

INDEX

(Page numbers in boldface refer to recipes; page numbers in italic refer to main entries.)

- Achiote, *see* Annatto
Achiote paste, 38
Adobo:
 Philippine Chicken Adobo, **311–312**
 spice mix, **356**
Adrak, *see* Ginger
Africa (region of origin), *see*
 specific regions and countries
African blends, **391–395**
 Berberé, **391–392**
 Capetown Masala, **395**
 Duqqa, **393**
 Harissa, **393–394**
 Mint Chermoula, **392**
 Piri-Piri, **394**
 Tabil, **394**
 Tunisian Five-Spice, **395**
African cuisines:
 Boldina leaf, 67
 cumin, brown in, 140–141
 pomegranate seeds in, 263
African pepper, *see* Grains of paradise; Pepper, negro
Aftershave, allspice in, 27
Aheeyahko, 261
Aji (chiles), 98
Ajwain (ajowan), 21–24
 Berberé, **391–392**
 Chat Masala, **384**
 Mint Chermoula, **392**
 Ras el Hanout, **377–378**
 West Indian Groundnut Soup, **23–24**
Akatyerre, *see* Bush tomato
Akudjura, *see* Bush tomato
Alaea sea salt, 291
 Spiced Whitefish in Lotus Leaf, **164**
Alaskan Crab Boil, **348**
Alcoholic beverages. *See also*
 specific types, e.g.: Grain alcohol
 grains of paradise, 182
 lavender, 200
Aleppo pepper, 98–99
 Svanetti Salt, **375**
Allspice (allspice berries), 25–28
 Alaskan Crab Boil, **348**
 Baharat, **376**
 Beale Street Barbecue Rub, **339**
 Berberé, **391–392**
 Chesapeake Crab Boil, **348**
 Corned Beef Spice Mix, **349**
 English Beef Rub, **373**
 Gulf Coast Shrimp Boil, **347**
 Jerk Rub, **362–363**
 Mayan Cocoa Mix, **60–361**
 Mignonette Pepper, **370**
 Mole Powder, **358–359**
 Mulling Spices, **367**
 “New” Bay Seasoning, **336**
 Overnight Coleslaw, **79**
 Pickling Spice Mix, **350**
 Poudre Douce, **372**
 Pumpkin Pie Spice, **352**
 Scotch Eggs, **155–156**
 Trinidad Curry, **364**
 Yucatán Chicken Rojo, **28**
 Yucatan Rojo Rub, **360**
Almonds:
 Mayan Cocoa Mix, **360–361**
Amchoor (amchur), 29–30
 Chat Masala, **384**
 Kala Masala, **389**
American blends, 336–355
 barbecue rubs, 337–343
 bay seasoning, 336
 bread stuffing spices, 351
 Cajun blackening, 344
 corned beef spices, 349
 Creole spices, 345
 Montreal steak spice, 346
 pickling spices, 350
 pumpkin pie spices, 352
 sausage spices, 353
 seafood boils, 347–348
 seasoning salts, 354–355
Amsul, *see* Kokum
Anardana (dried seeds), 262.
 See also Pomegranate seeds
Ancho chiles, *see* Chiles, ancho
Ancho Chili Powder, **357–358**
 Tarheel Barbecue Rub and Sauce Base, **340–341**
Andouille sausage:
 Creole Gumbo, **282–283**
Angelica, 31–32
 Chinese Stock Spices, **399–400**
Anise:
 black, 36
 brown, 33–35
 Chinese, *see* Star anise
 star, *see* Star anise
Anise fern, *see* Cicely
Anise-hyssop, 187–188
Anise seeds:
 Mole Powder, **358–359**
 Pakistani-style Curry Powder, **386**
 Ras el Hanout, **377–378**
 Syrian Zahtar, **380**
Annatto, 37–40
 Oil, Annatto, **40**
 Snapper, Annatto-oiled, **39–40**
 Yucatan Rojo Rub, **360**
Antipasto, Fennel and Asparagus, **156**
Appetizers:
 Georgian Spiced Bean Balls, **112–113**
 Portobellos with Garlic Cream, **173**
 Scotch Eggs, **155–156**
Apple mint, 221
Aquavit, 78
Arabian cuisine. *See also*
 Middle Eastern cuisine;
 Persian cuisine
 Arabic Chicken Kabsa, **65**
 black lemon in, 63, 64
Argentina (country of origin):
 boldina leaf, 67–68
Aromatic infusions, 14–15
Arrowroot (arrowroot flour), 41–42
 Pork Dim Sum with Shiso, **298–299**
Asafetida (asafoetida), 43–45
 Cauliflower and Asafetida Pitas, **44–45**
 Chat Masala, **384**
 Sambhar Masala, **390**
Ashanti pepper, 136
Asia (region of origin). *See also*
 specific regions and countries
 garlic, 169–173
 mugwort, 226
 mustard seeds, 227–231
 rose petals, 266
 saffron, 272–276
Asia Minor (region of origin).
 See also *specific countries*
 borage, 69–70
 cardamom, green and white, 80–84
Asian bay leaf, *see* Bay leaf, Indonesian
Asian chiles, 103
Asian cuisines. *See also* *specific cuisines*
 basil in, 53, 54
 candlenut in, 76
 chiles in, 98, 103
 cilantro in, 111
 fenugreek in, 158
 Spiced Whitefish in Lotus Leaf, **164**
Asparagus Antipasto, Fennel and, **156**
Atjar, Malay Citrus, **179**
Australia (country of origin):
 bush tomato, 73–74
 lemon myrtle, 202–203
 wattle seeds, 332–333
Australian blends:
 bush tomato in, 73–74
 mountain pepper in, 225
Australian cuisine:
 lemon myrtle in, 202
 mountain pepper in, 224, 225
 shiso in, 297
 Shrimp with New Australian Spice Dust, **74**
Avocado leaf, 46–48
 Chiles Rellenos with, **47–48**
 Mole Powder, **358–359**
 toasting of, 12–13
Ayurvedic cuisine:
 ajwain in, 22
 amchoor in, 29
 asafetida in, 44
 black salt in, 66
 turmeric in, 322
Azafran, *see* Saffron
Baba Ganoush, **86**
 cardamom, black, 85
 Cauliflower and Asafetida Pitas, **44–45**

- Badge of the Campbells, *see* Gale
- Baharat*, 81, 121, 221
- Lamb, Baharat-and-Mint-crusted, 222
 - spice blend, 376
- Bahn mi*, 112
- Bai karee*, *see* Curry leaf
- Baker's cinnamon, *see* Cinnamon
- Balinese cuisine:
- Chicken Satay, Balinese, 288–289
 - screw pine in, 287–288
- Balsamico tradizionale*:
- Fennel and Asparagus Antipasto, 156
- Balsamic vinegar:
- Provençal Roast Chicken and Potatoes, 92–93
- Baltic (region of origin):
- coriander, European, 129–130
- Bamboo shoots:
- Thai Curried Beef, 194
- Bananas:
- Spiced Bananas Foster, 123–124
- Banda Islands (region of origin):
- mace, 212–214
 - nutmeg, 234–236
- Barbecue rubs, 337–343
- Carolina-style, 340–341
 - Tarheel Barbecue Rub and Sauce Base, 340–341
 - Chinese Five-Spice, 399
 - Jerk Rub, 362–363
 - Kansas City-style, 339–340
