

The Spice of Life





What are **YOUR** favorites???

The image features a variety of spices and herbs arranged on a brown background. In the top left is a brown bowl of cumin seeds. To its right is a single bay leaf. In the top center is a blue bowl containing a mix of dried herbs and spices. To its right is another bay leaf. In the top right is a green bowl of dried rosemary. In the center is a yellow bowl of turmeric powder. Below the text is a red bowl of paprika. In the bottom left is an orange bowl of mixed dried herbs. In the bottom center is a blue bowl of pink Himalayan salt. In the bottom right is a light blue bowl of black peppercorns. There are also several other bay leaves scattered around the bowls.

Any that you DON'T like?



What is the History of Spices?

Spices are global now. But, once they were restricted to certain regions, were highly costly, even more than gold! Spices have come a long way since then. They are now used for a smorgasbord of purposes, ranging from perfume production to kitchen use to medicinal purposes. It came from spec, a Latin root.

Early History



Middle Ages

In Europe, the most common spices in the middle age were:



Cinnamon



Nutmeg



Cloves



Ginger



Cumin

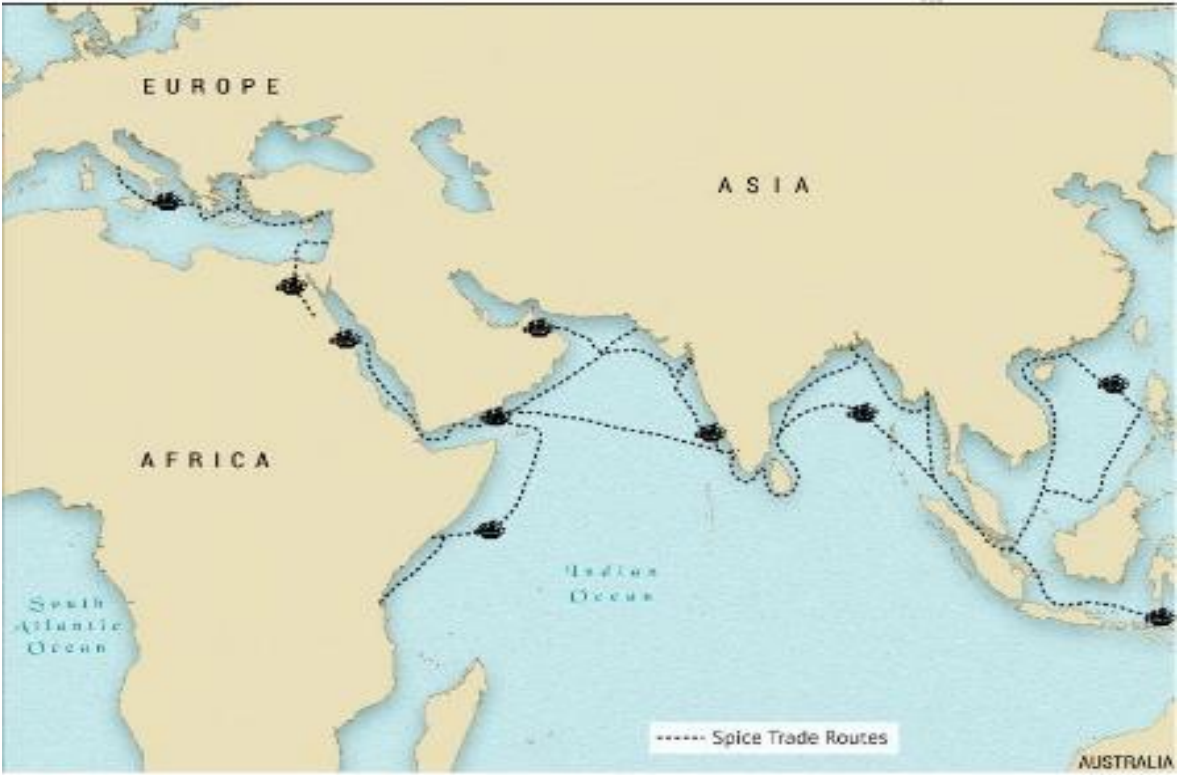


Black Pepper

They were very expensive and popular among aristocrats in Europe.
 The spices were fundamentally imported from Africa and Asia, hence they were expensive.

