



SPICES HERBS

HANDBOOK

GENERALLY SPEAKING ...

Spices are the bark, root, fruit, or berry of a tropical, perennial plant.

Herbs are the leaves of annual and perennial shrubs that grow in the temperate zone.

Seeds are derived from annual plants and include anise, caraway, cardamom, celery, coriander, cumin (comino), dill, fennel, mustard, poppy, and sesame.

Seasonings are blends of spices, herbs, seeds and/or salt and other flavors.

Dehydrated vegetables consist of onion, bell peppers, garlic, and parsley.

... BUT ALL ARE COMMONLY REFERRED TO AS SPICES.



WHAT TO LOOK FOR WHEN BUYING SPICES

The three most important factors are strength, color, and aroma. The best way to judge strength is by comparing old stock to new, for freshness. The difference is remarkable! The color, should be bright, not faded. The aroma should reach your nose before your nose reaches the container. Some attributes that buyers look for when purchasing spices are volatile oil content, heat units, ASTA color, and mesh size.

WHERE TO STORE SPICES

Cool dry areas away from bright light are the best choice. Flavor is lost when spices are exposed to heat, and even the least amount of moisture can cause caking. Paprika and some herbs are light sensitive, so it's preferable, for their appearance, to store them away from strong, direct light. And don't forget to close the container tightly after each use. An open container promotes flavor loss.

WHY SPICES NEED TO BE REPLACED

Weak scented spices waste your cooking time as well as the other ingredients in the recipe. Using additional quantities of weak spices does not compare to using the correct quantity of fresh spice either in flavor or appearance. Herbs and spices that have faded in color would be undesirable when used as a garnish.

WHEN TO REPLACE SPICES

Whole spices have a longer shelf life than ground spices and herbs. The general rule of thumb for ground spices, herbs, and seasonings is to replace them after 18 months. Or you can give them a sniff test — if you can't smell the product when it's a few inches away from your nose you certainly won't be able to taste it.

HOW MUCH SPICE TO USE, AND WHEN

It's always easier to add more spice than to try to remove it, so start with a pinch (approximately 1/4 teaspoon) of dried herbs per four servings. To help release the flavor it's helpful to crush whole herbs with your fingers before adding it to a recipe. In foods with long cooking times, it's best to add herbs during the last hour of cooking; or if whole spices are called for, add them at the beginning of cooking. (It's helpful to place them in a small cheesecloth so they can be removed when the desired flavor is reached. This also avoids any pieces of whole spice from remaining in the finished dish). Otherwise, add spices at the time the recipe calls for salt. In uncooked foods, herbs should be added as long as possible before serving.

SCALING UP RECIPES

Restaurants and institutions often need to size up recipes for larger gatherings. Here are some suggestions for increasing spice in formulas. They are only suggestions. There's no real substitute for testing the quantity batch.

Spices: When doubling recipes, double allspice, cloves, cinnamon, black and white pepper, etc. Nutmeg and mace are exceptions that require the herb formula.

Seasonings: Double the recipe, double the seasoning.

Herbs: For the first 100% increase in the portions, double the amount of herbs. For each multiple thereafter, add only half of the original amount of herbs.

Ground Red Pepper: This item merits special attention, as the heat intensity increases quickly. For the first 100% increase, double the amount of red pepper. For each multiple thereafter, add a fourth the original amount.

OUNCES	FRACTION OF POUND	DECIMAL OF POUND	GRAMS
1/8	1/128	0.0078125	3.539
1/4	1/64	0.015625	7.078
1/2	1/32	0.031250	14.156
3/4	3/64	0.046875	21.234
1	1/16	0.0625	28.312
1-1/4	5/64	0.078125	35.390
1-1/2	3/32	0.09375	42.468
1-3/4	7/64	0.109375	49.346
2	1/8	0.125	56.625
2-1/4	9/64	0.140625	63.703
2-1/2	5/32	0.15625	70.781
2-3/4	11/64	0.171875	77.859
3	3/16	0.1875	84.937
3-1/4	13/64	0.203125	92.015
3-1/2	7/32	0.21875	99.093
3-3/4	15/64	0.234375	106.171
4	1/4	0.25	113.250
4-1/4	17/64	0.265625	120.328
4-1/2	9/32	0.28125	127.406
4-3/4	19/64	0.296875	134.484
5	5/16	0.3125	141.562
5-1/4	21/64	0.328125	148.640
5-1/2	11/32	0.34375	155.718
5-3/4	23/64	0.359375	162.796
6	3/8	0.375	169.875
6-1/4	25/64	0.390625	176.953
6-1/2	13/32	0.40625	184.031
6-3/4	27/64	0.421875	191.109
7	7/16	0.4375	198.187
7-1/4	29/64	0.453125	205.265
7-1/2	15/32	0.46875	212.398
7-3/4	31/64	0.484375	219.421
8	1/2	0.5	226.500
8-1/8	65/128	0.5078125	230.039
8-1/4	33/64	0.515625	233.578
8-1/2	17/32	0.53125	240.656
8-3/4	35/64	0.546875	247.734
9	9/16	0.5625	254.812
9-1/4	37/64	0.578125	261.890
9-1/2	19/32	0.59375	268.968
9-3/4	39/64	0.609375	276.046
10	5/8	0.625	283.125
10-1/4	41/64	0.640625	290.203
10-1/2	21/32	0.65625	297.281
10-3/4	43/64	0.671875	304.359