 - Barbecue Rub and Sauce Base, Kansas City style, 340
 - Memphis-style, 338–339
 - Beale Street, 339
 - Herb Poultry Rub, 341–342
 - Paprika Poultry Rub, 342
 - Seattle Salmon Rub, 343
 - Southern Catfish Mix, 343
 - Yucatan Rojo Rub, 360
- Barbecuing, 15–16
- Barberry, 49–51
- Chinese Stock Spices, 399–400
- Barks, 1–2
- Bartering, 9–10
- Basa Genep, 397
- Spicy Shrimp Toast, 196
- Basil, 6, 52–55
- Georgian Spiced Bean Balls, 112–113
 - Herbes de la Garrique, 369
 - Herbes de Provence, 368
 - home garden, for, 17
 - Italian Herb Blend, 371
 - Khmeli-Suneli, 374
 - regional differences in, 8
 - Spice-crusted Pork Chops, 270
 - subvarieties of, 17
 - Thai
 - Philippine Chicken Adobo, 311–312
 - Thai Red Curry Paste, 398
- Basque cuisine:
- licorice in, 210
 - mace in, 213
 - nutmeg in, 235
 - piments d'Espelette in, 102
 - sea salts in, 292
 - seaweeds in, 294
- Bastard cinnamon, *see* Chinese cassia-cinnamon
- Bastard saffron, *see* Safflower
- Bay laurel, *see* Bay leaf, Turkish
- Bay leaf:
- Californian, 59–60
 - Alaskan Crab Boil, 348
 - Gulf Coast Shrimp Boil, 347
 - “New” Bay Seasoning, 336
 - Creole Gumbo, 282–283
 - Indian, 61
 - Indonesian, 62
 - Lamb Tagine with Lemon and Figs, 319–320
 - Smoked Corn Chowder, 249
 - Turkish, 56–58
 - Bouquet Garni, 368
 - Cajun Blackening Spice Mix, 344
 - Central Indian-style Garam Masala, 388
 - Chesapeake Crab Boil, 348
 - Corned Beef Spice Mix, 349
 - Herbes de la Garrique, 369
 - Kala Masala, 389
 - Mélange Classique, 370
 - Pickling Spice Mix, 350
 - Tikka Masala, 365
 - West Indian, *see* Allspice
- Bay seasoning, 336
- “New” Bay Seasoning, 336
- Beale Street Barbecue Rub, 339
- Beans:
- Cuban Black, 152
 - Georgian Spiced Bean Balls, 112–113
 - Hummus, 306–307
 - Lamb Tagine with Lemon and Figs, 319–320
 - Russian White, with Vinegar and Walnuts, 159–160
- Bean herb (summer), *see* Savory, summer and winter
- Bean paste, red or black:
- Ma Pua Do Fu, 301–302
- Bee bread, *see* Borage
- Beef:
- Chinese Five-spiced, 304
 - Corned Beef Spice Mix, 349
 - Corning Solution, 349
 - English Beef Rub, 373
 - Grilled, on Licorice Skewers, 211
 - Mavrou, 83
 - Paradise Pepper Steak, 183
 - Phô* (Vietnamese Soup), 208–209
 - Rejepolsiko Marjoram-stuffed Duck, 218–219
 - Thai Curried, 194
 - Tourtière* (Spiced Meat Pie), 285–286
- Beefsteak leaf, *see* Shiso
- Beer:
- grains of paradise, 182
 - mulwort, 226
- Beets:
- Beet-and-Wasabi-crusted Halibut, 330–331
 - Roasted with Cumin, 141–142
- Belgian cuisine:
- chicory in, 94
 - cicely in, 110
- Belgian endive, *see* Chicory
- Bengal pepper, *see* Pepper, long
- Berberé*, 22
- Malay Citrus Atjar, 179
 - recipe for, 392
- Berry, Christmas, *see* Pepper, pink
- Beverages. *See also specific types, e.g.*: Teas
- allspice in, 26, 27
 - borage, 70
 - Classic Sweet Chai Mix, 383
 - ginger beer, 177–178
 - Glogg Spices, 366
 - grains of paradise, 182
 - Homemade Coffee Liqueur, 328
 - lavender, 200
 - Lemonade, Lavender and Anise Hyssop, 188
 - Mayan Cocoa Mix, 360–361
 - mint, 220
 - Mulling Spices, 367
 - nutmeg, 235
 - Roast Chai Mix, 383
 - rose petals, 266
 - Tamarind Refreshers, 312–313
 - Turkish Coffee, 81
- Biriyani:
- coriander, Indian, 131
- Biscotti:
- anise, brown, 35
- Bishop's weed, *see* Ajwain
- Bisque, Saffron Butternut, 276
- Black anise, 36
 - Black Beans, Cuban, 152
 - Black bean paste:
 - Ma Pua Do Fu, 301–302
 - Black cardamom, *see* Cardamom, black
 - Black cumin, *see* Cumin, black
 - Blackening:
 - Blackened Chicken, 230
 - Cajun Spice Mix, 344
 - Black lemon (black lime), 63–65
 - Arabic Chicken Kabsa, 65
 - Black lentils, *see* Lentils, black
 - Black mangosteen, *see* Kokum
 - Black Masala, Pumpkin and Lentils with, 30
 - Black olives:
 - Lamb Tagine with Lemon and Figs, 319–320
 - Black onion seed, *see* Nigella
 - Black pepper, *see* Pepper, black
 - Black peppercorns, *see* Peppercorns, black, green, white, and “true” red
 - Black salt, 66
 - Chat Masala, 384
 - Black sesame seeds, *see* Sesame seeds, black

- Blade mace, *see* Mace
- Blends, *See* Herb and spice blends; Seasoning salts
- Blue fenugreek, *see* Bread clover
- Bog myrtle, *see* Gale
- Boils, seafood, *see* Seafood, boils
- Boldina leaf (*boldo*), 67–68
- Borage, 69–70
- Bouquets garni:
 - bay leaf, Turkish, 58
 - recipe for, 368
 - tarragon, 315
- Brandy:
 - for extracts/liqueurs, 16
 - vanilla extract, 327
- Bread:
 - bush tomato, 74
 - caraway, 77
 - fennel, 154–155
 - saffron, 275
 - Spicy Shrimp Toast, 196
 - stuffing, spices for, 351
 - Tex-Mex Chile Corn, 105–106
- Bread clover, 71–72
- Bread crumbs, Japanese, *see* Panko
- Bread stuffing spices, 351
- “Instant” Stuffing Spice Mix, 351
- Brittany coast salts, 291
- Brittle, Sesame, 296
- Brown anise, 33–35
- Brown cardamom, *see* Cardamom, black
- Brown cumin, *see* Cumin, brown
- Brown lentils, *see* Lentils, brown, red, or yellow
- Brown mustard seeds, *see* Mustard seeds, brown
- Buds, 1–2
- Bulgarian cuisine:
 - Oven-blasted Cauliflower with Dill and Lemon, 149
- Bulk bin purchasing, 4
- Bush tomato, 73–74
- Shrimp with New Australian Spice Dust, 74
- Buttermilk:
 - Mom’s Holiday Corn Bread Dressing, 279–280
- Butternut Bisque, Saffron, 276
- Buying herbs and spices, 2–5. *See also specific herbs and spices*
- Cabbage:
 - Chinese Mountain Duck Soup, 51
 - Juniper and Mustard Sauerkraut, 191
 - Overnight Coleslaw, 79
- Café du Monde, 94
- Cajun cuisine:
 - Cajun blackening, 344
 - Blackened Chicken, 230
 - Spice Mix, 344