8th to 15th century: Republic of Venice established a monopoly on the trade of spices with the Middle East.
Late Middle ages: 1000 tonnes of spices, particularly pepper, were imported every year into Western Europe.

Early Modern Period



- Portuguese and Spanish navigators find new trade route for spices in Asia.
- Portuguese navigator Vasco da Gama sails to India, finds pepper cheaper than Venice.
- Columbus comes back from the New World, discovering new spices.
- 1510: Portuguese general Afonso de Albuquerque took control over Goa in India, and Malacca in Malaysia, enabling Portuguese to trade directly with the Maluku Islands, China, and Siam.

More History...

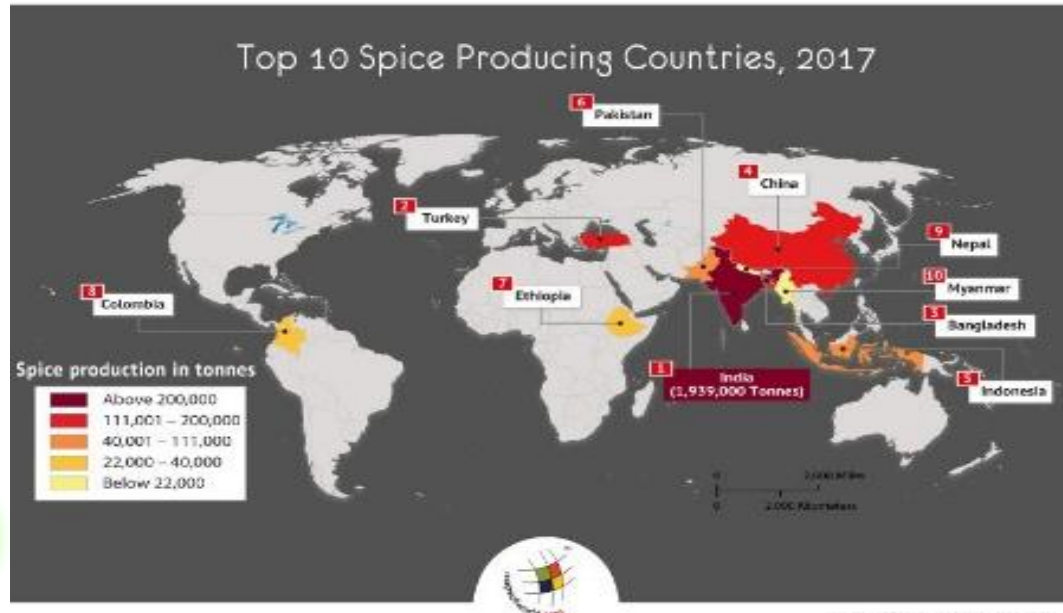
Geography of Spices

Spices are mainly found in tropical areas. Spices because of their antimicrobial properties are more commonly used in warmer climates as a way to treat prevalent infectious diseases in such areas. They are commonly found in countries like India, Pakistan, Bangladesh, east Africa etc.

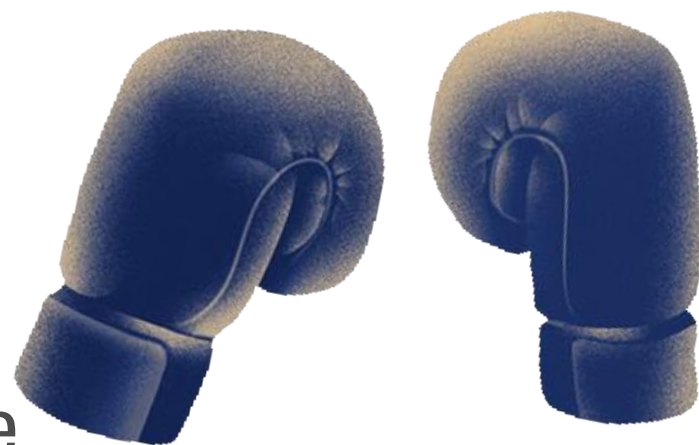


Today's Picture:

According to the 2017 data of FAO, India is the largest spice producer in the world.



