

the root of flavor: spice

part 2

by Katherine's
Coloring • Event Planning

fennel



Bright licorice flavor. Many people chew on these seeds to help with indigestion and improve breath.

Fun Fact: Has been used in barns and kennels as a flea repellent.

mace

The dried "lacy" covering of the Nutmeg seed. The flavor is similar to Nutmeg with heavy notes of pepper.

Fun Fact: When fresh, Mace has a deep bright red hue. It becomes orange/yellow as it dries.



mustard seed



Mustard Seeds have a spicy and aromatic flavor. Mixing the with water initiates an enzymatic process that enhances its pungency and heat.

Fun Fact: The Romans were the first people to grind these seeds into a paste, resembling the modern-day Mustard condiment.

nutmeg

Nutmeg is the seed of the Nutmeg tree, offering spicy sweet notes.

Fun Fact: If you sprinkle chilli powder around the edge of a garden it will repel insects and animals.



paprika



Made from the ground, dried fruits of bell pepper or chili pepper, or a mixture of the two, yielding sweet and mellow flavors.

Fun Fact: Paprika is the national spice of Hungary.

saffron

Derived from the dried stigmas of the *Crocus sativus* (or saffron crocus). It's flavor ranges from hay, to metallic, to sweet honey-like.

Fun Fact: It takes 80,000 flowers to produce 1 lb of saffron, and each stigma is hand-picked.



star anise



This black licorice-tasting spice is the dried seed pod of the Chinese magnolia tree, native to southwestern China, Vietnam, and Japan.

Fun Fact: It is used in the production of the beverage Absinthe

turmeric

Derived from roots that have been boiled for many hours, then dried in hot ovens and ground. it has an earthy, peppery flavor.

Fun Fact: Turmeric is an ingredient in many commercial sunscreens.