- celery in, 90
- sassafras in, 281–282
- thyme in, 318
- Cake:
 - Lemon Verbena Cheesecake, 205–206
 - Steamed Spiced Fig Cake, 213–214
- California (region of origin):
 - bay leaf, Californian, 59–60
- California bay leaves, *see* Bay leaf, Californian
- Californian laurel, *see* Bay leaf, Californian
- Callamus, *see* Sweet flag
- Canadian cuisine:
 - cloves in, 128
 - Montreal steak spice, 346
 - Tourtière* (Spiced Meat Pie), 285–286
- Candied angelica, 32
- Candlenut, 75–76
- Basa Genep, 397
- Canela*, *see* Cinnamon, white
- Capetown Masala, 395
- Mavrou, 83
- Caraway, 77–79
- Harissa, 393–394
- Hawayil, 376–377
- Juniper and Mustard Sauerkraut, 191
- Kharcho, 374
- Overnight Coleslaw, 79
- Ras el Hanout, 377–378
- Steak Spice Blend, 346
- Svanetti Salt, 375
- Tabil, 394
- Tikka Masala, 365
- Cardamom:
 - black, 85
 - Baba Ganoush, 86
 - Kala Masala, 389
 - green and white, 80–84
 - Classic Sweet Chai Mix, 383
 - Glogg Spices, 366
 - Mulling Spices, 367
 - Turkish Coffee, 81
 - ground versions of, 4
- Ras el Hanout, 377–378
- smoking with, 15
- Thai, 84
- Cardamom seeds:
 - Arabic Chicken Kabsa, 65
- Baharat, 376
- Berberé, 391–392
- Capetown Masala, 395
- Central Indian-style Garam Masala, 388
- Char Masala, 384
- Hawayil, 376–377
- Kashmiri Garam Masala, 388–389
- Kashmiri-style Curry Powder, 386
- Lamb Korma with Cashews, 265
- Madras-style Curry Powder, 385
- Mavrou, 83
- “New” Bay Seasoning, 336
- Sri Lankan-style Curry Powder, 387
- Tikka Masala, 365
- Trinidad Curry, 364
- Zhug, 380
- Caribbean (region of origin). *See also* West Indies; *specific countries*
- allspice, 25–27
- culantro, 138–139
- Caribbean blends, 362–364
- Jerk Rub, 362–363
- Poudre de Colombo, 363
- Trinidad Curry, 364
- Caribbean cuisine:
 - allspice in, 27
 - chiles in, 97
 - culantro in, 138–139
- Carolina-style barbecue, 340–341
- Carom, *see* Ajwain
- Carrots:
 - Root Vegetable Curry, 132
- Cascabel chiles, *see* Chiles, cascabel
- Cashews, Lamb Korma with, 265
- Cassias (in general), 114
- smoking with, 15
- Cassia-cinnamon, 6
- areas of cultivation, 120
- Baharat, 376
- Berberé, 391–392
- Char Masala, 384
- Chesapeake Crab Boil, 348
- Chinese, *see* Chinese cassia-cinnamon
- Chinese Five-Spice, 399
- Chinese Stock Spices, 399–400
- Classic Sweet Chai Mix, 383
- English Beef Rub, 373
- Georgian Spiced Bean Balls, 112–113
- Harissa, 393–394
- Indonesian, *see* Indonesian cassia-cinnamon
- Jerk Rub, 362–363
- Kala Masala, 389
- Kashmiri Garam Masala, 388–389
- Kashmiri-style Curry Powder, 386
- Khmeli-Suneli, 374
- Lamb Tagine with Lemon and Figs, 319–320
- Lemon Verbena Cheesecake, 205–206
- Madras-style Curry Powder, 385
- Mulling Spices, 367
- “New” Bay Seasoning, 336
- Poudre Douce, 372
- Poudre Forte, 372
- Pumpkin Pie Spice, 352
- Qalat Daqqa, 377
- Roast Chai Mix, 383
- Spice-crusting Pork Chops, 270
- Spiced Bananas Foster, 123–124
- Sri Lankan-style Curry Powder, 387
- Trinidad Curry, 364
- Triple-Rise Cinnamon Rolls, 122–123
- Tunisian Five-Spice, 395
- Yucatan Rojo Rub, 360
- Catarina chiles, *see* Chiles, Catarina
- Catfish Mix, Southern, 343
- Catnip (catmint), 87–88
- Caucasus (region of origin):
 - golpar, 180
- Cauliflower:
 - Oven-blasted, with Dill and Lemon, 149
 - Pitas, Cauliflower and Asafetida, 44–45
- Cayenne, 100
- Cajun Blackening Spice Mix, 344
- Capetown Masala, 395
- Chat Masala, 384
- Creole Spice Blend, 345
- Indian
 - Beale Street Barbecue Rub, 339

- Mayan Cocoa Mix, **360–361**
 Mélange Chermoula, **370**
 Mint China Seasoning, **392**
 “New” Bay Seasoning, **336**
 Piri-Piri, **394**
 Southern Catfish Mix, **343**
 Spiced Bananas Foster, **123–124**
 Tarheel Barbecue Rub and Sauce Base, **340–341**
 Cekur, *see* Kencur
 Celery (seed), **89–90**
 Alaskan Crab Boil, **348**
 Beale Street Barbecue Rub, **339**
 Cajun Blackening Spice Mix, **344**
 Chesapeake Crab Boil, **348**
 Corned Beef Spice Mix, **349**
 Greek Seasoning Salt, **355**
 Gulf Coast Shrimp Boil, **347**
 Kansas City Barbecue Rub and Sauce Base, **340**
 “New” Bay Seasoning, **336**
 Overnight Coleslaw, **79**
 Paprika Poultry Rub, **342**
 Pickling Spice Mix, **350**
 wild, *see* Angelica
 Celery flakes:
 Creole Spice Blend, **345**
 Herb Poultry Rub, **341–342**
 “Instant” Stuffing Spice Mix, **351**
 Central Africa (region of origin). *See also specific countries*
 pepper
 long, **257**
 negro, **258**
 Central African cuisine:
 ajwain in, **22**
 Central America (region of origin). *See also specific countries*
 chiles, **95–105**
 oregano, Mexican, **243–245**
 Central American blends, **360**
 Yucatan Rojo Rub, **360**
 Central American cuisine:
 annatto in, **37**
 cilantro in, **111**
 oregano, Mexican, in, **243**
 Central Asia (region of origin). *See also specific countries*
 barberry, **49–51**
 Chinese cassia-cinnamon, **119–124**
 chives, **107–108**
 cilantro, **111–113**
 garlic chives, **107–108**
 golpar, **180**
 Central China (region of origin):
 Sichuan pepper, **300–302**
 Central Europe (region of origin). *See also specific countries*
 bread clover, **71–72**
 chives, **107–108**
 cicely, **109–110**
 onion chives, **107–108**
 tarragon, **314–316**
 Central European blends, **367**
 Mulling Spices, **367**
 Central European cuisine:
 chervil in, **92**
 Central Indian cuisine:
 curry leaf in, **145**
 Garam Masala, Central Indian-style, **388**
 Arabic Chicken Kabsa, **65**
 Ceylon cinnamon, *see* Cinnamon
 Chai spices, **381–383**
 Classic Sweet Chai Mix, **383**