The facts:



- Herbs, like basil, are the **leaves** of a plant, while **spices**, like **cinnamon**, are usually made from the seeds, berries, bark, or roots of a plant. Both are used to flavor food, but research shows they're chock-full of healthy compounds and may have health benefits.
- Herbs and spices fight inflammation and reduce damage to your body's cells because each one is **rich in phytochemicals**, which are healthful plant chemicals.
- Adding herbs and spices to your diet has another benefit: Because they're so flavorful, they make it easier to cut back on less healthy ingredients like salt, **sugar**, and added **fat**. THAT can be a huge help to most of us!

Healthiest Ways to Use Spices...

- Whether you use spices fresh or dried, you'll still get beneficial compounds. Experts point out that **frying or grilling** can decrease spices' antioxidants while **microwave cooking, simmering or stewing** foods with spices can actually heighten their antioxidant levels.



Healthiest Ways to Use Spices...

- If you're tempted to take supplements to increase your dose of these beneficial compounds, it's important to note that commercial supplements aren't strictly regulated, which means you can't be certain what the pills actually contain.
- Certain third-party organizations do testing to verify quality and contents of supplements. If you're thinking about taking a supplement, talk to your doctor or dietitian about what form and amount is right for you.



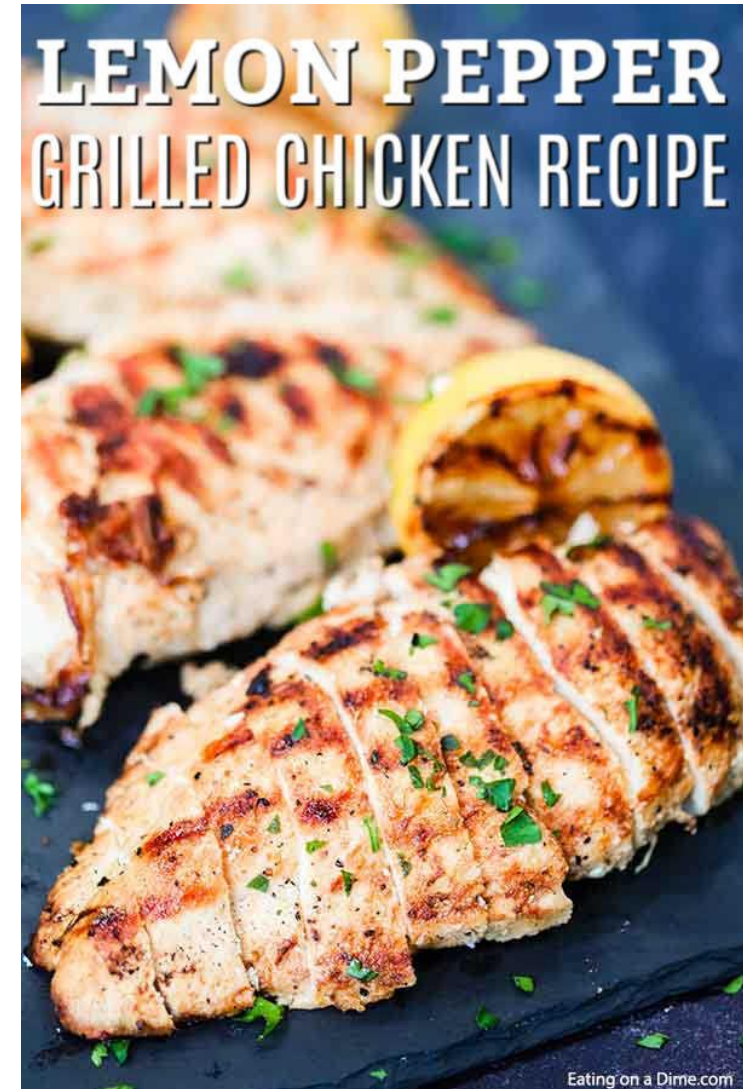
Healthiest Ways to Use Spices...

- Regardless of the other health benefits, spices add flavor to food and can make healthy meals delicious and are a healthy way to get you out of an eating rut. Enjoying your food is key to maintaining healthy habits for the long term. Be sure to talk to your doctor or a dietitian before changing your diet.