OUNCES	FRACTION OF POUND	DECIMAL OF POUND	GRAMS
11	11/16	0.6875	311.437
11-1/4	45/64	0.703125	318.515
11-1/2	23/32	0.71875	325.593
11-3/4	47/64	0.734375	332.671
12	3/4	0.75	339.750
12-1/4	49/64	0.765625	346.820
12-1/2	25/32	0.78125	353.900
12-3/4	51/64	0.796875	360.980
13	13/16	0.8125	368.980
13-1/4	53/64	0.828125	375.140
13-1/2	27/32	0.84375	382.210
13-3/4	55/64	0.859375	389.290
14	7/8	0.875	396.370
14-1/4	57/64	0.890625	403.450
14-1/2	29/32	0.90625	410.530
14-3/4	59/64	0.921875	417.600
15	15/16	0.9375	424.680
15-1/4	61/64	0.953125	431.760
15-1/2	31/32	0.96875	438.840
15-3/4	63/64	0.984375	445.920
16	1	1.00	454.000



CONVERT FAHRENHEIT TO CENTIGRADE

Subtract 32 from the Fahrenheit temperature.
Multiply the result by five, then divide that by nine.

CONVERT CENTIGRADE TO FAHRENHEIT

Multiply the Centigrade temperature by nine,
then divide that by five. Add 32 to the result.

HARVEST CALENDAR

SPICE	ORIGIN	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEP	OCT	NOV	DEC
Allspice	Guatemala/Honduras							■	■	■	■	■	
	Jamaica								■	■	■	■	
	Mexico								■	■	■	■	
Anise	Egypt						■	■		■	■	■	
	Spain								■	■	■	■	
	Syria							■	■	■	■	■	
	Turkey							■	■	■	■	■	
Basil	Egypt						■	■	■	■	■	■	
	United States						■	■	■	■	■	■	
Bay Leaves	Turkey								■	■		■	
Bell Peppers, Green	China						■	■		■	■		
Bell Peppers, Red	China								■		■		
Caraway	Canada									■	■	■	
	Egypt					■	■	■	■	■	■	■	
	Holland/Finland							■	■	■	■	■	
Cardamom	Guatemala									■	■	■	
	India									■	■	■	■
Cassia/Cinnamon	China				■	■			■				
	Indonesia (Korintje)	■	■	■	■	■	■	■	■	■	■	■	■
	Vietnam	■	■	■	■	■	■	■	■	■	■	■	■
Celery Seed	India						■	■		■			
Chili Pepper	United States										■	■	■
Cilantro	Israel/Egypt	■	■	■	■							■	■
	United States	■	■	■	■							■	■
	Holland/Germany						■	■	■	■			■
Cloves	Brazil	■										■	■
	Comoros							■	■			■	■
	Indonesia/Malaysia	■	■	■							■	■	■
	Madagascar		■	■						■	■	■	■
	Zanzibar									■	■	■	■
Coriander	Canada									■	■	■	
	China								■	■	■	■	
	Egypt							■	■	■	■	■	
	Morocco						■	■	■	■	■	■	
	Bulgaria/Romania							■	■	■	■	■	
	India		■	■	■	■	■						
Cumin	China								■	■		■	■
	India			■	■			■	■				■
	Pakistan							■	■	■	■		
	Syria							■	■	■	■	■	
	Turkey							■	■	■	■	■	
Dill Seed	India		■	■	■	■	■						
Dill Weed	Holland/Hungary						■	■	■	■	■	■	
	Israel/ Egypt	■	■	■	■								
	United States			■	■								
Fennel	China								■	■			■
	Egypt							■		■			
	India		■	■				■					
	Turkey								■	■		■	
Fenugreek	India		■	■		■							
	Morocco							■	■	■	■	■	
	Turkey								■	■	■	■	
Garlic	China						■	■	■	■	■	■	
	United States							■	■	■	■	■	
Ginger	China	■	■	■	■	■							■
	India (Cochin)	■	■	■	■	■							■
	Nigeria	■	■	■	■	■							■

SPICE	ORIGIN	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Mace	East Indies/West Indies												
Marjoram	Egypt												
	United States												
Mustard	Canada/United States												
Nutmeg	India/Indonesia/Grenada												
Onion	China												
	Egypt												
	India												
	United States												
Oregano	Greece												
	Mexico												
	Turkey												
Paprika	Israel												
	Peru												
	Spain												
	United States												
Parsley	Europe												
	Israel/Egypt												
	United States												
Pepper, Black	Brazil												
	India (Malabar)												
	Indonesia (Lampong)												
	Malaysia (Sarawak)												
	Vietnam												
Pepper, Red	China												
	India												
	Pakistan												
Pepper, White	Brazil												
	China												
	Indonesia												
	Malaysia												
	Vietnam												
Poppy	Australia												
	Europe												
	Turkey												
Rosemary	Albania												
	Morocco												
	Portugal/Spain												
	Tunisia												
Sage	Albania/Dalmation Coast												
	Turkey												
Saffron	Spain												
Savory	Albania/Dalmation Coast												
Sesame	Nicaragua												
	China												
	India												
	Mexico												
Tarragon	Europe												
	United States												
	Israel												
Thyme	Poland												
	Morocco												
	Spain												
Turmeric	South East Asia												
	India (Alleppey/Madras)												
	Peru												



We recommend that spices from different lots or different suppliers be compared in a manner that is as standardized and objective as possible.

In general this evaluation would involve a number of people comparing ‘blind’ (i.e.: coded) samples using identical methods. Preferably, their observations should be recorded on a numerical scale.

SAMPLE PREPARATION:

- On white paper, spread out a thin layer of each spice. Samples of the spices to be compared should be next to each other.
- In a clear beaker prepare a ‘tea’ or flavor extract of each sample by dispersing 1% spice in water. Heat to 140°F to 150°F. Allow to steep for 5 minutes. Cool to room temperature.