 ginger, **175**
 Roast Chai Mix, **383**
 Char Masala, **384**
Charnuska, *see* Nigella
Chartreuse, **186**
 Chat, **22**
 Chat Masala, **384**
 Cheese:
cojita (Mexican fresh cheese)
 Chiles Rellenos with Avocado Leaf, **47–48**
 Parmigiano-Reggiano
 Oven-blasted Cauliflower with Dill and Lemon, **149**
 Spinach and Ricotta
 Gnocchi, **236–237**
 ricotta
 Chiles Rellenos with Avocado Leaf, **47–48**
 Gnocchi, Spinach and Ricotta, **236–237**
 Cheesecake, Lemon Verbena, **205–206**
 Chermoula, Mint, **392**
 Chervil, **91–93**
 Fines Herbes, **369**
 giant, *see* Cicely
 heating of, **14**
 Herbes de Provence, **368**
 Japanese, *see* Mitsuba
 Chesapeake Crab Boil, **348**
 Chicken:
 Arabic Chicken Kabsa, **65**
 Balinese Chicken Satay, **288–289**
 Blackened, **230–231**
 Creole Gumbo, **282–283**
 Herb Poultry Rub, **341–342**
 Pacific Red-Crusted, **248**
 Philippine Chicken Adobo, **311–312**
 Provençal Roast Chicken and Potatoes, **92–93**
 Tikka Masala, **323**
 West Indian Groundnut Soup, **23–24**
 Yucatan Chicken Rojo, **28**
 Chickpeas:
 Duqqa, **393**
 Hummus, **306–307**
 Chicory, **94**
 Chihuacle negro chiles, *see* Chiles, chihuacle negro
 Chile (country of origin):
 boldina leaf, **67–68**
 Chiles (chile peppers), **95–105**
aji, **98**
 Aleppo pepper, **98–99**
 ancho, **99–100**
 Ancho Chili Powder, **357–358**
 Chipotle Chili Powder, **358**
 Taco and Fajita Seasoning, **359**
 Tex-Mex Chile Corn Bread, **105–106**
 Asian, **103**
 cascabel
 Sambhar Masala, **390**
 Catarina
 Sambhar Masala, **390**
 cayenne, **100**
 chihuacle negro
 Mole Powder, **358–359**
 chipotle, **102**
 Chipotle Chili Powder, **358**
 Wild Mushroom Fajitas, **244–245**
 guajillo, **100–101**
 Harissa, **393–394**
 Kala Masala, **389**
 Kashmiri-style Curry Powder, **386**
 Pakistani-style Curry Powder, **386**
 Tex-Mex Chile Corn Bread, **105–106**
 Tikka Masala, **365**
 habanero, **101–102**
 Jerk Rub, **362–363**
 Trinidad Curry, **364**
 “heat” of, **96–97**
 jalapeño, **102**
 Pumpkin and Lentils with Black Masala, **30**
 Tex-Mex Chile Corn Bread, **105–106**
 Zicil P’ak, **107**
 japonés, **103**
 morita, **102**
 mulato, **99–100**
 Ancho Chili Powder, **357–358**
 Mole Powder, **358–359**
 selecting, **97**
 Tex-Mex Chile Corn Bread, **105–106**
 naming conventions, **96**
 Near East, **98–99**
 Oaxaca
 Cuban Black Beans, **152**
 Smoked Corn Chowder, **249**
 pasilla
 Mole Powder, **358–359**
 pasilla Oaxaca, **103**
 pequín
 Basa Genep, **397**
 Berberé, **391–392**
 Gulf Coast Shrimp Boil, **347**
 Harissa, **393–394**
 Piri-Piri, **394**
 selecting, **97**
 Sri Lankan-style Curry Powder, **387**
 piments d’Espelette, **102–103**
 poblano
 Chiles Rellenos with Avocado Leaf, **47–48**
 reconstituting dried, **13–14**
 red
 Ma Pua Do Fu, **301–302**
 Root Vegetable Curry, **132**
relleno, **98**
 Scoville heat scale, **99**
 Simplified Pork Mole, **104**
 smoked, **102–103**
 smoky flavors of, **16**
 texture of, **97**
 Thai, **103**

- Chiles (chile peppers) (*continued*):
 Thai red
 Philippine Chicken Adobo, **311–312**
 Sambal Goreng, **396**
 Thai Red Curry Paste, **398**
- Chilean cuisine:
 Boldina leaf in, **68**
- Chile flakes:
 Japanese or Chinese, mild Shichimi-Togarashi, **401**
- red
 Beet-and-Wasabi-crust-ed Halibut, **330–331**
 Chiles Rellenos with Avocado Leaf, **47–48**
 Farm Sausage Spice, **353**
 Kharcho, **374**
 Lamb Korma with Cashews, **265**
 Madras-style Curry Powder, **385**
 Pork Dim Sum with Shiso, **298–299**
 Spicy Italian Marinara Sauce, **241–242**
 Spicy Shrimp Toast, **196**
 Tabil, **394**
 Tikka Masala, **365**
 Western Seasoning Salt, **354**
- Chili powders, **6, 357–359**
 Ancho, **357–358**
 Chipotle, **358**
 cumin, brown, **141**
 Jerk Rub, **362–363**
 Mole Powder, **358–359**
 Taco and Fajita Seasoning, **359**
- China (country of origin):
 galangal, lesser, **165–166**
 ginger, **174–179**
 harvesting in, **8**
 shiso, **297–299**
- China root, *see* Galangal, lesser
- Chinese anise, *see* Star anise
- Chinese blends, **399–400**
 barberry in, **49**
 Chinese Five-Spice, **399**
 Chinese Stock Spices, **399–400**
 fennel in, **153**
- Chinese cassia-cinnamon, **119–124**
- Chinese cuisine:
 finger root in, **161**
 garlic in, **172–173**
 ginger in, **175, 177**
 Ma Pua Do Fu, **301–302**
 Mountain Duck Soup, Chinese, **51**
 Sichuan pepper, **300–301**
 star anise in, **303**
 Chinese Five-Spice, **399**
 Beef, Chinese Five-Spiced, **304**
 Pork Dim Sum with Shiso, **298–299**
- Chinese keys, *see* Finger root
- Chinese mild chile flakes:
 Shichimi-Togarashi, **401**
- Chinese parsley, *see* Cilantro
- Chinese prickly ash, *see* Sichuan pepper
- Chinese Stock Spices, **399–400**
 Chinese Mountain Duck Soup, **51**
- Chipotle chiles, *see* Chiles, chipotle
- Chipotle Chili Powder, **358**
- Chives, **107–108**
 aromatic infusions of, **14–15**
 Fines Herbes, **369**
 home garden, for, **17**
 Jerk Rub, **362–363**
 Saffron Butternut Bisque, **276**
 Zicil P'ak, **107**
- Chowder, Smoked Corn, **249**
- Christmas berry, *see* Pepper, pink
- Cicely, **109–110**
- Cider:
 Mulling Spices, **367**
- Cilantro, **2, 111–113**. *See also* Coriander, European
 Baba Ganoush, **86**
 Balinese Chicken Satay, **288–289**
 Cauliflower and Asafetida Pitas, **44–45**
 Cuban Black Beans, **152**
 dried, **10–11**
 Georgian Spiced Bean Balls, **112–113**
 Lamb Korma with Cashews, **265**
 Mint Chermoula, **392**