✧ *Easy* ✧
**SPICE RUBBED
and ROASTED
FISH FILLETS**

KalynsKitchen.com





Which ones are the best???

1. Cinnamon

• WHY?

- Studies say it **lowers blood sugar**. This popular spice comes from the bark of the cinnamon tree and is used in everything from pumpkin spice lattes to Cincinnati chili. Cinnamon is especially great for people who have high blood sugar. It lends a sweet taste to food without adding sugar, and studies indicate it can lower blood sugar levels in people with type 2 diabetes.
- Cinnamon may also provide **heart-healthy benefits**, such as **reducing high blood cholesterol** and **triglyceride levels**. That's especially important for people with diabetes who are at greater risk for developing heart disease.
- Cinnamon is not a replacement for diabetes medication or a carbohydrate-controlled diet, but it can be a helpful addition to a healthy lifestyle.
- **Meal tip:** Try sprinkling it on yogurt, fruit or hot cereal, or use it in stews and chilis or as a meat rub.





Cincinnati Chili Recipe



No reviews

Author: Deborah **Prep Time:** 20 mins **Cook Time:** 1 hour 20 mins
Total Time: 1 hour 40 mins **Yield:** 8 servings **Category:** Main Dish
Method: Stove Top **Cuisine:** American

- 1 Bring 2 quarts of water and 1 teaspoon of the salt to a boil in a large saucepan. Add the ground beef and stir vigorously, separating the beef into strands. Foam will rise from the beef to the top of the water (this takes about 30 seconds), and just before the water boils, drain the beef into a strainer and set aside.
- 2 Rinse and dry the saucepan, and place the pan over medium heat. Add the oil, and when it is warm, add the onions. Cook until the onions are softened and slightly brown on the edges, stirring frequently, for about 8 minutes. Add the garlic and cook for 30 seconds, then stir in the chili powder, oregano, cocoa, cinnamon, allspice, cayenne, black pepper and remaining 1 teaspoon salt. Stirring constantly, stir for 1 minute, until very fragrant. Stir in the tomato sauce, broth, water, vinegar and brown sugar, scraping up any browned bits off the bottom of the pan.
- 3 Add the ground beef and turn the heat to high. Bring to a bubble, then reduce the heat to medium-low and cook, stirring occasionally, until the chili is bright red and slightly thickened. Season with salt and hot sauce to taste.
- 4 To serve, divide the buttered spaghetti into individual bowls. Top with the chili, beans, cheese and onions. Serve immediately.

Ingredients

- ☐ 2 teaspoons table salt, divided
- ☐ 1 1/2 pounds 80% lean ground chuck
- ☐ 2 tablespoons vegetable oil
- ☐ 2 medium onion, diced
- ☐ 2 medium garlic cloves, minced or pressed through a garlic press
- ☐ 2 tablespoons chili powder
- ☐ 2 teaspoons dried oregano
- ☐ 2 teaspoons cocoa powder
- ☐ 1 teaspoon ground cinnamon
- ☐ 1/2 teaspoon allspice
- ☐ 1/4 teaspoon cayenne pepper
- ☐ 1/4 teaspoon black pepper
- ☐ 2 cups tomato sauce
- ☐ 2 cups low-sodium chicken broth
- ☐ 2 cups water
- ☐ 2 tablespoons cider vinegar
- ☐ 2 teaspoons dark brown sugar
- ☐ hot sauce (optional)
- ☐ 1 pound spaghetti, cooked, drained and then tossed with 2 tablespoons butter
- ☐ 12 oz sharp cheddar cheese, shredded
- ☐ 1 (15-ounce) can red kidney beans, drained, rinsed and warmed
- ☐ 1 medium onion, chopped

So
many
spices!

2. Turmeric

• WHY?

