



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Savor *the* Flavor



SEASONING WITH SPICES

Agent Name • Date

Savor *the* Flavor



Today's outline

- Benefits of using spices
- Important facts about spices
- Common spices used in the kitchen
- How to use spices to season food





Benefits of cooking with spices

Healthy alternative

- Can replace added salt, sugar, and fat that is often used to flavor food
- Have fewer calories (3 to 10 calories per teaspoon)
- Anti-inflammatory

Taste and appearance

- Flavorful
- Adds variety to recipes
- Add color and excitement to food, making it more interesting

Economical

- Long shelf life
- Cost efficient

Savor
the
Flavor



Facts about spices

Spices come from a variety of plant-based sources including:

- Fruit
- Seeds
- Roots
- Bark
- Other plant sources

Savor *the* Flavor



Whole vs. ground spices

Whole spices

- Hold flavor longer
- More abundant in flavor when freshly ground
- Take longer to prepare
- May require special kitchen equipment or tools

Ground spices

- More convenient
- Gradually lose their flavor over time



Savor *the* Flavor



Health facts about spices

Spices may help to reduce chronic diseases such as:

- Heart Disease
- Diabetes
- Inflammation

Spices are also helpful in:

- Promoting a healthier diet
- Managing weight



Using spices at home

Cooking with spices allows you to:

- Use less salt, fat, and sugar to provide flavor
- Cut out unnecessary food additives and preservatives found in store-bought spice packets
- Save money by creating your own seasoning blends
- Be more creative with home-prepared meals

Savor *the* Flavor



Commonly used spices: Cinnamon

- Comes from the bark of a tropical tree
- Can be found in whole or ground form
- Used in ancient cultures as a preservative, perfume, and cooking meat
- We use in baking because of its perception of sweetness
- Also used in oatmeal, cooked fruit, chili, and soups



Savor *the* Flavor



Commonly used spices: Coriander

- Found in both whole and ground forms
- Whole form looks like seeds
- Slightly sweet with a warmth similar to mint
- Indian cuisine and pickling spice
- Pairs well with meats and vegetables



Savor *the* Flavor



Commonly used spices: Cumin

- Commonly used
- Chilis and taco seasoning
- Commonly found in dishes from Indian, Middle Eastern, Mexican, Portuguese, and Spanish cultures
- Adds a savory flavor to many types of dishes
 - Soups
 - Stews
 - Rice
 - Beans
 - Lamb
 - Steak
 - Chicken



Savor *the* Flavor



Commonly used spices: Ginger

- Sweet flavor that ends with a refreshing, warm, and spicy note
- Comes from the root
- Fresh form looks like a “hand” because of knobby appearance
 - Should be peeled before use
- Dried form can be ground and is less potent than fresh
- Adds boldness to food
- Asian dishes, sweet vegetables, duck, chicken, beef, and baked goods



Savor *the* Flavor



Commonly used spices: Nutmeg

- Seed of the nutmeg tree
- Like cinnamon and often paired together in recipes
- Adds perception of sweetness
- A little goes a long way
- Grate whole nutmeg, if possible, for the best flavor



Savor *the* Flavor



Commonly used spices: Paprika

- One of the most versatile spices
- Smoky flavor and vibrant color
- Used in dishes ranging from soups, seafood, meats, egg dishes, and pasta
- Can be used as a garnish
- Good investment if you want to start to build a spice cabinet



Savor *the* Flavor



Commonly used spices: Turmeric

- Bright, bold yellowish color
- Comes from a root that is dried and ground
- Earthy, mild, woody flavor
- Main ingredient in curry powder
- Can be versatile and give great color to dishes



Savor *the* Flavor



Other popular spices

- Garlic
(fresh or powder)
- Onion powder
- Chili powder
- Cayenne
pepper
- Curry
- Dry mustard



Savor *the* Flavor



Blending spices

- Finding the right balance:
 - Smell or taste different spices to know which ones are stronger.
- Use spices that you like to create the flavors you want.
- Use more spices to help flavors stand out, and less spices to complement flavors.
- Blending spices gets easier with practice.
- Look up recipes for seasoning blends if you need help.



RECIPE

HOMEMADE TACO SEASONING

Yield: 1 cup – 8 servings

Serving Size: 2 tablespoons

Ingredients:

- 1/2 cup chili powder
- 1/4 cup onion powder
- 2 tablespoons ground cumin
- 2 tablespoons garlic powder
- 1 tablespoon paprika
- 2 tablespoons salt
- 1 tablespoon black pepper

Directions:

Blend until all spices are incorporated.
Store in airtight container in a cool
dry place.

Nutrition information: ???



Savor
the
Flavor



**Get
cooking!**

Get in the kitchen and remember to:

- Have fun
- Be creative
- Spice it up!



Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

Heather Norman-Burgdolf, Annhall Norris, and Janet Mullins
Dietetics and Human Nutrition
University of Kentucky
Family & Consumer Sciences Extension

Stock images © 123RF.com

May 2021



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service