 Thai Red Curry Paste, **398**
 West Indian Groundnut Soup, **23–24**
 Zhug, **380**
 Zicil P'ak, **107**
- Cinnamons, **114**. *See also*
 Cassia-cinnamon
 bastard cinnamon, *see* Chinese cassia-cinnamon
 grading system for, **116–117**
 smoking with, **15**
 Sumatra, *see* Indonesian cassia-cinnamon
 true cinnamon, **115–118**
 Lamb Korma with Cashews, **265**
 Mayan Cocoa Mix, **360–361**
 Mole Powder, **358–359**
 Pakistani-style Curry Powder, **386**
 Ras el Hanout, **377–378**
 Triple-Rise Cinnamon Rolls, **122–123**
 Wild Mushroom Fajitas, **244–245**
 white, **125**
- Cinnamon leaf, *see* Bay leaf, Indian
- Citric acid:
 Shichimi-Togarashi, **401**
- Citronella, **207–209**
- Citrus Atjar, Malay, **179**
- Citrus Honey Mustard, **231**
- Citrus import ban, **193**
- Classic Sweet Chai Mix, **383**
- Cloves, **6, 126–128**
 Alaskan Crab Boil, **348**
 Arabic Chicken Kabsa, **65**
 Baharat, **376**
 Baharat-and-Mint-crust-ed Lamb, **222**
 Berberé, **391–392**
 Central Indian-style Garam Masala, **388**
 Char Masala, **384**
 Chesapeake Crab Boil, **348**
 Chinese Five-Spice, **399**
 Chinese Stock Spices, **399–400**
 Classic Sweet Chai Mix, **383**
 Georgian Spiced Bean Balls, **112–113**
 Gulf Coast Shrimp Boil, **347**
 Jerk Rub, **362–363**
 Kala Masala, **389**
 Kansas City Barbecue Rub and Sauce Base, **340**
 Kashmiri Garam Masala, **388–389**
 Kashmiri-style Curry Powder, **386**
- Khmeli-Suneli, **374**
- Mayan Cocoa Mix, **360–361**
- Mélange Classique, **370**
- Mint Chermoula, **392**
- Mole Powder, **358–359**
- Mulling Spices, **367**
- “New” Bay Seasoning, **336**
- Pakistani-style Curry Powder, **386**
- Poudre de Colombo, **363**
- Poudre Forte, **372**
- Pumpkin Pie Spice, **352**
- Qalat Daqqa, **377**
- Rejepolsiko Marjoram-Stuffed Duck, **218–219**
- Roast Chai Mix, **383**
- Sambal Goreng, **396**
 smoking with, **15**
- Spice-crust-ed Pork Chops, **270**
- Sri Lankan-style Curry Powder, **387**
- Tarheel Barbecue Rub and Sauce Base, **340–341**
- Tikka Masala, **365**
- Tourtière (Spiced Meat Pie), **285–286**
- Tunisian Five-Spice, **395**
- Yucatan Rojo Rub, **360**
- Clove oil, **127**
- Clover, bread, *see* Bread clover
- Cocktails:
 Tamarind Refreshers, **312–313**
- Cocoa:
 allspice in, **27**
 Mayan Cocoa Mix, **360–361**
 Mole Powder, **358–359**
- Coconut:
 Kala Masala, **389**
 Sambhar Masala, **390**
- Coffee:
 chicory, **94**
 Homemade Coffee Liqueur, **328**
 nutmeg, **235**
 Turkish, **81**
- Coffee mills, **11–12**
- Cojita (Mexican fresh cheese):
 Chiles Rellenos with Avocado Leaf, **47–48**
- “Cold” extract/liqueur processes, **16**
- Coleslaw, Overnight, **79**
- Colman, Jeremiah, **229**
- Colman’s of Norwich mustard, **229**

- Condiments:
 Chat Masala, **384**
 Harissa, **393–394**
 Mint Chermoula, **392**
- Containers, storage, **10**
- Continental grade cinnamon, **116**
- Cookies:
 Lavender Shortbread, **201**
- Cooking salts, **292**
- Coriander, **2**
 Capetown Masala, **395**
 coriander leaf, *see* Cilantro
 European, **129–130**
 Chesapeake Crab Boil, **348**
 Gulf Coast Shrimp Boil, **347**
 ground versions of, **4**
 Indian, **131–132**
 Kansas City Barbecue Rub and Sauce Base, **340**
 large-scale production of, **8**
 long, *see* Culantro
 Mexican, *see* Culantro
 sawleaf, *see* Culantro
 spiny, *see* Culantro
 Vietnamese, **133–134**
- Coriander leaf, *see* Cilantro
- Coriander seeds:
 Arabic Chicken Kabsa, **65**
 Baharat, **376**
 Basa Genep, **397**
 Beale Street Barbecue Rub, **339**
 Berberé, **391–392**
 Central Indian-style Garam Masala, **388**
 Duqqa, **393**
 Harissa, **393–394**
 Jerk Rub, **362–363**
 Kala Masala, **389**
 Kansas City Barbecue Rub and Sauce Base, **340**
 Kashmiri Garam Masala, **388–389**
 Kashmiri-style Curry Powder, **386**
 Kharcho, **374**
 Khmeli-Suneli, **374**
 Lamb Korma with Cashews, **265**
 Madras-style Curry Powder, **385**
 Mélange Classique, **370**
 Mignonette Pepper, **370**
 Mint Chermoula, **392**
 Pakistani-style Curry Powder, **386**
 Poudre de Colombo, **363**
- Ras el Hanout, **377–378**
 Roast Chai Mix, **383**
 Sambhar Masala, **390**
 Seattle Salmon Rub, **343**
 Sri Lankan-style Curry Powder, **387**
 Steak Spice Blend, **346**
 Svanetti Salt, **375**
 Syrian Zahtar, **380**
 Tabil, **394**
 Thai Red Curry Paste, **398**
 Trinidad Curry, **364**
 Western Seasoning Salt, **354**
 Yucatan Rojo Rub, **360**
 Zhug, **380**
- Corn Bread, Tex-Mex Chile, **105–106**
- Corn Bread Dressing, Mom's Holiday, **279–280**
- Corn Chowder, Smoked, **249**
- Corned beef spices, **349**
 Corning Solution, **349**
 recipe for, **349**
- Cornmeal:
 Mom's Holiday Corn Bread Dressing, **279–280**
 Southern Catfish Mix, **343**
- Costa Rican mint, **221**
- Crab Boil:
 Alaskan, **348**
 Chesapeake, **347–348**
- Crackers, Nigella, **233**
- Cranberry Sauce, Mulled, **82**
- Crawfish:
 Creole Gumbo, **282–283**
- Cream:
 Lemon Verbena Cheesecake, **205–206**
 Oven-blasted Cauliflower with Dill and Lemon, **149**
 Portobellos with Garlic Cream, **173**
 Saffron Butternut Bisque, **276**
- Cream of tartar, **135**
- Creole cuisine:
 celery in, **90**
 Creole spices, **345**
 garlic in, **172**
 Gumbo, Creole, **282–283**
 parsley in, **251**
 thyme in, **318**
 creole spice blend, **345**
 Creole Gumbo, **282–283**
 recipe for, **345**
- Croatian cuisine:
 sage in, **278**
- Cuban Black Beans, **152**
- Cubeb, **136–137**
 Chat Masala, **384**
 Ras el Hanout, **377–378**