- Turmeric has become a trendy superfood for its **ability to reduce inflammation** — a common cause of discomfort and illness. It is best known for its use in Indian curry dishes.
- One of the components of turmeric is a substance called curcumin. Research suggests it may reduce inflammation in the brain, which has been linked to Alzheimer's disease and depression. In a small study of adults over 50, those who consumed curcumin supplements over the course of 18 months had improvement in memory test scores. They also reported being in better spirits. Most impressive? Scans of their brain indicated significantly fewer markers associated with cognitive decline.
- Because of its anti-inflammatory qualities, curcumin is also effective at reducing pain and swelling in people with arthritis. And animal studies indicate that curcumin could have powerful anti-cancer properties. A Johns Hopkins study found that a combination of curcumin and a chemotherapy drug was more effective at shrinking drug-resistant tumors than using chemotherapy alone.
- **Meal tip:** Want to add this powerhouse spice to your diet? Rub it on **roasted vegetables and meats**, sprinkle it in tacos or **create a curry**.



3. Ginger

• WHY?

- Ginger is a tropical plant that's been used in Asian cultures for thousands of years to **treat stomach upset, diarrhea and nausea**. In the U.S., it comes in a variety of convenient forms — lollipops, candies, capsules and teas. You can also purchase the dried powder in the spice aisle of the grocery store, or buy it fresh to make teas or grate into recipes.
- Research has found that ginger is effective at **calming pregnancy-related nausea** and **reducing stomach upset after surgery**. Some studies have also found that ginger cuts the severity of motion sickness or prevents the symptoms altogether. It may even help with chemotherapy-induced nausea and vomiting when taken along with anti-nausea medications. (Ask your doctor first before taking ginger while on chemotherapy drugs, as it can have a negative interaction with certain medications.)
- **Meal tip:** Work this zingy spice into your diet by adding it to stir-fry dishes, smoothies or sipping it in tea. You can also add it to homemade salad dressings and baked goods.



4. Garlic

• WHY?

- Most of us are familiar with garlic, the strong-smelling bulb frequently used in cooking. But what you might not know is that eating garlic **may protect your heart** from changes that lead to heart disease.
- As you age, some hardening of the arteries is normal. This is called atherosclerosis and occurs as fatty deposits made up of cholesterol and other substances build up on the inside of your artery walls. Factors such as smoking, high blood pressure and high cholesterol can make it worse. As the build-up increases over time, the arteries narrow. This can make you susceptible to heart attacks and strokes.
- Researchers have linked garlic intake with keeping blood vessels flexible, especially in women. In addition, studies suggest that eating garlic may reduce cholesterol and triglycerides.
- Garlic is a key ingredient in the Mediterranean diet, an eating style that heart doctors often recommend. It can be used in any number of savory dishes.
- **Meal tip:** Pair fresh or powdered garlic with olive oil and pepper to flavor vegetables or use it with rosemary to make a tasty meat rub. You can sprinkle it in soups and salad dressings, too.



5. Cayenne

WHY?

- It can relieve pain. Cayenne is a type of chili pepper that you'll find in Southwestern American cuisine as well as **Mexican, Creole** and **Cajun** dishes. Cayenne peppers contain a substance called **capsaicin**. It's what makes them spicy and also what can provide pain relief.
- **Capsaicin reduces the number of pain signals sent to your brain.** The result? You don't register as much discomfort. It works on pain caused by arthritis and diabetes-related nerve damage. You can apply creams with capsaicin directly on joints and muscles.
- Lab research and studies in animals suggest that eating cayenne pepper can also help with something that causes a lot of internal pain: ulcers. Although people often associate spicy foods with stomach upset, capsaicin aids in helping reduce ulcers by restricting the growth of an ulcer-causing bacteria (*Helicobacter pylori* or *H. pylori*), reducing excess stomach acid and increasing blood flow.
- **Meal tip:** Use this spice anytime you want to add heat to your food. It's great in chili, soups, stews and on meat. For a fun twist, add a dash to hot chocolate.