APPEARANCE AND COLOR

We recommend that visual inspections — particularly those performed to evaluate color — be carried out under bright, daylight-spectrum lighting.

- Dry Spice: Evaluate for conformity to product specifications, extraneous material, average particle size, range of sizes, color uniformity, intensity and hue.
- 1% Dispersion: After settling, compare color of liquid and depth of “solids” below.

AROMA

Allow a minimum of thirty seconds of recovery time between each aroma evaluation.

- Dry Spice and 1% Dispersion: An aroma characteristic of the spice is desired. “Off” odors are problematic and should be investigated.

FLAVOR AND TEXTURE

- Dry Spice: Place sample on front of tongue. Note flavor release. Gently chew spice sample for a few seconds. Note texture and flavor profile.
- 1% Dispersion: Transfer some liquid to a teaspoon. Sip liquid into mouth. Allow it to reside in the mouth for at least 10 seconds. The sample may be swallowed or spit out. Describe or numerically score the flavor profile against the ideal flavor characteristics of that particular spice. Clean, strong flavors are desired. “Off” flavors are problematic.



SALAD

Garden Seasoning
 Garlic Romano Sprinkle
 Greek Seasoning
 Ranch Sprinkle Seasoning
 Salad Plus

BEEF

BBQ Seasoning
 Blackened Seasoning
 Cajun Seasoning
 Cajun Seasoning, LA Style
 Charbroil Seasoning
 Garlic Pepper
 Hickory Smoke Salt
 Meat Tenderizer, Seasoned
 Meat Tenderizer, Unseasoned
 Mesquite Steak Seasoning
 Quebec Steak Seasoning
 Roasted Garlic & Red Bell Pepper
 Salt Free All Purpose
 Seasoning Salt Supreme
 Seven Pepper Blend
 Shake on Steak
 Steak & Roast Rub
 Steak Seasoning

SALT-FREE

Garden Seasoning
 Italian Herb Seasoning
 All Purpose Seasoning
 Cajun Seasoning
 Garlic Herb
 Garlic Pepper S.F.
 Lemon Pepper S.F.
 Quebec Seasoning S.F.
 Vegetable Herb Seasoning
 Vegetable Seasoning

FISH

Bayside Seasoning
 Cajun Seasoning
 Cajun Seasoning, LA Style
 Herbes De Provence
 Lemon Pepper
 Lime Pepper
 Salmon Seasoning
 Seafood Seasoning

CHICKEN

Applewood Smoke Rub
 BBQ Seasoning
 Buffalo Wing Seasoning
 Cajun Seasoning
 Cajun Seasoning, LA Style
 Caribbean Jerk Seasoning
 Chicken Herb Seasoning
 Herbes De Provence
 Hickory Smoke Salt
 Jamaican Jerk Seasoning
 Lemon Pepper
 Meat Tenderizer, Seasoned
 Meat Tenderizer, Unseasoned
 Mesquite Seasoning
 Poultry Seasoning
 Quebec Chicken Seasoning
 Roasted Garlic & Red Bell Pepper
 Rotisserie Seasoning
 Seasoning Salt Supreme

PASTA

Garlic, CA Granulated
 Garlic Seasoning, Gourmet
 Garlic Romano Sprinkle
 Greek Seasoning
 Roasted Garlic & Red Bell Pepper

PORK

Applewood Smoke Rub
 BBQ Seasoning
 Blackened Seasoning
 Cajun Seasoning, LA Style
 Caribbean Jerk Seasoning
 Herbes De Provence
 Hickory Smoke Salt
 Jamaican Jerk Seasoning
 Meat Tenderizer, Seasoned
 Meat Tenderizer, Unseasoned
 Mesquite Seasoning
 Roasted Garlic & Red Bell Pepper
 Rib Rub
 Seasoning Salt Supreme

BREAD

Garlic Bread Sprinkle
 Garlic Romano Sprinkle

SPECIALTY

Asian 5 Spice
 Burgundy Pepper Marinade
 Meatloaf Seasoning
 Orange Chipolte
 Philly Seasoning
 Pizza Sauce Seasoning
 Pizza Topper
 Salsa Seasoning
 Sazon Seasoning
 Soul Food Seasoning
 Southwest Seasoning
 Spaghetti Sauce Seasoning
 Taco Seasoning
 Wasabi Powder

