



Here are some common spices and some ideas on how you can use them:

CHILLI

Chili powder & fresh chilis have a fiery flavour and goes well with dhal and curries, beans and vegetables. It can be used in soups and salads as well as in tomato sauces and chutneys.



CURRY

Curry or masala spice mixes are usually a combination of many types of spices, including turmeric, cumin, coriander, cardamom, chili and curry leaves. They give extra flavour to vegetable, bean or lentil dishes such as stews, soups or curries. If you buy ready mixes from the shop, be sure to choose only those that don't contain or contain little salt as many brands are very high in salt and artificial additives.



CINNAMON

Cinnamon goes very well with sweet flavours, you can add a sprinkle of it to rolled oats or muesli and fruit desserts or salads. Whole cinnamon sticks can also be added to legume and vegetable curry dishes or to herbal teas.



CUMIN

Cumin is popular in many cuisines, such as Indian or Middle Eastern. It's very commonly used in curry spice mixes.

CLOVES

Cloves can be used whole or ground in soups or vegetables. Also goes well with fruit.



FENNEL

Fennel seeds have a slight anise seed flavour. They can be used in curries, soups and stews or baked into bread.



GARAM MASALA

Garam masala is a spice blend that usually contains cumin, cloves, cinnamon, cardamom and nutmeg. It's often used in Indian cuisine in vegetable or lentil dishes such as soups, curries and stews.



GARLIC POWDER

Garlic powder can be used as flavour enhancer instead of salt in many dishes such as spreads, dips, soups, stews and tofu dishes.



GINGER

Ginger can be chopped, grated or powdered and used in dishes such as soups, salads, stews, stir-fries, curries and dhal. It goes well with onion and garlic.



NUTMEG

Nutmeg, if possible, should be bought whole and grate as needed. It's great for flavouring soups, vegetables, breads and sweets. You can also try adding it to tofu and spinach stuffing.



PAPRIKA

Paprika is made from finely ground dried red bell peppers / capsicum. They are used in soups, sauces, salads and dips or spreads.



ONION POWDER

Onion powder can be used as flavour enhancer instead of salt in many dishes such as spreads, dips, soups, stews and tofu dishes.



PEPPER

White or black pepper can be used to add flavour to vegetable, legume and tofu dishes.



TUMERIC

Turmeric (fresh or powdered) is frequently used in Indian cuisines for a variety of dishes, such as curries and dhal. It can also be used as a natural colouring in bread, roti, tofu or plant-based custard and creams as it has a bright yellow-orange colour.