**ONLY 100%
Active
Ingredients!**

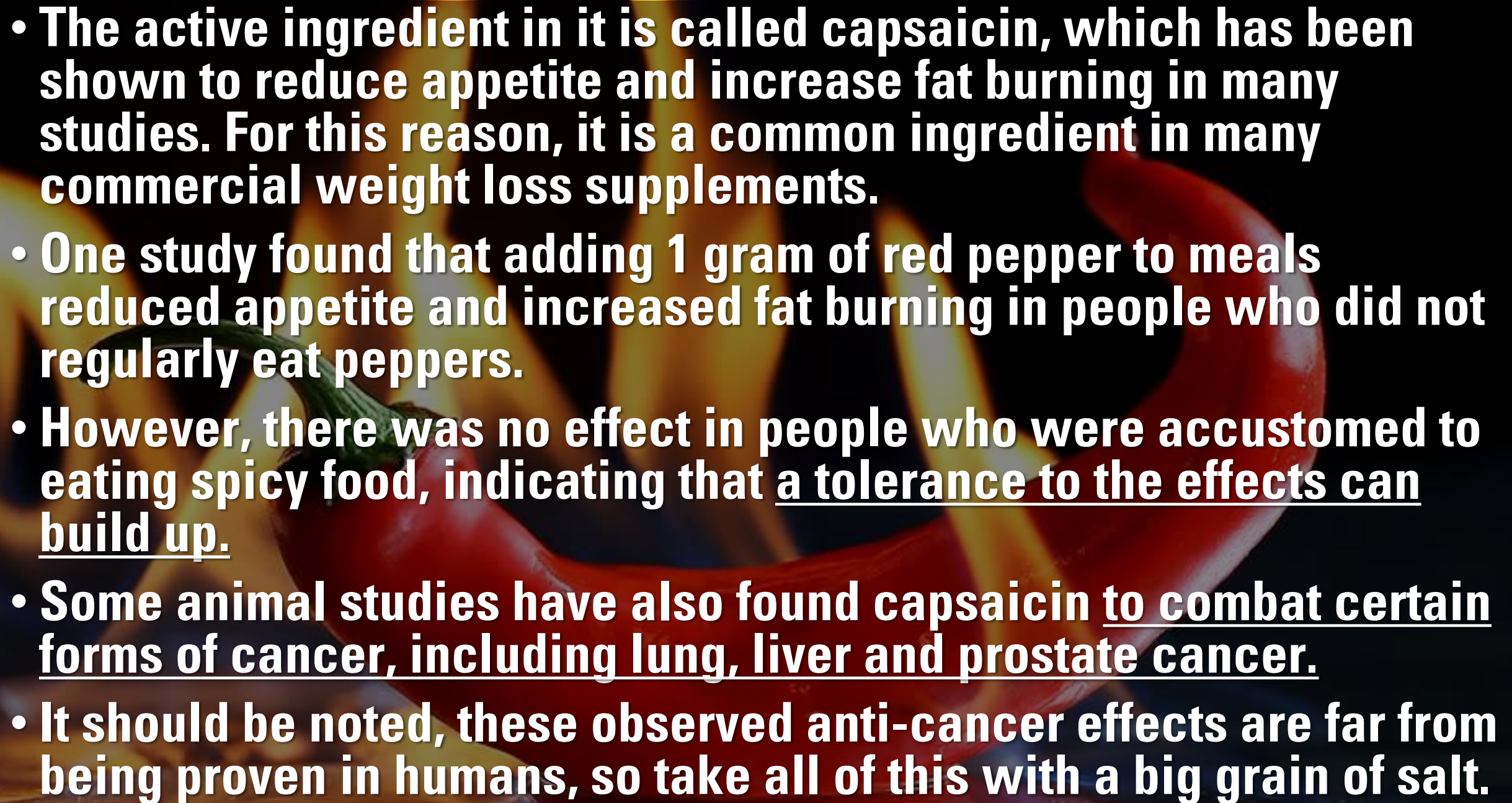
NO Fillers!

NO Binders!

NO Bulking Agents!

**NO Dyes and
Artificial**

Ingredients!

- 
- The active ingredient in it is called capsaicin, which has been shown to reduce appetite and increase fat burning in many studies. For this reason, it is a common ingredient in many commercial weight loss supplements.
 - One study found that adding 1 gram of red pepper to meals reduced appetite and increased fat burning in people who did not regularly eat peppers.
 - However, there was no effect in people who were accustomed to eating spicy food, indicating that a tolerance to the effects can build up.
 - Some animal studies have also found capsaicin to combat certain forms of cancer, including lung, liver and prostate cancer.
 - It should be noted, these observed anti-cancer effects are far from being proven in humans, so take all of this with a big grain of salt.

