

Chapter 26

Indian Spices

Indian Spices exhibit a great variety which adds different flavours and aroma to the food making them more luscious and in certain cases healthy. There is a popular belief that spicy foods are bad for health. This belief is not only far from the truth but also, that spices in fact have medicinal properties and are good for health.



DIFFERENT TYPES OF SPICES

The important spices produced in India are black pepper, cardamom, ginger, turmeric, chilli, garlic, coriander, cumin, fennel, fenugreek, celery, clove, nutmeg, cinnamon, tamarind, kokum, garcinia, curry leaf, saffron, vanilla and mint. Some categories of the different types of spices are as follows:

- **Fruit Type Spices :** Many fruits are used as spices in dried form. They are known for augmenting the taste and aroma of the food. Common fruit type spices include Cardamoms, Juniper, Nutmeg, Mace, Vanilla, Star Anise etc.
- **Seed Type Spices :** Seed type spices are the fertilized and ripened ovule having a protective covering. Some of these are used in their original form while some are powdered before use. Common members of this type of spices are Caraway, Anardana, Ajwain, Celery etc. They do not possess much nutritional value, however their use in medicinal purposes, perfumery and making flavouring agents have been well established.
- **Bark Type Spices :** Bark type spices are obtained from the bark of the trees. These are known to be highly flavoured imparting great taste to the food when added. The bark of the trees growing at higher altitudes produces better quality bark and high content of essential oils. Common bark type spices are Cinnamon and Cassias.
- **Leaf Type Spices :** Leaves of many plants are used as flavouring agents and are categorized under leaf type spices. They impart a distinct flavour to the food. These are extensively used for various culinary and medicinal purposes. They are either eaten fresh or are processed before use. Prominent examples of leaf type spices include chervil leaves, laurel leaves, basil etc.
- **Flower Type Spices :** Flowers of certain plants also serve as spices used for adding aroma and flavour to the food. These are processed in various ways before using them as spices. Sometimes, essential oils are extracted from them which are then used for culinary purposes. Rhododendron, saffron and rose are enlisted among flower type spices.
- **Root Type Spices :** Root type spices are known to render a sharp taste to the food making the predominant flavour of the food. They are mainly obtained from the root portion of the plant. Apart from serving as significant condiments for food, they also possess medicinal value and are helpful in curing several ailments. Turmeric, Garlic and Ginger are the common root type spices.

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➜ **Miscellaneous Spices :** Apart from these, many other spices are used in various food preparations which impart distinct taste and essence to them. Apart from culinary they also find their utility in other purposes such as medicinal, beauty etc. This miscellaneous group of spices include Clove, Karpoor, Amchur, Arrowroot, Asafetida and Musk Mallow.

Write the name of spices with the help of **help card** :



1 _____ 2 _____ 3 _____ 4 _____

5 _____ 6 _____ 7 _____ 8 _____

9 _____ 10 _____ 11 _____ 12 _____

13 _____ 14 _____ 15 _____ 16 _____

Help Card

nutmeg, cumin, allspice, saffron, chilli, peppercorn, cloves, fenugreek, cardamom, cinnamon, star anise, ginger, mace, vanilla, turmeric, curry powder

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