	APPETIZERS	SOUPS	SALADS	VEGETABLES	SEAFOOD	POULTRY	MEATS	SAUCES	BREADS	DESSERTS
Allspice	Liver Pate, Meatballs, Steamed Shrimp	Cream, Split Pea, Peppercorn	Fruit Salad	Squash, Sweet Potatoes	Oyster Stew, Shrimp	Chukker, Duck, Goose	Ham, Pork Marinade	BBQ, Creole	Pancakes, Waffles	Baked Pears, Pies
Basil	Toasted Ravioli, Dips, Cocktail Sauce	Minestrone, Tomato, Vegetable	Pasta, Seafood, Tomato	Eggplant, Tomatoes, Zucchini	Lobster, Shrimp, Squid	Chicken or Turkey Stuffing	Meatloaf, Beef Stew, Meatballs	BBQ, Marinara, Tomato	Crostini, Focaccia	
Celery Seed	Dips, Tomato Juice, Shrimp Cocktail	Chicken, Seafood, Vegetable	Dressing, Slaw, Fruit Salad	Celery Hearts, Potatoes, Relish	Creamed Tuna, Shrimp, Seafood Stew	Chicken, Turkey Pot Pie	Beef Stew, Lamb	Cream, Creole, Rotelle	Bread, Rolls	Pastries
Bay Leaves	Crab Boil, Pate	All Hearty Soups	Pineapple, Chicken Salad	Potatoes	Bouillabaisse, Seafood Stew	Chicken Pot Pie	Pot Roast, Corned Beef, Stew	Oyster Dressing	BBQ, Spicy Spaghetti	
Chili Powder	Dips, Salsa, Cheese Spreads	Chili, Bean, Vegetable	Bean, Pasta	Refried Beans, Spanish Rice, Vegetarian Chili	Fish Stew, Fish Tacos	Chicken Chili, Fried Chicken	Chili Dogs, Ribs, Stews, Tacos, etc.	BBQ, Ranch Dressing	Cornbread, Tortillas	
Cinnamon	Fruit Cups	Fruit Soup	Fruit Salad, Waldorf	Squash, Sweet Potatoes		Stuffing for Duck or Goose	Pork or Ham Glaze		Cinnamon Buns, Raisin Bread, Rolls	Cakes, Pies, Puddings
Cumin	Dips, Nachos, Salsa	Bean, Chili, Gumbo	Bean, Pasta, Chutney	Beans, Rice, Squash	Deviled Crab, Fish Batter	Chicken Croquettes, Fajitas	Game, Sausage, Stews	BBQ, Dressings, Marinades	Cornbread, Jalapeno Loaf	
Curry Powder	Deviled eggs, Dips, Spreads	Chicken	Chicken Salad, Slaw	Cabbage, Corn, Rice	Shrimp	Curried Chicken	Asian Dishes, Lamb, Pork, Veal	Chutney, Curry Sauce, Pickles	Pita Bread	Curried Fruit
Dill Weed	Dips, Spreads, Seafood Cocktail	Bisque, Cream soups	Cucumber, Pasta, Potato	Green Beans	Salmon, Seafood	Chicken Casseroles	Stroganoff, Lamb, Beef, Veal, Pork	Cream, Herb Butter	Croutons, Rye, Sourdough	
Garlic	Dips, Spreads, Escargot	Vegetable	Potato Salad, Green Salad	Garlic Potatoes, Green Beans	All Seafood	Quail, Roast Chicken	Beef, Lamb, Meatballs, Sausage	Garlic Butter, Tomato	Garlic Bread	Focaccia
Ginger	Shrimp	Hot & Sour	Rice, Chicken, Fruit	Carrots, Stir Fry	Stir Fried Shrimp and Seafood	Duck, Goose	Asian Dishes, Marinades, Pork, Ribs	Curry, Sweet & Sour, Soy	Gingerbread	Apple Pie, Pastries
Marjoram	Artichoke Squares	Crab Soup, Split Pea, Bean	Cucumber, Potato	Asparagus, Tomatoes, Squash	Salmon, Baked Fish	Amish Chicken	Beef Stew, Lamb, Pork, Veal	Herb Marinade, Pesto, Spaghetti	Bread Sticks, Herb Bread	
Mint	Dips, Cheese Ball	Split Pea	Butter Mint	Peas, Potatoes	Salmon with Orange Mint Butter	Pheasant, Quail	Elk, Lamb, Moose, Venison	Jelly	Banana Mint Bread	Brownies, Cake, Cookies
Mustard	Liver Pate, Ham Spread	Chili, Hot & Sour	Slaw, Potato Salad	Cabbage, Potatoes	Crab, Baked Fish	Marinated Chicken	Beef, Ham Glaze, Sausage	BBQ, Marinades	Yeast Breads	Pretzels
Nutmeg	Egg Nog, Fruit	Bisques, Mushroom		Carrots, Spinach, Sweet Potatoes		Fried Chicken, Stuffing	Ham, Meat Loaf, Sausage	Chocolate Sauce, Cream	Cinnamon Rolls	Cakes, Cookies
Oregano	Bruschetta, Crostini	Minestrone, Vegetable	Taco, Bean	Green Beans, Squash, Tomatoes	Baked Fish, Clams, Shrimp	Chicken, Turkey	Hamburger, Lamb, Pork, Veal	BBQ, Clam, Marinara	Breadsticks, Cornbread	
Paprika	Dips, Deviled eggs, Cheese Balls	Goulash, Potato, Clam Chowder	Pasta, Potato, Slaw	Cabbage, Potatoes	Baked Fish, Paella, Shellfish	Chicken Stuffing, Baked Chicken, Casseroles	Goulash, Ham, Meat Loaf, Veal	French Dressing, Marinades, Russian Dressing	Garlic Bread	
Parsley	Dips, Deviled eggs, Cheese Balls	Vegetable, Chicken, Chowders	Pasta, Potato, Slaw	Beans, Potatoes, Tomatoes	Baked Fish, Crab Cakes, Scampi	Chicken, Stuffings	Burgers, Meat Loaf, Roasts	Alfredo, Italian, Marinara		
Cayenne Pepper	Dips, Nachos, Chicken Wings	Chili, Black Bean, Hot & Sour	Pasta, Potato, Taco	Polenta, Potatoes, Rice	Blackened Fish, Shrimp, Crab	Stir Fry Chicken	Fajitas, Ribs, Sausage	BBQ, Rubs, Salsa	Cornbread, Pizza, Hush Puppies	
Rosemary	Pate, Meatballs	Consomme, Pea	Tomato, Beet	Potatoes, Tomatoes	All Fish	Chicken, Pheasant, Quail	Lamb, Pork, Wild game	Salad Dressing, Gravy, Marinades	Focaccia, Rosemary Bread	
Sage	Meatballs, Cheese Spreads	Minestrone, Tomato, Leek	Mixed Green	Brussels Sprouts, Squash	Stuffed Fish, Baked Fish	Game birds, Stuffing	Lamb, Sausage, Veal, Venison	Herb Dressings	Muffins, Stuffings	
Sesame Seed	Dips, Cheese Spreads		Spinach, Pasta, Chicken	Green Beans, Stir Fry	Baked Fish, Shrimp	Chicken	Beef, Lamb, Pork	Hoisin, Tahini	Bagels, Buns, Granola	Benne, Pie, Cookies
Thyme	Bread Sticks, Cheese Spreads	Broths, Stocks, Leek	Tomato, Tuna, Vegetable	Potatoes, Rice, Squash	Baked Fish, Salmon	Chicken	Lamb, Pork, Stews	Marinara, Marinades	Focaccia, Herb Rolls	