16 BENEFITS OF CAYENNE



ANTI-IRRITANT PROPERTIES



Cayenne has the ability to ease upset stomach, ulcers, sore throats, spasmodic and irritating coughs, and diarrhea.

ANTI-COLD AND FLU AGENT



Cayenne pepper aids in breaking up and moving congested mucus. Once mucus begins to leave the body, relief from flu symptoms generally follows.

ANTI-FUNGAL PROPERTIES



The results of one study indicated that cayenne pepper could effectively prevent the formation of the fungal pathogens phomopsis and collectotrichum.



MIGRAINE HEADACHE PREVENTION



This may be related to the pepper's ability to stimulate a pain response in a different area of the body, thus reverting the brain's attention to the new site. Following this initial pain reaction, the nerve fibers have a depleted substance P (the nerve's pain chemical), and the perception of pain is lessened.

DETOX SUPPORT



Cayenne is a known circulatory stimulant. It also increases the pulse of our lymphatic and digestive rhythms. By heating the body, the natural process of detoxification is streamlined. Cayenne also causes us to sweat, another important process of detoxification. Combined with lemon juice and honey, cayenne tea is an excellent morning beverage for total body detox.

DIGESTIVE AID



Cayenne is a well-known digestive aid. It stimulates the digestive tract, increasing the flow of enzyme production and gastric juices. This aids the body's ability to metabolize food (and toxins). Cayenne pepper is also helpful for relieving intestinal gas. It stimulates intestinal peristaltic motion, aiding in both assimilation and elimination.

ANTI-INFLAMMATORY PROPERTIES



Cayenne's anti-inflammatory properties makes it a great herb for arthritis, diabetes, psoriasis and herpes-related nerve damage.

HELPS PRODUCE SALIVA



Cayenne stimulates the production of saliva, an important key to excellent digestion and maintaining optimal oral health.

USEFUL FOR BLOOD CLOTS



Cayenne pepper also helps reduce atherosclerosis, encourages fibrinolytic activity and prevents factors that lead to the formation of blood clots, all of which can help reduce the chances of a heart attack or stroke.

JOINT-PAIN RELIEVER



Extremely high in a substance called capsaicin, cayenne pepper acts to cause temporary pain on the skin, which sends chemical messengers from the skin into the joint, offering relief for joint pain.

ANTI-ALLERGEN



Cayenne is an anti-inflammatory agent and may even help relieve allergies. Basket of Cayenne Peppers.

ANTI-BACTERIAL PROPERTIES



Cayenne is an excellent preservative and has been used traditionally to prevent food contamination from bacteria.

POSSIBLE ANTI-CANCER AGENT



Cayenne pepper may help prevent lung cancer in smokers. This may be again related to cayenne's high quantity of capsaicin, a substance that might help stop the formation of tobacco-induced lung tumors. Other studies have also shown a similar reaction in cayenne's ability to inhibit liver tumors.

SUPPORT WEIGHT LOSS



Scientists found that participants who took cayenne pepper for breakfast were found to have less appetite, leading to less caloric intake throughout the day. Cayenne is also a great metabolic-booster, aiding the body in burning excess amounts of fats.

IMPROVES HEART HEALTH



Cayenne helps to keep blood pressure levels normalized. It also rids the body of LDL cholesterol and triglycerides.

REMEDY FOR TOOTHACHE



Cayenne is an excellent agent against tooth and gum diseases.

GETTING STARTED WITH SPICES:

proteins

Looking to step up your culinary game by incorporating more spices into your recipes? Here's a look at some of spice basics.

