like flavour. It is a product of the opium poppy, but does not contain opium	Garnish for breads, rolls, pastry, fillings, cookies, cakes, salsa, dressings.
Rosemary	Whole leaf herb, fresh or dried.	Light green leaf resembling pine needles. Very aromatic. Once grown, very healthy and strong, even in cold weather.	Lamb, fish, beef, sauces, soups, stews, salads, marinades.
Sachet bag	Spice mix	Various spices tied in a small cheesecloth sack. – Spices and	Braised meats, game stews,

		Herbs SL 252	pickling, soups, sauces
Saffron	Whole “threads” spice	Only the stigmas from the saffron crocus are used. Very expensive. Gives bright yellow colour to foods. Mild distinctive flavour.	Flavour and colour baked goods, rice, potatoes, soups, sauces, curry, meats.
Sage	Whole, rubbed, or ground herb leaf, fresh or dried.	Pungent grey green herb with fuzzy leaves, oblong shape.	Stuffing’s, meats, poultry, soups, stews, salads, fish.
Savory	Fresh or dried herb leaf	Fragrant herb of mint family. Summer preferred to winter.	Salads, eggs, vegetables, stuffing’s, soups, meats, fish, sauces.
Sesame	Whole (hulled or unhulled) seed	Small yellowish seed with nutty taste. High oil content. Imported from Asia, East and Central America.	Can be roasted. Bread and roll garnish, salads, oriental candy.
Tarragon	Fresh, dried, pickled herb leaf.	Delicate green herb that is both mint and licorice – like. Small oblong leaf. – Spices and Herbs SL 265	Béarnaise sauce, tarragon vinegar, chicken, fish, salads, dressings,

Thyme	Fresh or dried herb leaf, crushed or ground	Tiny brownish green leaf, very aromatic. – Spices and Herbs SL 297	eggs. Soups, chowders, stocks, sauces, meats, poultry, salads, dressing.
Turmeric	Ground spice	Intense yellow root of ginger family. Mild but peppery flavour	Curry powder, pickles, relish, salads, eggs, rice, chow – chow.

Condiments & Spices

Introduction to Indian food

Think of India and one of the first things that come to mind is its diversity. A large country, its population is second only to China, its languages are numerous and every state (of which there are 28 and seven Union territories) is unique in its traditions and very importantly, its food. In fact, food from one region may actually be totally alien to a person from another region! The common thread that runs through most Indian food though, is the use of numerous spices to create flavor and aroma.

Indians take their food very seriously. Cooking is considered an art and mothers usually begin to teach their daughters and pass down family recipes by show-and-tell, fairly young in life. Mealtimes are important occasions for a family to get together. Most meals comprise of several dishes ranging from staples like rice and bread to meat and vegetables and rounded off with a dessert. In a lot of Indian homes, foods are made from scratch with fresh ingredients. For example, some families buy their

favorite type of wheat, wash it, dry it in the sun and then take it into a flour mill to have it ground into flour exactly the way they like, as opposed to buying flour from a store! This is changing in bigger cities where people have increasingly hectic lives and are happy to use ready-to-eat, pre-made ingredients.

Role of spices in Indian cookery

It's hard to imagine cooking without spices. Spices are **natural flavoring elements** most often in dried form but sometimes fresh. A spice is a dried seed, fruit, root, bark or vegetative substance used in nutritionally insignificant quantities as a food additive for the purpose of flavoring. So accustomed are we to the richness of flavor, the vibrancy of color and the delicacy of aroma that the food we eat would be sadly lacking without these vital ingredients. Cooking with spices goes a long way to achieving a cook's desire to serve delicious food. Today's enthusiasm for trying different foods and flavors lies behind much of the growth in the availability of spices.