ITEM	WEIGHT	CALORIES	PROTEIN	FAT	SODIUM
Allspice	1.7 gm	6	102 mg	112 mg	1.4 mg
Basil Leaves	1.1 gm	3	131 mg	40 mg	0.4 mg
Bay Leaves	1.3 gm	5	99 mg	114 mg	0.3 mg
Caraway Seed	1.8 gm	8	385 mg	416 mg	0.4 mg
Cardamom Seed	1.8 gm	6	176 mg	52 mg	0.2 mg
Celery Seed	2.4 gm	11	434 mg	547 mg	4.1 mg
Cinnamon	1.7 gm	6	78 mg	37 mg	0.2 mg
Cloves	1.7 gm	7	107 mg	247 mg	4.2 mg
Coriander Seed	1.4 gm	6	172 mg	274 mg	0.3 mg
Cumin Seed	1.6 gm	7	283 mg	381 mg	2.6 mg
Dill Seed	2.1 gm	9	275 mg	376 mg	0.2 mg
Fennel Seed	2.1 gm	8	199 mg	210 mg	1.9 mg
Garlic Powder	1.5 gm	5	262 mg	9 mg	0.1 mg
Ginger	1.6 gm	6	138 mg	102 mg	0.5 mg
Mace	1.8 gm	10	146 mg	698 mg	1.3 mg
Marjoram	1.2 gm	4	150 mg	82 mg	1.3 mg
Mustard Powder	1.5 gm	9	475 mg	639 mg	0.1 mg
Nutmeg	1.9 gm	11	141 mg	739 mg	0.2 mg
Onion Powder	2.1 gm	8	223 mg	17 mg	0.8 mg
Oregano	1.6 gm	6	187 mg	102 mg	0.3 mg
Paprika	1.9 gm	7	262 mg	198 mg	0.4 mg
Parsley Flakes	1.1 gm	4	241 mg	62 mg	5.9 mg
Black Pepper	2.3 gm	9	239 mg	235 mg	0.2 mg
Red Pepper	2.1 gm	9	336 mg	325 mg	0.2 mg
White Pepper	2.2 gm	9	273 mg	176 mg	0.2 mg
Poppy Seed	2.5 gm	13	577 mg	887 mg	0.2 mg
Rosemary	1.2 gm	5	54 mg	209 mg	0.5 mg
Sage	1.0 gm	4	92 mg	127 mg	0.1 mg
Savory	1.4 gm	5	99 mg	73 mg	0.3 mg
Sesame Seed	1.9 gm	9	450 mg	426 mg	0.6 mg
Thyme	1.5 gm	5	102 mg	69 mg	1.2 mg
Turmeric	1.9 gm	7	163 mg	169 mg	0.2 mg

ASTA – American Spice Trade Association

ASTA Color – A rating based on the official ASTA method for determining extractable color; generally applied to paprika.

Aril – An accessory appendage of certain seeds (example: mace around the nutmeg seed)

Bite – The heat factor in a spice. Bite is experienced by the tongue, flavor through the nose.

Bulbiet – A small bulb of bulblike body usually borne on the stem (example: garlic).

Bulk Index – Cubic centimeters occupied by 100 grams of spice or seasoning.

Capsule – A dry fruit that splits open at maturity (example: sesame).

Condiment – A substance used to give relish to food; a seasoning.

Custom Blend – A unique blend produced to a food manufacturer's formula or needs.

Decorticated – To remove the outer husk (example: cardamom).

Dehydrated – Process by which fresh produce is dried and converted to various forms for ease of handling and final use.

Distillation – A purification process in which a liquid is converted to vapor by the external application of heat and the vapor is condensed to the purified liquid by some means of cooling.

Dry Solubles – Spice extractives plated on a dry soluble carrier.

Encapsulated Seasonings – Extractives blended with a solubilized gum which is spray-dried. As the spray dries, the gum forms a protective film around the flavor particles.

Essential Oils – The volatile oils of a spice, which produce most of its flavor.

Extractives – Volatile and non-volatile components which produce a spice's total flavor.

Extractable Color – A measure of the color a spice will impart to a liquid medium.

Federal Food, Drug and Cosmetic Act of 1938 – This act and its subsequent revisions set up the standards of identity and quality for edible spices in the United States: The Food and Drug Administration enforces these regulations.

Freeze Drying – A drying technique that produces an end product, which is dry, not frozen. The term comes from the material to be dried being frozen and remaining that way during the complete drying process.

Herb – The leafy products of culinary flavoring plants of the temperate zone.

Hull – The outer covering/husk of some fruits or seeds.

Indigenous – Native to a given place.

Oleoresins – Viscous, resinous materials extracted from spices, containing both volatile and nonvolatile portions.

Pigment – Any of various coloring matters found in the cells and tissues of plants and animals.

Piperine – A colorless, crystalline alkaloid found in black and white peppers.

Pungency – A slightly sharp sensation registered by the tongue and olfactory senses.

Rhizome – A creeping, underground rootlike, often fleshy stem (ex: ginger).