- Culantro, **138–139**
 Balinese Chicken Satay, **288–289**
 Cuban Black Beans, **152**
- Cumin, **6**
 Beets Roasted with, **141–142**
 black, **141, 143**
 Kala Masala, **389**
 Kashmiri Garam Masala, **388–389**
 brown, **140–142**
 Ethiopian, *see* Ajwain
 Kansas City Barbecue Rub and Sauce Base, **340**
 Lamb Korma with Cashews, **265**
 Overnight Coleslaw, **79**
 Roman, *see* Caraway
- Cumin seeds:
 Adobo, **356**
 Ancho Chili Powder, **357–358**
 Arabic Chicken Kabsa, **65**
 Baharat, **376**
 Cajun Blackening Spice Mix, **344**
 Capetown Masala, **395**
 Central Indian-style Garam Masala, **388**
 Char Masala, **384**
 Chat Masala, **384**
 Chiles Rellenos with Avocado Leaf, **47–48**
 Chipotle Chili Powder, **358**
 Cuban Black Beans, **152**
 Duqqa, **393**
 Harissa, **393–394**
 Hawayil, **376–377**
 Kala Masala, **389**
 Kansas City Barbecue Rub and Sauce Base, **340**
 Kashmiri-style Curry Powder, **386**
 Madras-style Curry Powder, **385**
 Pakistani-style Curry Powder, **386**
 Panch Phoron, **390**
 Poudre de Colombo, **363**
 Ras el Hanout, **377–378**
 Roast Chai Mix, **383**
 Sambhar Masala, **390**
 Seattle Salmon Rub, **343**
 Sri Lankan-style Curry Powder, **387**
- Syrian Zahtar, **380**
- Tarheel Barbecue Rub and Sauce Base, **340–341**
- Tex-Mex Chile Corn Bread, **105–106**
- Tikka Masala, **365**
- Trinidad Curry, **364**
- Yucatan Rojo Rub, **360**
- Zicil P'ak, **107**
- Curb herb, *see* Bread clover
- Curries. *See also* Curry powders
 allspice, **27**
 Capetown Masala, **395**
 cardamom, green and white, **81**
 cloves, **128**
 coriander, European, **129, 130**
 curry leaf, **145**
 fennel, **153**
 galangal, greater, **163**
 garlic, **172**
 kaffir lime, **194**
 kokum, **198**
 Lamb Korma with Cashews, **265**
 mustard seeds, **228**
 Poudre de Colombo, **363**
 Root Vegetable, **132**
 Thai Curried Beef, **194**
 Thai Red Curry Paste, **398**
 Trinidad, **364**
 turmeric, **321**
- Curry leaf, **11, 144–145**
- Curry powders, **6, 385–387**
 Kashmiri-style, **386**
 Madras-style, **385**
 Pakistani-style, **386**
 Root Vegetable Curry, **132**
 Sri Lankan-style, **387**
- Daun kesom*, *see* Coriander, Vietnamese
- Daun salam*, *see* Bay leaf, Indonesian
- Decorticated cardamom, *see* Cardamom, green and white
- Desert raisin, *see* Bush tomato
- Desserts:
 Lavender Shortbread, **201**
 Lemon Verbena Cheesecake, **205–206**
 Sesame Brittle, **296**
 Spiced Bananas Foster, **123–124**
 Steamed Spiced Fig Cake, **213–214**

- Devil's dung, *see* Asafetida
Dijon mustard, 228
Dill (weed/seed), 146–149
 Alaskan Crab Boil, 348
 Chesapeake Crab Boil, 348
 Gulf Coast Shrimp Boil, 347
 Israeli Zahtar, 379
 Oven-blasted Cauliflower and Lemon, with, 149
 Pickling Spice Mix, 350
 Steak Spice Blend, 346
 Svanetti Salt, 375
Dim sum, 107
 Pork, with Shiso, 298–299
Dips:
 Baba Ganoush, 86
 Duqqa, 393
 Hummus, 306–307
 Zicil P'ak, 107
Dominican cuisine:
 chiles in, 97
Donkey pepper, *see* Savory, summer and winter
Dorrigo pepper, *see* Mountain pepper
Doughs:
 Indian savory doughs, 22
 Triple-Rise Cinnamon Rolls, 122–123
Dressing, *see* Stuffing
Dried herbs and spices:
 garlic, 6
 loss of flavor in, 10–11
 reconstituting, 13–14
Dried lime, *see* Black lemon
Duck:
 Chinese Mountain Duck Soup, 51
 Rejepolsiko Marjoram-stuffed, 218–219
Duqqa, 393
East Africa (region of origin). *See also specific countries*
 tamarind, 310–313
Eastern Asia (region of origin). *See also specific countries*
 turmeric, 321–323
Eastern Europe (region of origin). *See also specific countries*
 horseradish, 184–185
 poppy seeds, 264–265
 summer savory, 284–286
Eastern Mediterranean (region of origin). *See also specific countries*
 fenugreek, 157–160
Eggs, Scotch, 155–156
Eggnogs:
 nutmeg, 235
Eggplant:
 Baba Ganoush, 86
Egyptian cuisine:
 basil in, 52–53
 fenugreek in, 158
Endive, Belgian, *see* Chicory
English Beef Rub, 373
English cuisine:
 Chicken Tikka Masala, 323
 ginger in, 177–178
 savory in, 285
English lavender, *see* Lavender
Epazote, 150–152
 Cuban Black Beans, 152
Ethiopian cumin, *see* Ajwain
Europe (region of origin). *See also specific regions and countries*
 lavender, 199–201
European blends:
 bay leaf, Turkish, in, 58
European coriander, *see* Coriander, European
European cuisine:
 anise, brown, in, 34
 coriander in, 2
 licorice in, 210
 mugwort in, 226
 sage in, 278
Extracts, making, 16
 vanilla, 327
Fagara, *see* Sichuan pepper
Fajitas:
 Taco and Fajita Seasoning, 359
 Wild Mushroom Fajitas, 244–245
False cardamom, *see* Cardamom, black
Farm Sausage Spice, 353
 Scotch Eggs, 155–156
Featherings, cinnamon, 116
Fennel, 6, 153–156
 and Asparagus Antipasto, 156
 Glogg Spices, 366
 Herbes de la Garrigue, 369
 Panch Phoron, 390
Fennel seeds:
 Alaskan Crab Boil, 348
 Arabic Chicken Kabsa, 65
 Chinese Five-Spice, 399
 Farm Sausage Spice, 353
 Grilled Beef on Licorice Skewers, 211
Kashmiri-style Curry Powder, 386
 Roast Chai Mix, 383
 Seattle Salmon Rub, 343
 Sri Lankan-style Curry Powder, 387
Fenugreek, 157–160
 Berberé, 391–392
 blue, *see* Bread clover
 Kharcho, 374
 Khmeli-Suneli, 374
 Madras-style Curry Powder, 385
 Panch Phoron, 390
 Poudre de Colombo, 363
 reconstituting dried, 14
 Sambhar Masala, 390
 Sri Lankan-style Curry Powder, 387
 Svanetti Salt, 375
 Tikka Masala, 365
Fernleaf lavender, *see* Lavender
Fig(s):
 Lamb Tagine with Lemon and, 319–320
 Steamed Spiced Fig Cake, 213–214
Fillers (in spice blends), 2, 4–5
Fine herbes, 91
 Leek and Potato Soup with French Herbs, 316
