

<p>all purpose seasoning (awl pur-puh s see-zuh-ning)</p> <p>versatile seasoning that adds flavour to a variety of dishes</p>	<p>allspice GROUND (awl-spahys)</p> <p>dried, unripe berries of the tropical American tree, <i>Pimenta dioica</i></p>	<p>aniseed (an-uh-seed)</p> <p>aromatic seed of anise with liquorice like flavours</p>	<p>asafoetida POWDER (as-uh-fet-i-duh)</p> <p>dried gum exuded from the <i>Ferula</i>, reminiscent of leeks</p>
<p>babas meat curry powder (bah-buh meet kuh-ee pou-der)</p> <p>also known as Malaysian meat powder</p>	<p>baharat (ba-ha-rat)</p> <p>blend used in Middle Eastern, Turkish and Greek cuisine</p>	<p>basil RUBBED (baz-uh l)</p> <p>use in soups, salads and vinaigrettes, herb breads and omelettes</p>	<p>bay leaves (bey leevz)</p> <p>dried leaf of the tree, <i>Laurus nobilis</i>, with a distinctive flavour</p>
<p>berbere (beə'beə)</p> <p>chilli and spice blend used to season many Ethiopian dishes</p>	<p>black salt POWDER (blak sawlt)</p> <p>kiln-fired rock salt with a sulphurous, pungent flavour</p>	<p>bouquet garni (boh-key gahr-nee)</p> <p>a small bundle of herbs used for flavouring soups and stews</p>	<p>butter chicken spice mix (buht-er chik-uh n spahys miks)</p> <p>spice blend to use as a base when making Butter Chicken or Tandoori</p>
<p>candle nut (kan-dl-nuht)</p> <p>must be cooked before eating and is used to thicken Asian dishes</p>	<p>caraway SEEDS (kar-uh-wey)</p> <p>aromatic seed like fruit of <i>Carum carvi</i> with a subtle liquorice flavour</p>	<p>cardamom GROUND (kahr-duh-muh m)</p> <p>has a sweet taste with an enticing aroma</p>	<p>cardamom PODS (kahr-duh-muh m)</p> <p>seed pod from the ginger family with a sweet, floral and spicy flavour</p>



<p>cardamom</p> <p>SEEDS (kahr-duh-muh n)</p> <p>black seeds of the cardamom pod with a sweet, floral and spicy flavour</p>	<p>cayenne pepper</p> <p>GROUND (kahy-en pep-er)</p> <p>a small, spicy red pepper and is the foundation of many hot sauces</p>	<p>chaat masala</p> <p>(cha-at muh-sah-luh)</p> <p>mix of spice powders with a tangy taste used in Indian food</p>	<p>chai spice</p> <p>(chahy spahys)</p> <p>blend of spices used to make Indian masala chai</p>
<p>chicken salt</p> <p>(chik-uh n sawlt)</p> <p>blend of salt, herbs, spices that tastes like chicken</p>	<p>chilli</p> <p>POWDER (chil-ee)</p> <p>dried, pulverized fruit of one or more varieties of chilli pepper</p>	<p>chilli</p> <p>DRIED WHOLE (chil-ee)</p> <p>medium hot dried chillies used in curry pastes or whole in dishes</p>	<p>chilli</p> <p>FLAKES (chil-ee)</p> <p>dried and crushed red chilli peppers</p>
<p>chipotle chilli</p> <p>(chi-pohnt-ley chil-ee)</p> <p>dried, smoked Jalapeño peppers that have a smokey & nutty flavour</p>	<p>Chinese five spice</p> <p>(chahy-nees fahyv spahys)</p> <p>spice with flavours of cinnamon, ginger, bitter, pungent, and salty</p>	<p>cinnamon</p> <p>DUTCH (sin-uh-muh n)</p> <p>ground bark of the cassia with a sweet, pungent aroma</p>	<p>cinnamon</p> <p>GROUND (sin-uh-muh n)</p> <p>inner bark of several kinds of tree in the Cinnamon family</p>
<p>cinnamon</p> <p>STICKS (sin-uh-muh n)</p> <p>add to curries, stewing fruits and beverages such as hot mulled cider</p>	<p>cinnamon</p> <p>SUGAR (sin-uh-muh n)</p> <p>mixture of ground cinnamon and sugar</p>	<p>cloves</p> <p>GROUND (klohvs)</p> <p>often used along with cinnamon in baked goods</p>	<p>cloves</p> <p>WHOLE (klohvs)</p> <p>pleasant, sweet spice with a strong flavour and a sharp aroma</p>