Scoville – A method of testing and rating the heat level of capsicums.

Seed – The ripened or matured ovule, consisting of two coats, an embryo, and reserve food.

Spice – Any dried plant product used for culinary purposes to enhance the flavor and appearance of food. Historically, "spices" meant the tropical items, such as pepper, ginger, cloves, and cinnamon.

Surface Color – The color visible to the eye which can be measured by reflectance (ex: paprika).

Vanillin – A colorless, crystalline compound which is the fragrant constituent of vanilla. It can also be produced synthetically.

Volatile Oils – Naturally occurring oils that are found in various plants, especially in the flowers and leaves, which give spices their characteristic flavor and odor.

PRODUCT	CLASS	DESCRIPTION	ORIGIN	PRODUCT SUMMARY
Allspice	Spice	Near-ripe, dried, dark reddish-brown berry of an evergreen tree of the myrtle family	Guatemala, Honduras, Jamaica, Mexico	Also called pimento, its name derives from the flavor, which resembles a blend of cinnamon, cloves, and nutmeg. Available whole or ground.
Anise Seed	Herb Seed	Dried, light brown, oval-shaped seed of the parsley family	Egypt, Spain, Syria, Turkey	Unmistakable licorice-like flavor. Available whole and ground.
Star Anise	Spice	Large, hard, brown, star-shaped fruit from a small evergreen tree	China	Anise-like flavor, although somewhat harsher. Used in whole form only.
Basil	Herb	Light green, dried, leaves of a plant of the mint family	Egypt, U.S.A.	Also known as sweet basil. Sometimes called the “tomato herb” and may be used in most tomato-based recipes. Warm, aromatic, clove-like flavor. Available whole or ground.
Bay Leaves	Herb	Pale green leaves of an evergreen. Member of the laurel family	Turkey	Also called laurel leaves. Has distinct, pungent flavor. Almost bitter. Available whole and ground. Use in soups, stews, stocks and sauces.
Caraway Seed	Herb Seed	Hard, brown, curved and tapered seed of a plant of the parsley family	Canada, Egypt, Holland, Finland	Distinctive pleasant flavor with warm undertone. Available whole and ground. Used in a variety of dishes. Known for use in rye bread.
Cardamom Seed	Spice	Three sided pod and dark brown seeds of a plant of the ginger family	Guatemala, India	Flavors pastries, breads, and coffee cakes.
Celery Flakes	Dehydrated Vegetable	Dehydrated stalk and leaf of the vegetable celery	China, U.S.A.	Used in soups, salads, stews, and roasts. Provides the same taste as celery stalks without the crunch.
Celery Seed	Herb Seed	Very small, oval, light brown seeds of the smallage or wild celery plant	India	Aromatic, with slight bitterness. Available whole and ground. Also similar in taste to celery stalks without the size.
Chervil	Herb	Light green, lacy foliage of an annual of the parsley family	France, Holland, U.S.A.	“Gourmet’s Parsley,” but a bit more aromatic and sweet. An anise flavor, but with a hint of pepper. Used in dressings, soups and with vegetables.
Chili Pepper	Spice	Ground, caramelized flesh of a mild chili pod from the capsicum family	U.S.A.	Basic ingredient in chili powder. Available in several types of peppers with various heat levels and favors.
Chili Powder	Seasoning	Ground blend of chili pepper and other spices, salt and garlic		Basic seasoning for Mexican-style cooking. Available in Finest-Dark, Hot, and Light grades. Also as a regular chili seasoning.
Chives	Herb	Flat, hollow green leaves of a member of the onion family	U.S.A.	Used in scrambled eggs and as a garnish for dressings, casseroles, fish and chicken entrees.
Cilantro	Herb	Leaves of the coriander plant that is an annual herb of the parsley family	Egypt, Israel, Germany, Holland, U.S.A.	Warm, distinctive, fragrant odor. Used extensively in Mexican, Asian, and Southern European cooking.