Beef



Fish



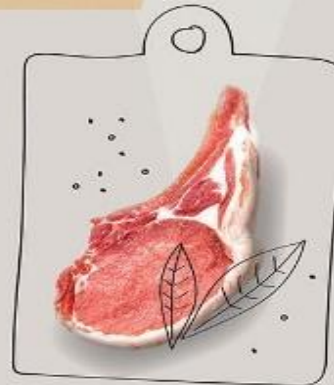
Lamb



Poultry



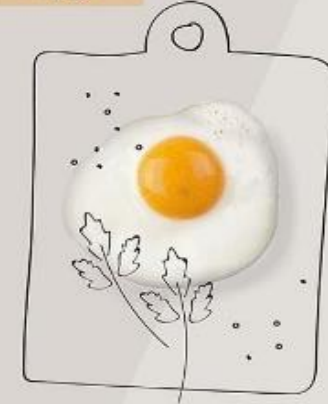
Pork



Veal



Eggs



Cheese



CHEFS
The Best Kitchen Starts Here

SOURCES:
med.unch.edu/plants/spices/1p-2013/cook-ig-with-harboard-spices-0513.pdf
spicesetc.com/faq

SPICES

BY CUISINE



These spice combinations will have you whipping up dishes from all over the world! Use this chart as a guide to give your meals those traditional ethnic flavors you love.

MEXICAN



CARIBBEAN



FRENCH



NORTH AFRICAN



CAJUN



THAI



MEDITERRANEAN



INDIAN



MIDDLE EASTERN



To learn more about adding flavor to your meals visit cooksmarts.com/flavor

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COOKSMARTS

helping home cooks live happier, simpler, smarter in the kitchen

9 EASY DIY SPICE BLENDS

CAJUN SPICE BLEND



GREEK SPICE BLEND



continued

PUMPKIN PIE SPICE BLEND



LEMON PEPPER



CURRY BLEND



continued

ITALIAN SPICE BLEND



continued

CHILI SEASONING



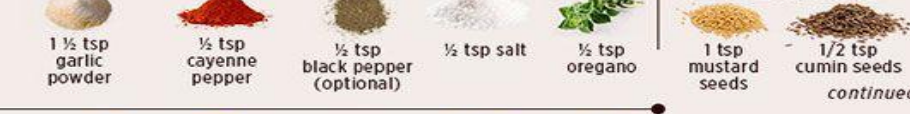
continued

TACO SEASONING



continued

INDIAN SWEET SPICE BLEND



continued



Women'sHealth
SOURCE: ANJALI SHAH,
WRITER OF THE PICKY EATER

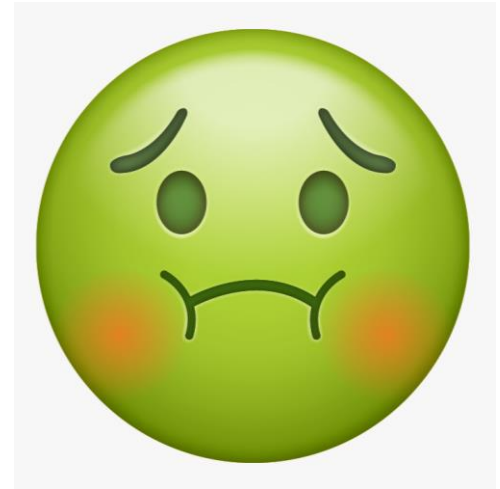
A good question:

- *“Organic cloves? What’s the point in that? Does it really matter if it’s organic or not when you’re only 1/4 teaspoon at a time?”*
- Are organic spices better/worth spending a little more money?
- **Simple answer: Yes!**
- Organically grown spices are much better than spices that are grown with chemicals and pesticides. Organic spices are grown without chemicals and preservatives and are not fumigated or irradiated.



Ewww...

- You may be getting more than you bargained for when purchasing non-organic spices. The FDA does not require spice manufacturers to label when they mix in other ingredients like flour, sugar, rice or salt to the spices. They don't require the labeling of artificial colors, flavors or preservatives. They also do not require spices to be free of contaminants.
- The **American Spice Trade Association** says that it's basically impossible to grow, harvest and process crops (spices) that are totally free of natural defects.
- Curious what "natural defects" are? Some include mold, poop (yep, poop) dead insects, rat hairs, wire, string and who knows what else.
- **Get organic to improve your odds!**



The Bottom Line...

- Dieticians have an expression: **"No meal or snack should be naked."**
- Herbs and spices **make food tastier** while **boosting your health**, so it makes sense to be cooking with them regularly and, if possible, using several at a time.

Stay spicy, friends.