<p>coriander seed</p> <p>GROUND (kohr-ee-an-der seed)</p> <p>mild, lemon-like taste that compliments both sweet and savoury dishes</p>	<p>coriander seed</p> <p>WHOLE (kohr-ee-an-der seed)</p> <p>mild, lemon-like taste that compliments both sweet and savoury dishes</p>	<p>cumin seed</p> <p>GROUND (kuhm-uh n seed)</p> <p>ground oblong dark brown seeds with a strong aroma and bitter warm flavour</p>	<p>cumin seed</p> <p>WHOLE (kuhm-uh n seed)</p> <p>oblong dark brown seeds with a strong aroma and bitter warm flavour</p>
<p>curry leaves</p> <p>(kuhr-ee leevz)</p> <p>used extensively in Indian cooking and also known as sweet neem leaves</p>	<p>curry powder</p> <p>(kuhr-ee paw-dr)</p> <p>spice mix originating from the Indian subcontinent</p>	<p>fennel seed</p> <p>WHOLE (fen-l seed)</p> <p>strong anise flavour that is warm and aromatic</p>	<p>fennel seed</p> <p>GROUND (fen-l seed)</p> <p>strong anise flavour that is warm and aromatic</p>
<p>fenugreek leaves</p> <p>(fen-oo-greek leevz)</p> <p>imparts a distinctive sharpness to curries and vegetable dishes</p>	<p>fenugreek seed</p> <p>(fen-oo-greek seed)</p> <p>has a somewhat bitter taste, similar to maple syrup or bitter melon</p>	<p>galangal</p> <p>GROUND (guh-lang-guh l)</p> <p>aromatic rhizome of certain ginger plants</p>	<p>garam masala</p> <p>(guhr-uh m muh-sah-luh)</p> <p>an aromatic mixture of ground spices used in Indian cookery</p>
<p>garlic</p> <p>FLAKES (gahr-lik)</p> <p>small, dehydrated pieces of garlic</p>	<p>garlic</p> <p>POWDER (gahr-lik)</p> <p>ground, dehydrated garlic cloves</p>	<p>garlic</p> <p>SALT (gahr-lik)</p> <p>seasoned salt made of a mixture of dried, ground garlic and table salt</p>	<p>garlic steak seasoning</p> <p>(gahr-lik steyk see-zuh-ning)</p> <p>a peppery seasoning with a blend of garlic, onion, and capsicum</p>

<p>ginger</p> <p>GROUND (jin-jer)</p> <p>a spice that adds a warm zesty flavour in sweet and savoury dishes</p>	<p>Italian herbs</p> <p>(ih-tal-yuh n hurbs)</p> <p>blend of oregano, basil, marjoram, thyme and rosemary</p>	<p>KFC chicken spice blend</p> <p>(k-f-c chik-uh n spayhs blend)</p> <p>KFC Original Recipe is a secret mix of ingredients to coat chicken</p>	<p>lemon pepper seasoning</p> <p>(lem-uh n pep-er see-zuh-ning)</p> <p>combination of lemon peel and coarse ground pepper</p>
<p>mace</p> <p>(meys)</p> <p>the outer membrane of the nutmeg seed and with a milder flavour</p>	<p>madras curry powder</p> <p>(muh-dras kuhr-ee pou-der)</p> <p>spice blend typical of areas around Chennai, India</p>	<p>marjoram</p> <p>LEAVES (mahr-jer-uh m)</p> <p>herb with sweet pine and citrus flavours</p>	<p>mixed herbs</p> <p>(mikst hurbs)</p> <p>mix that includes basil, marjoram, oregano, rosemary, sage, thyme</p>
<p>mixed spice</p> <p>(mikst spahys)</p> <p>blend of sweet spices similar to pumpkin pie spice used in the USA</p>	<p>mustard</p> <p>POWDER (muhs-strd)</p> <p>finely ground brown and white mustard seeds</p>	<p>mustard</p> <p>SEEDS (muhs-trd)</p> <p>the small round seeds of various mustard plants</p>	<p>nigella seeds</p> <p>WHOLE (nahy-jel-uh seedz)</p> <p>small black seeds with a pungent and slightly bitter flavour</p>
<p>nutmeg</p> <p>GROUND (nuht-meg)</p> <p>nutty, slightly sweet flavour and aroma to a variety of dishes</p>	<p>nutmeg</p> <p>WHOLE (nuht-meg)</p> <p>stronger tasting and more flavour than ground nutmeg</p>	<p>onion</p> <p>FRIED (uhn-yuh n)</p> <p>often used as garnishes and to add flavour when sprinkled on top</p>	<p>onion</p> <p>POWDER (uhn-yuh n)</p> <p>dried onion that has been ground into a powder</p>