 recipe for, 369
Finger root, 161
 Balinese Chicken Satay, 288–289
Finishing salts, 292
Finocchico (root bulb), *see* Fennel
Fish:
 Annatto-oiled Snapper, 39–40
 Beet-and-Wasabi-crusted Halibut, 330–331
 Seattle Salmon Rub, 343
 Southern Catfish Mix, 343
 Spiced Whitefish in Lotus Leaf, 164
Fish sauce:
 Thai Red Curry Paste, 398
Five-Spice:
 Chinese, 399
 Five-Spiced Beef, 304
 Pork Dim Sum with Shiso, 298–299
 Tunisian, 395
Flag, sweet, *see* Sweet flag
Flageolet beans:
 Georgian Spiced Bean Balls, 112–113
Flank steak:
 Chinese Five-spiced Beef, 304
Flavor(s):
 and age of spice, 3–4
 of dried herbs/spices, 10–11
 in grinding equipment, 12
 smoky, 15–16
 tartness, 312
 of toasted spices, 13
Fleur de sel, 291
Florence fennel (root bulb), *see* Fennel
Flower pepper, *see* Sichuan pepper
France (country of origin):
 piments d'Espelette, 102
Freezing of herbs, 11
French blends, 368–371
 Bouquet Garni, 368
 chervil in, 91
 Fines Herbes, 369
 Herbes de la Garrigue, 369
 Herbes de Provence, 368
 Mélange Classique, 370
 Mignonette Pepper, 370
 Quatre-Épices, 371
 Seasoning Salt, French, 355
 tarragon in, 314, 315
French cuisine:
 chicory in, 94
 cinnamon in, 117–118
 lavender in, 199, 200
 Leek and Potato Soup with French Herbs, 316
 mace in, 213
 mustard seeds in, 228
 nutmeg in, 235
 seaweeds in, 293–294
 tarragon in, 314, 315
French lavender, *see* Lavender
French marjoram, 217
French parsley, *see* Chervil
French tarragon, *see* Tarragon
French wild thyme, *see* Thyme
Freshness of spices, 3–4
Fruit juice, reconstituting with, 14
Galangal:
 Balinese Chicken Satay, 288–289
 Basa Genep, 397
 Chinese Five-spiced Beef, 304
 greater, 162–164
 Spiced Whitefish in Lotus Leaf, 164
 lesser, 165–166

- Poudre Douce, 372
 Ras el Hanout, 377–378
 Thai Red Curry Paste, 398
 Gale, 167–168
 Galingale, 165
 Gan jiang, *see* Ginger
 Garam masala, 388–390
 Central Indian-style, 388
 cinnamon, 117
 cumin, brown, 141
 Garam Masala, Central
 Indian-style, 388
 Kala Masala, 389
 Kashmir Garam, 388–389
 Panch Phoron, 390
 Sambhar Masala, 390
 Garbanzo beans, *see*
 Chickpeas
 Garden poppy, *see* Poppy
 seeds
 Garlic, 169–173
 Adobo, 356
 Ancho Chili Powder,
 357–358
 Annatto-oiled Snapper,
 39–40
 Basa Genep, 397
 Beale Street Barbecue Rub,
 339
 Berberé, 391–392
 Cajun Blackening Spice
 Mix, 344
 Chinese Five-spiced Beef,
 304
 Chipotle Chili Powder, 358
 dried, 6, 171
 Grilled Beef on Licorice
 Skewers, 211
 Harissa, 393–394
 Herb Poultry Rub, 341–
 342
 Hummus, 306–307
 Hungarian Goulash, 250
 Jerk Rub, 362–363
 Kansas City Barbecue Rub
 and Sauce Base, 340
 Kharcho, 374
 Lamb Korma with
 Cashews, 265
 Leek and Potato Soup with
 French Herbs, 316
 Ma Pua Do Fu, 301–302
 Mavrou, 83
 Mole Powder, 358–359
 Philippine Chicken Adobo,
 311–312
 Phô (Vietnamese Soup),
 208–209
 Pork Dim Sum with Shiso,
 298–299
 Portobellos with Garlic
 Cream, 173
 roasting, 172
 Saffron Butternut Bisque,
 276
 Sambal Goreng, 396
 Scotch Eggs, 155–156
 Smoked Corn Chowder, 249
 Southern Catfish Mix, 343
 Steak Spice Blend, 346
 Svanetti Salt, 375
 Tabil, 394
 Taco and Fajita Seasoning,
 359
 Thai Red Curry Paste, 398
 Tikka Masala, 323, 365
 Tourtière (Spiced Meat Pie),
 285–286
 Western Seasoning Salt, 354
 Wild Mushroom Fajitas,
 244–245
 Yucatan Rojo Rub, 360
 Zhug, 380
 Garlic chives, 107
 Garlic powder:
 Creole Spice Blend, 345
 Georgian Spiced Bean Balls,
 112–113
 German cuisine:
 cicely in, 110
 mugwort in, 226
 savory in, 285
 Ghee:
 Arabic Chicken Kabsa, 65
 Giant chervil, *see* Cicely
 Giant hogweed, *see* Golpar
 Gin:
 cubeb, 137
 juniper, 189, 190
 Ginger (ginger root), 6,
 174–179
 Balinese Chicken Satay,
 288–289
 Basa Genep, 397
 Berberé, 391–392
 buying, 175
 Chat Masala, 384
 Chinese Stock Spices, 399–
 400
 Classic Sweet Chai Mix, 383
 crystallized, 175–176
 cultivation of, 176
 dried, 174, 175
 freshness of, 177
 Glogg Spices, 366
 Jerk Rub, 362–363
 Lamb Korma with Cashews,
 265
 Lemon Verbena Cheese-
 cake, 205–206
 Madras-style Curry
 Powder, 385
 Ma Pua Do Fu, 301–302
 Mavrou, 83
 Mulling Spices, 367
 “New” Bay Seasoning, 336
 Pakistani-style Curry
 Powder, 386
 Philippine Chicken Adobo,
 311–312
 Pork Dim Sum with Shiso,
 298–299
 Poudre Douce, 372
 Poudre Forte, 372
 Pumpkin Pie Spice, 352
 Ras el Hanout, 377–378
 Shrimp with New Aus-
 tralian Spice Dust, 74
 Spiced Bananas Foster,
 123–124
 Spiced Whitefish in Lotus
 Leaf, 164
 Thai Red Curry Paste, 398
 Tikka Masala, 323, 365
 Trinidad Curry, 364
 Ginger beer, 177–178
 Gladness, herbs of, *see* Borage
 Glogg Spices, 366
 Gnocchi, Spinach and Ricotta,
 236–237
 Goat’s horn, *see* Fenugreek
 Golpar, 180
 Gomaisho, 401
 Goosefoot, *see* Epazote
 Goose herb, *see* Mugwort
 Goulash, Hungarian, 247, 250
 Grain alcohol:
 Homemade Coffee Liqueur,
 328
 making extracts/liqueurs,
 for, 16
 vanilla extract, 327
 Grains of paradise, 181–183
 Paradise Pepper Steak, 183
 Poudre Forte, 372
 Qalat Daqqa, 377
 Ras el Hanout, 377–378
 Tunisian Five-Spice, 395
 West Indian Groundnut
 Soup, 23–24
 Gray salt, 291
 “Great spice race” (1400s),
 127
 Greek blends:
 Seasoning Salt, Greek, 355
 Greek cuisine:
 mahleb in, 215, 216
 oregano, Mediterranean, in,
 240
 Greek hayseed, *see* Fenugreek
 Greek oregano, *see* Oregano,
 Greek
 Green cardamom (un-
 processed), *see* Carda-
 mom, green and white
 Green peppercorns, *see*
 Peppercorns, black,
 green, white, and “true”
 red
 Grilled Beef on Licorice
 Skewers, 211
 Grinding of spices, 4, 10–12.