The **role of spices in cooking** has never been in question. Spices have been traded for over 7,000 years and played a major role in the development of Civilization. Wars were fought and lands explored and colonized in an attempt to find new ways of obtaining spices from the Orient and gaining control of established routes. The great thing is the availability of good spices now. Spices tend to be associated with cooking to enrich and give a **distinctive depth of color and flavor to food**. Different spices like basic spices including powder spices and whole spices are often used together to wonderful flavours to certain styles of cooking. Spices add a whole new dimension to cooking. Each of these spices has its own distinctive color and flavor. Indian spices have been used for hundreds of years to flavor food. We must salute to the role that these foodstuffs play in our cooking. Let us give them the respect they deserve and allow them to provide the maximum flavor and pleasure they can to our cooking.

Fresh ground spices are the order of the day in any home and will be chosen according to the nature of the dish, season, and family. The role of spices goes beyond cooking. Ayurveda prescribes spices for **curative and therapeutic functions**. Most spices used in cooking are very *healthy and make the digestion process much easier*. Spices have been used to make the food last longer in the days when refrigerators were not available. Integral to cooking all year round, spices are supremely important to have in your kitchen. Spices are high in flavor yet **low in fat, calories and sodium**. Spices offer the opportunity to explore new tastes.

Indian food is characterized by its sophisticated and subtle use of many spices. Every single spice used in Indian cuisines carries some or the other dietary as well as medicinal properties. Spices are frequently used to heighten the culinary appeal. Spices are also used in large amount in the kitchens for flavoring and preserving food. Spices not only flavor and improve the taste of the food, but supply us with many nutritional prophylactic substances. Recent scientific studies have revealed the important role these spices play in maintaining good health. Apart from adding color, flavor and taste, consumption of spices provide infinite **health benefits**. Spices are used for many home remedies. You can be more creative in use of spices if you know its uses better.

Having the right spices and ingredients in your kitchen will help you start your journey into the wonderful **world of cuisine**. Spices play an integral role in cooking. Many spices also have medicinal properties and are used for many home remedies. In use, ground spices do have certain well-established advantage over other forms of seasoning. We primarily depend on spices for flavor and fragrance as well as color, preservation and inherent medicinal qualities. Spices have played a vital role in world trade, due to their varied properties and applications.

Spices are consistent in flavor and have a much longer shelf- life. They are easier to store and are not affected by bacterial contamination. They can be blended and used as per individual choices. They release their

flavor fully on cooking or adding to the food and retain their flavour for a long time. It is said that some spices have antioxidant potential equal to fresh produce and can further reduce the risk of developing heart disease and certain cancers. Even leading dieticians agree that spices must be included in one's diet to enhance the flavor of food and make it more interesting and may provide long-term health benefits. They can be conveniently added to day to day cooking, are inexpensive, are readily available and always in season, and by their essence, highly palatable and easily consumed".

The Right Ways to Use Spices in Cookery

Same recipe cooked by different people tastes different. Cooking is a skill, an art which one can learn by experimenting and using different spices and herbs. There is a whole range of spices to choose from but one has to know these spices and their correct usage.

Spices add flavor, color and taste to a dish. One has to understand the right ways to use these spices. Always use herbs and spices discretely, more does not mean more taste, it can spoil the taste of the food.

Ways to add spices to Food for maximum flavor:

- Use spices and herbs to improve the natural aroma of the food, do not mask the flavor.
- Crush dry herbs just before adding these to the food. This gives a better flavor. Fresh herbs must be added at the end of the cooking for maximum aroma.
- Do not use two strong-flavored herbs together. Always use one strong-flavored and one herb or spice with a mild flavor.
- While removing spices or herbs from the container using a dry spoon.
- To get a blended flavor add herbs at the beginning of the cooking. But if you want a distinctive flavor then add herbs at the end of cooking.
- Whole spices are best to use in dishes that take long to cook as these discharge the flavor slowly.

- Ground herbs and spices give out flavor very easily and fast. In dishes that take longer to cook like curries and stew, add ground spices towards the end of the cooking.
- Foods that are not cooked or cold dishes like salads, fruits, and juices, add spices and herbs many hours before the food is served to allow the flavous to blend well with the food.
- While following a recipe, if you increase the quantity two times do not use double the amount of spices, add only 50% more.