PRODUCT	CLASS	DESCRIPTION	ORIGIN	PRODUCT SUMMARY
Cinnamon	Spice	Dried bark of evergreen trees of the cinnamomum family	Cassia: China, Zeylanicum: India, Indonesia, Sri Lanka, Vietnam	Cassia, the more popular variety used in the U.S., is a reddish-brown, thicker bark with a strong cinnamon flavor. Zeylanicum, or Ceylon cinnamon, is a thin tan bark with a sweet, mild flavor. A major baking spice, cinnamon is used in cakes, pies and other desserts.
Cinnamon Stick	Spice	Dried bark of evergreen trees of the cinnamomum family. Bark is stripped from tree shoots and dried to become quills or sticks.	Indonesia	Lower in volatile oil than ground variety. Used in hot drinks, custards, stewed fruits. Batavia variety is available in 2-3/4", 6", and 12" lengths.
Cloves	Spice	Dried, unexpanded, nail-shaped flower bud of an evergreen tree	Brazil, Comoros, Indonesia, Malaysia, Madagascar, Zanzibar	Dark, reddish-brown. Strong aromatic odor. Hot pungent taste. Available whole and ground. Used as a baking spice and with meats and dressings.
Coriander Seed	Herb Seed	Round, yellow-brown seed of an annual herb of the parsley family	Bulgaria, Canada, China, Egypt, India, Morocco, Romania	Fragrant, spicy aroma, and slight lemon flavor. Available whole and ground. Used as a sausage seasoning and with many meat entrees.
Cumin Seed (Comino)	Herb Seed	Light brown to olive-brown oval seed of the parsley family	China, India, Pakistan, Syria, Turkey,	Strongly aromatic, hot and bitter taste. Essential ingredient of curry powder and chili powder. Available whole and ground.
Curry Powder	Seasoning	A ground blend of coriander, other natural spices, and salt		Basic ingredient in East Indian cooking. Can be used in deviled eggs and with dressings and dips.
Dill Seed	Herb Seed	Dried, light brown, seeds of a member of the parsley family	India, Pakistan	Pungent, pleasantly aromatic. Used to make pickles, as well as cheeses, and salad dressings.
Dill Weed	Herb	Bright green leaf of the dill plant	Egypt, Holland, Hungary, Israel, U.S.A.	Subtle, delicate flavor. Used in salads, dips, and sandwich fillings.
Fennel Seed	Herb Seed	Oval, green to yellowish-brown seeds of the parsley family	China, Egypt, India, Turkey	Warm, sweet odor with an anise-like flavor. Used to flavor sausages and fish. Also used in spice blends. Available whole, cracked, and ground.
Foenugreek Seed	Herb Seed	Hard, brownish-yellow colored seeds of an annual plant of the pea family	India, Morocco, Turkey	Strong, pleasant burnt sugar-like aroma with a slightly bitter taste. Used in curry powder, chutneys, soups and shellfish dishes.
Garlic	Dehydrated Vegetable	Bulbs of a perennial plant, and member of the lily family	China, U.S.A.	The dehydrated product is available ground, chopped, granulated, minced and powder.
Ginger	Spice	Dried roots (rhizomes) of the ginger family. The "hands" or roots, whole or partially peeled, are a tan to pale brown color	China, India (Cochin), Nigeria	Ground product is used in gingerbread, cakes, pumpkin pies, pot roasts, and other meats. Traditionally used in Indian and Asian dishes.
Ginger, Crystalized	Spice	Roots of the Ginger plant that are cleaned, peeled, boiled and preserved in a sugar solution	China	Spicy, sweet, hot taste. Used in desserts or as a candy.

PRODUCT	CLASS	DESCRIPTION	ORIGIN	PRODUCT SUMMARY
Gumbo File	Herb	Leaves from the sassafras tree	U.S.A.	Seasoning used to flavor and thicken Cajun and Creole dishes. Add toward the end of cooking.
Juniper Berries	Spice	Dried fruit of an evergreen shrub	Yugoslavia, Italy	Spicy, pine aroma and sweet flavor. Used in robust meat dishes, with cabbage, or in a marinade.
Lemon Peel	Dehydrated fruit	Dehydrated thin paring of the outer rind of the lemon	U.S.A.	Can be used in place of fresh grated in cakes, breads, cookies, and custards and in sauces, vegetables, and meat dishes.
Mace	Spice	Scarlet, netlike membrane, or aril, which wraps around the nutmeg fruit. It becomes yellowish-brown to orange in color when dried.	East Indies, West Indies	Flavor similar to nutmeg but more delicate, mace is the lace-like covering of the nutmeg seed. Used in soups, sauces, sausages, baked goods, and donuts. Available in ground form.
Marjoram	Herb	Light gray-green leaves of a member of the mint family	Egypt, U.S.A.	Similar to oregano but with a delicate, pleasant sweet flavor. Used in sausages, meat, fish, and tomato dishes. Available whole and ground.
Mint Leaves	Herb	Bright, green leaves of the peppermint plant, which is an herb of the mint family	U.S.A.	Used in soups, stews, beverages, jellies, fish, and sauces.
Mustard Seed	Spice	Tiny yellow-white or brown-black seeds from annuals of the mustard family	Canada, U.S.A.	Available whole (yellow-white seeds), ground (yellow-white seeds with hulls), ground mustard flour (blend of brown-black and yellow-white seeds / hulls removed). Used whole in pickling, ground in sauces, egg dishes, and salad dressings.
Nutmeg	Spice	Dried, brown seed of the fruit of an evergreen tree of the nutmeg family	Grenada, India, Indonesia	The ground product will have a dull brown color, sweet flavor and slightly bitter, aromatic undertone. Used in a variety of ethnic cuisines, both sweet and savory. Available whole and ground.
Onion	Dehydrated Vegetable	Bulbs of a biennial plant of the lily family	Egypt, India, U.S.A	The dehydrated product is available in many forms including chopped, diced, minced, powder, granulated, sliced, and green onion-chive style.
Orange Peel	Dehydrated Fruit	Dehydrated thin paring of the outer rind of the orange	U.S.A.	Used in cookies, cakes, desserts, sauces, puddings, or poultry.
Oregano	Herb	Dried green leaves of a member of the mint family	Greece, Mexico, Turkey	A mild Mediterranean variety is used in Italian and Greek cuisine. A pungent, aromatic variety is used in Mexican and Tex-Mex dishes. Available whole, chopped (pizza style) and ground.
Paprika	Spice	Ground red flesh from pods of the capsicum family	Israel, Peru, Spain, U.S.A.	Mild, slightly sweet, aromatic and bright red in color. Usually sold by ASTA (extractable) color.
Parsley Flakes	Herb	Green leaves of the curly leaf variety of the parsley plant	Europe, Egypt Israel, U.S.A.	Used for both eye and taste appeal in most foods.
Bell Peppers	Dehydrated Vegetable	Dehydrated, mild peppers from the capsicum family.	China	Available in green and red flakes. Ready to use and convenient when small amount is needed.

