

SPICES

WHAT ARE SPICES?



A **spice** is a seed, fruit, root, bark, or other plant substance primarily used for flavoring or coloring food. Spices are distinguished from herbs, which are the leaves, flowers, or stems of plants used for flavoring or as a garnish. Spices are sometimes used in medicine, religious rituals, cosmetics or perfume production



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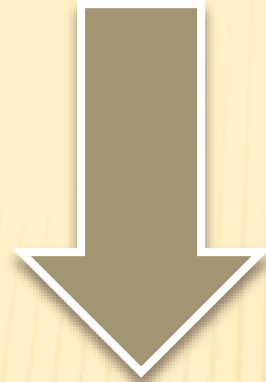


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ORIGIN OF SPICES



Spices and **herbs** such as black pepper, cinnamon, turmeric, and cardamom have been used by Indians for thousands of years for both culinary and health purposes. **Spices** indigenous to India (such as cardamom and turmeric) were cultivated as early as the 8th century BC in the gardens of Babylon

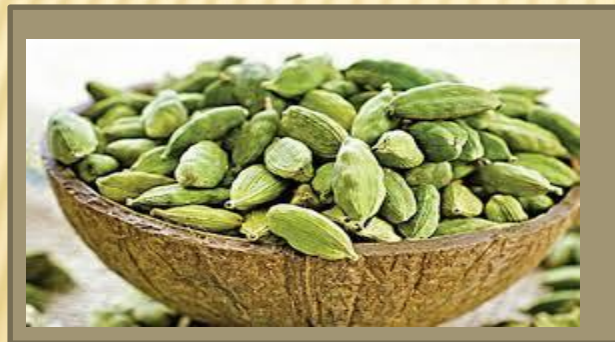
DIFFERENT TYPES OF SPICES



BAYLEAF (TEJPATTA)



CINNAMON (DALCHINI)



CARDAMON (ELAICHI)



CARAM SEEDS (AJWAIN)



CLOVES (LAUNG)



ASAFOETIDA (HING)



TURMERIC (HALDI)



BLACK SALT (KALA NAMAK)



CUMIN (ZEERA)



TURMERIC (HALDI)



RED CHILLY POWDER (LAAL MIRCHI)



CURRY LEAVES (KADI PATTI)



FUNNEL (SAUNF)



DRY MANGO POWDER (AMCHHOOR)



MACE (JAVITRI)



MUSTARD SEEDS (RAI)



MINT (PUDINA)



TAMARIND (IMLI)



SESAME SEEDS (TIL)



STAR ANISE (CHAKRI FOOL)



ROSE PETAL CONSERVE (GULKAND)



SAFFRON (KESAR DANA)



BASIL (TULSI)



GINGER POWDER (ADRAK POWDER)



FENUGREEK SEEDS (METHI)



CHIA SEEDS (SABZA)



NIGELLA SEEDS (KALAUNJI)



POPPY SEEDS (KHAS KHAS)