<p>oregano GROUND (uh-reg-uh-noh)</p> <p>strong hearty flavour that is a natural companion to garlic</p>	<p>oregano LEAVES (uh-reg-uh-noh)</p> <p>perfect in Mediterranean and Mexican cooking</p>	<p>paprika (pa-pree-kuh)</p> <p>ground, dried fruits of varieties of the plant <i>Capsicum annuum</i></p>	<p>paprika SMOKED (pa-pree-kuh)</p> <p>ground dried and smoked pimento peppers</p>
<p>paprika HUNGARIAN (pa-pree-kuh)</p> <p>hot paprika is the Hungarian variety of paprika</p>	<p>parsley leaves RUBBED (pahr-slee leevz)</p> <p>the herb, <i>Petroselinum crispum</i>, native to the Mediterranean</p>	<p>pepper CRACKED (pep-er)</p> <p>strong aromatic and pungent flavour that adds colour and spice</p>	<p>pepper GROUND (pep-er)</p> <p>aromatic ground black pepper has a hot, biting and very pungent taste</p>
<p>pepper WHOLE (pep-er)</p> <p>whole, dried black peppercorns</p>	<p>pepper medley (pep-er med-lee)</p> <p>combination of whole black, white, green, and pink peppers</p>	<p>pepper sichuan WHOLE (pep-er sich-wahn)</p> <p>mildly hot dried berry of a prickly ash tree used in Asian cooking</p>	<p>pepper steak seasoning (pep-er steyk see-zuh-ning)</p> <p>delicious blend of pepper, paprika, garlic and spices to season meat</p>
<p>pickling spice (pik-uh l-ing spahys-s)</p> <p>used to pickle various foods as well as season certain dishes</p>	<p>poppy seeds WHOLE (pop-ee seeds)</p> <p>seed of the poppy plant used in breads, rolls, cakes, and cookies</p>	<p>ras el hanout (rahs el huh-NOOT)</p> <p>spice mixture from Morocco that contains 10 to 100 different spices</p>	<p>rose petals (rohzh pet-l-z)</p> <p>can be used in food or homemade soaps and skin care products</p>



<p>rosemary leaves (roh-z-mair-ee leevz)</p> <p>use in lamb roasts and stews, garlic and herb bread, and infused oil</p>	<p>saffron (saf-ruh n)</p> <p>orange-coloured dried stigmas used to colour and flavour foods</p>	<p>sage leaves RUBBED (seyj leevz)</p> <p>pine-like flavour, with more lemony and eucalyptus notes than rosemary</p>	<p>salt (sawlt)</p> <p>crystalline compound occurring as a mineral or from seawater</p>
<p>salt HIMALAYAN PINK (sawlt)</p> <p>rock salt or halite from a mine in the Punjab region of Pakistan</p>	<p>salt ROCK (sawlt)</p> <p>common salt occurring in extensive, irregular beds in rock like masses</p>	<p>savory leaves RUBBED (seyj h-ree leevz)</p> <p>after referred to as 'the bean herb'</p>	<p>sesame seeds WHITE (ses-uh-mee seeds)</p> <p>edible seeds from the flowering plant in the genus <i>Sesamum</i></p>
<p>star anise GROUND (stahr an-is)</p> <p>has a liquorice-like flavour popular in Asian cooking</p>	<p>star anise WHOLE (stahr an-is)</p> <p>star-shaped, dark brown pod with a liquorice flavour</p>	<p>sumac GROUND (soo-mak)</p> <p>sour lemony flavour and complements fish and red meat</p>	<p>taco seasoning (tah-koh see-zuh-ning)</p> <p>blend of spices used for making Mexican tacos and burritos</p>
<p>tarragon leaves (tar-uh-gon)</p> <p>herb with a unique mix of sweet aniseed and a mild vanilla</p>	<p>thyme leaves RUBBED (tahym)</p> <p>adds a pungent, woody flavour, great as an all-purpose seasoning</p>	<p>turmeric GROUND (tur-mer-ik)</p> <p>ground, dried rhizome of <i>Curcuma domestica</i> commonly used in Indian food</p>	<p>za'atar (zah-ah-tahr)</p> <p>a fragrant, savoury Middle Eastern mix</p>

