



Quick Guide to Spices

Have a hard time navigating your spice rack? Use this guide to get to know your seasonings better.

Allspice: Mixture of cinnamon, cloves, and nutmeg.

Aniseed: Strong licorice taste, helps with digestion and bad breath

Cardamom: Aromatic, a little sweet, contains lemon and citrus taste

Cayenne: From the cayenne chili pepper, very spicy

Chili powder: Made up of different ground dried chili peppers, ranges from mild to very spicy

Chinese Five-Spice: Blend of cinnamon, cloves, fennel, peppercorns, and star anise; creates Asian flavor

Coriander: Mild, lemony flavor; comes from seeds of the same plant that makes cilantro herb

Cumin: Comes from the fruits of a plant similar to parsley; has an earthy flavor with peppery taste

Curry Powder: Mixture of chili powder, cinnamon, coriander, cumin, and turmeric; can be sweet, ranges from mild to hot

Fennel Seeds: From the fennel plant of the Mediterranean region; licorice taste

Garam Masala: Usually combination of black pepper, cardamom, cinnamon, and cloves; a little hot

Ginger Powder: Comes from gingerroot, has anti-inflammatory properties

Mustard: Ranges from mild (yellow) to very hot (brown or black)

Nutmeg: Sweet: Often used in holiday dishes and cream soups

Paprika: From mild dried peppers; can be mild to hot; use as garnish on eggs, chicken salad, hummus

Saffron: Slightly bitter taste; use in chicken dishes or add to chicken broth and use in making whitefish

Star Anise: Comes from star-shaped Asian fruit; licorice taste, strong flavor, very sweet

Turmeric: Bitter-tasting, woody flavor; add by the dishful to rice or eggs

Tina Turbin, Founder of www.paleoglutenfreerecipes.com

Your Dependable Celiac and Gluten-Free Resource Guide

This Tip Sheet is property of TTAT Inc., and for permission to copy or use please contact info@paleoglutenfreerecipes.com.

© 2010 by Tina Turbin