



## Culinary Herbs & Spices

Herbs are the leaves and tender stems from a plant, and spices are the dried seeds, roots, or bark. Explore the possibilities for seasoning any dish with the wide variety of herbs and spices in our Bulk department.

### Common Herbs & Spices

**Allspice** - similar in aroma to clove and nutmeg, but more peppery, goes well with pumpkin pie and gingerbread.

**Arrowroot** - a neutral-flavored starch that can be used as a thickener in place of corn starch or flour.

**Basil** - sweet herb used in Italian cooking, tomato sauce, and soups.

**Bay Leaf** - a savory leaf that is added to soup stock and dried beans at the start of cooking to enhance flavor.

**Cayenne** - hot, dried pepper.

**Coriander** - the seed of the cilantro plant, most often used with other spices like cumin and cinnamon in Middle Eastern, Indian, or Latin American dishes.

**Cumin** - available in whole seed or ground, often added to chili, baked beans, and marinades.

**Nutmeg** - sweet, warming spice with a hint of pepper; used in baked goods and sauces.

**Turmeric** - this ground root lends its yellow color to curry; used in Indian dal and vegetable dishes, it naturally provides a golden yellow color for roasted cauliflower, rice dishes, and imitation-egg.

## Common Herb & Spice Blends

**Cajun Seasoning** - a blend of paprika, cayenne, garlic, allspice, thyme, cumin, salt, and oregano; used to season Cajun-style dishes like jambalaya.

**Chili Powder** - a blend of chili peppers, cumin, oregano, coriander, garlic, allspice, and cloves used in Mexican cooking and chilis.

**Curry Powder** - a blend of turmeric, coriander, cumin, fenugreek, ginger, black pepper, fennel, mustard, allspice, red pepper; used for South Indian dal and vegetable dishes.

**Garam Masala** - a blend of coriander, cumin, chillies, cloves, bay leaf, cinnamon, and ginger; used for North Indian flavors on roasted vegetables and meats and in curries.

**Herbes de Provence** - a blend of savory thyme, rosemary, basil, tarragon, and lavender flowers; used to season fish, chicken, and veggies in French-style cooking.

**Italian Seasoning** - a blend of oregano, marjoram, thyme, basil, and rosemary.

**Pickling Spice** - a blend of whole coriander, mustard seed, dill, chilies, bay leaf, cassia, and allspice.

**Pumpkin Pie Spice** - a blend of cinnamon, nutmeg, cloves, and allspice.



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Downtown **Burlington, VT** South End

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