PRODUCT	CLASS	DESCRIPTION	ORIGIN	PRODUCT SUMMARY
Black Peppercorns	Spice	Dried, immature, dark-brown to black, wrinkled berries from an evergreen climbing vine	Brazil, India, Indonesia, Malaysia, Vietnam	Penetrating aroma and hot, biting, pungent flavor. Available whole, cracked, and in many ground forms sold by mesh size.
Green Peppercorns	Spice	Immature, freeze-dried berries of the pepper vine	India, Madagascar	Picked when green for a milder flavor.
Pink Peppercorns	Spice	Dried, pink to red berries from a shrub-like evergreen	Isle de Réunion	Freeze-dried product with a sweetish, acid flavor. Not related to black pepper.
Red Pepper	Spice	Dried, ripe pods of various hot peppers from the capsicum family. Orange red to deep red in color	China, India, Pakistan	Hot, pungent flavor. Available whole, crushed, or ground. The processed varieties are available at varying levels of heat known as (Scoville) units. Used in a variety of different cuisines.
Poppy Seed	Herb Seed	Tiny, round, slate blue seeds of the poppy plant	Australia, Europe, Turkey	An agreeable nutty flavor but with no narcotic properties, poppy seed is used in baking and sweet salad and fruit dressings.
Rosemary	Herb	Green, rolled leaves of the mint family that resemble pine needles	Albania, Spain, Portugal, Yugoslavia	Distinctive, fresh, sweet pinewoods flavor. Available whole and ground.
Saffron	Herb	Slender, dried stigmas of a member of the crocus family	Spain	It requires 75,000 blossoms to make one pound of saffron—making it the world’s most expensive spice. Fortunately, a little goes a long way. Used to flavor and color rice and seafood dishes.
Sage	Herb	Light green to gray-green leaves of an evergreen shrub of the mint family	Albania, Dalmation Coast, Turkey	Very aromatic and slightly bitter. Excellent on poultry and pork. Available rubbed and ground.
Savory	Herb	Dried, brownish-green leaves of the summer savory – an annual of the mint family	Albania, Dalmation Coast	A peppery flavor, it blends well with other herbs and in Italian seasoning or Fines Herbes. Available whole or ground.
Sesame Seed	Herb Seed	Smooth white to pearl white, oval seeds of a tropical annual herb. Also available in black.	China, India, Mexico, Nicaragua	Used extensively in baking. Toasting helps bring out the nutty flavor.
Shallots	Dehydrated Vegetable	Member of the lily family, as is onion and garlic	U.S.A.	Mild onion flavor with a hint of garlic. Featured in French cooking, and used in sauces, with fish and chicken, and in flavored butters.
Tarragon	Herb	Fragrant green leaves of a plant of the sunflower family	Europe, Israel, U.S.A.	Flavor reminiscent of anise. Used in sauces, such as Bearnaise, and in chicken and fish dishes. Very aromatic so use sparingly.
Thyme	Herb	Tiny gray-green leaves of a member of the mint family	Morocco, Poland, Spain	Warm, aromatic and slightly pungent flavor. Excellent in stews, soups, stuffings, chowders, and sauces, as well as meats such as lamb and veal. Available whole and ground.
Turmeric	Spice	Orange-yellow, waxy, short rhizomes (fingers) of a member of the ginger family	India, Peru, Southeast Asia	Lends color and flavor to prepared mustard and is used in many pickle and relish formulas. An important ingredient of curry adding color and pungent flavor.



REHYDRATING ONION AND GARLIC PRODUCTS

- A. Use six parts of tap water to one part dehydrated onion or garlic (by weight).
- B. Soak for one hour, no agitation.
- C. Drain for 2 minutes, no vibration.

WEIGHT EQUIVALENCE

Onions: One pound of dehydrated onion yields 4.5 pounds of onion upon rehydration.

Garlic: One pound of dehydrated garlic yields three pounds of garlic upon rehydration.

FLAKE FLAVOR EQUIVALENCE

(MINCED, CHOPPED, SLICED, DICED)

Onions: One pound of dehydrated onion is equivalent to eight pounds of fresh onion.

Garlic: One pound of dehydrated garlic is equivalent to five pounds of fresh garlic.

POWDER FLAVOR EQUIVALENCE

Onions: One pound of dehydrated premium onion powder is equivalent to ten pounds of fresh onion.

Garlic: One pound of premium garlic powder is equivalent to five pounds of fresh garlic.



BLENDS

Baron has over 90 blends. Ask your representative for a complete list.

- Applewood Smoke Rub
- BBQ Seasoning
- Cajun Seasoning
- Caribbean Jerk Seasoning
- Celery Salt

EXTRACTS

- Almond
- Orange
- Lemon
- Mint
- Vanilla (see varieties below.)

VANILLA

- Pure
- Imitation, clear
- Imitation
- Imitation, no alcohol

BULK SPICES

All of the products included in our Spice Reference Guide (pages 11 to 14) are also available in bulk. Please refer to our product list for sizes.

- Curry Powder
- Fajita Seasoning
- Garlic Pepper
- Roasted Garlic & Red Bell Pepper
- Italian Seasoning
- Jamaican Jerk
- Lemon Pepper

CUSTOM BLENDING

Baron Spices has the capability to manufacture and package custom blends, specifically designed for you or your customer.

Our specialists can match, develop, or work from an existing formula, and blend it to your exact specifications. From basic blends to gourmet seasonings, small batches to large quantities, we're ready to serve you at Baron Spices.

- Mesquite Grill Seasoning
- Quebec Steak Seasoning
- Rib Rub
- Salt-free Vegetable Herb Seasoning
- Soul Food Seasoning
- Steak Seasoning
- Taco Seasoning

FOOD COLORS

- Blue
- Green
- Caramel
- Red
- Eggshade
- Yellow

FLAVORS

- Banana
- Coconut
- Butter
- Maple

MISCELLANEOUS

- Alum
- Cream of Tartar
- Arrowroot
- Imitation Bacon Bits
- MSG
- Liquid Smoke