 See also specific herbs and
 spices
 Ground beef:
 Tourtière (Spiced Meat Pie),
 285–286
 Groundnut Soup, West Indian,
 22, 23–24
 Ground spices:
 flavor and age of, 4
 Growing conditions, 7
 Guajillo chilies, *see* Chiles,
 guajillo
 Guatemalan cuisine:
 chiles in, 97
 Guinea pepper, *see* Grains of
 paradise
 Gulf Coast Shrimp Boil, 347
 Gumbo, Creole, 282–283
 Gumbo filé (leaves), *see*
 Sassafras
 Habanero chiles, *see* Chiles,
 habanero
 Halibut, Beet-and-Wasabi-
 crusted, 330–331
 Hamburg grade cinnamon,
 116
 Harissa, 78
 recipe for, 394
 Harvesting, 8. *See also specific*
 herbs and spices
 Hashu:
 black lemon, 64
 Hawaiian red sea salt:
 Spiced Whitefish in Lotus
 Leaf, 164
 Hawayil, 377
 Hayseed, Greek, *see* Fenugreek
 Herbs:
 aromatic infusions, 14–15
 bulk bin purchasing of, 4
 buying, 2–5
 defined, 1–2
 freezing, 11
 hand rubbing, 10–11
 home garden, for, 17
 mortar and pestle for
 grinding, 12

- Herbs (*continued*):
 names of, 6–7
 reconstituting dried, 13–14
 regional differences among, 7–8
 smoking with, 15–16
 stocking, 5–6
 storage of, 10–11
- Herb and spice blends, xi. *See also* Spice mixes; *specific regional or country blends*, e.g.: American blends, Mexican blends
 buying, 2
 chile, 96. *See also* Chili powders
 Creole, **345**
 cumin in
 black, 143
 brown, 141
 fillers in, 2, 4–5
 grains of paradise in, 182
 kokum in, 198
 mace in, 213
 and name confusion, 7
 paprika in, 247
 peppercorns in, 256
 rose petals in, 266
 Sichuan pepper in, 300–301
 Steak, **346**
 turmeric in, 5
 wattle seeds in, 332–333
- Herb brushes, 318
- Herbes de la Garrique, **369**
- Herbes de Provence*, 91
- French Seasoning Salt, **355**
 Greek Seasoning Salt, **355**
 Provençal Roast Chicken and Potatoes, **92–93**
 recipe for, **368**
- Herb Poultry Rub, **341–342**
- Herbs of gladness, *see* Borage
- Himalayas (region of origin):
 Sichuan pepper, 300–302
- Hing powder, *see* Asafetida
- Hippocras*, 182
- Hogweed, giant or Russian, *see* Golpar
- Hoja del aguacate*, *see* Avocado leaf
- Holy basil (*tulsi*), *see* Basil
- Holy Ghost root, *see* Angelica
- Hom bow*, 107
- Home garden, herbs for, 17
- Homemade Coffee Liqueur, **328**
- Honey:
 Citrus Honey Mustard, **231**
 Sesame Brittle, **296**
- Hop leaf, *see* Mugwort
- Horseradish (horseroot), 184–185
- Horseradish, Japanese, *see* Wasabi
- “Hot” extract/liqueur processes, 16
- Huascas*, *see* Pepperleaf
- Hummus, **306–307**
- Hungarian cuisine:
 Goulash, Hungarian, 247, **250**
 paprika in, 247
- Hungarian paprika, *see* Paprika, Hungarian
- Hush Puppies, Herbed, **252**
- Hypocras*, 118
- Hyssop, 186
 Lavender and Anise Hys-sop Lemonade, **188**
- Ice cream:
 Spiced Bananas Foster, **123–124**
- Import bans, 193, 301
- India (country of origin):
 ajwain, 21–24
 basil, 52–55
 black salt, 66
 coriander, Indian, 131–132
 cubeb, 136–137
 curry leaf, 144–145
 harvesting in, 8
 mustard seeds, 227–231
 peppercorns, 253–259
 sweet flag, 308
- Indian bay leaf, 61
- Indian blends, 381–390
 chai spices, 381–383
 Classic Sweet Chai Mix, **383**
 Roast Chai Mix, **383**
 cinnamon in, 117
 curry powders, 385–387
 Kashmiri-style Curry Powder, **386**
 Madras-style Curry Powder, **385**
 Pakistani-style Curry Powder, **386**
 Sri Lankan-style Curry Powder, **387**
 garam masala, 388–390
 Central Indian-style Garam Masala, **388**
 Kala Masala, **389**
 Kashmiri Garam Masala, **388–389**
 Panch Phoron, **390**
 Sambhar Masala, **390**
- kala masala, 22
 Pumpkin and Lentils with Black Masala, **30**
 recipe for, **389**
 masalas, 384, 388–390
 Char Masala, **384**
 Chat Masala, **384**
- Indian cayenne, *see* Cayenne, Indian
- Indian coriander, *see* Coriander, Indian
- Indian cuisine. *See also* Ayurvedic cuisine
 amchoor in, 29
 anise, brown, in, 34
 basil in, 54
 bay leaf in
 Indian, 61
 Turkish, 56, 58
 black salt in, 66
 cardamom in
 black, 86
 green and white, 81
 chiles in, 98, 100
 cinnamon in, 117
 common spices for, 6
 cumin, brown, in, 141
 curry leaf in, 145
 fennel in, 153–154
 fenugreek in, 158, 159
 kencur in, 195
 kokum in, 197
 mustard seeds in, 228
 nigella in, 232
 pomegranate seeds in, 262
 saffron in, 275
 sweet flag in, 308
- Indian saffron, *see* Turmeric
- Indonesia (country of origin):
 bay leaf, Indonesian, 62
 finger root, 161
 galangal, greater, 162–164
 mace, 212–214
 zedoary, 334
- Indonesian bay leaf, 62
- Indonesian cassia-cinnamon, 119–124
- Indonesian cuisine:
 basil in, 54
 sambals, 396
 Balinese Chicken Satay, **288–289**
 Basa Genep, **397**
 Sambal Goreng, **396**
- Indonesian lime, *see* Kaffir lime
- Infusions, 14–15
 bay leaf, Californian, 59–60
 bay seasoning, 336
 lavender, 200
- lemon verbena, 205
 rosemary, 268, 269
 rose petals, 266
 sumac, 306
 tarragon, 315
 vanilla extract, 327
- “Instant” Stuffing Spice Mix, **351**
- Ironwood, lemon, *see* Lemon myrtle
- Israeli Zahtar, **379**
- Italian cuisine:
 anise, brown, in, 34
 basil in, 52
 bread clover in, 71
 chicory in, 94
 fennel in, 154, 155
 Antipasto, Fennel and Asparagus, **156**
 licorice in, 210
 parsley in, 251–252
 pesto, 54
 rosemary in, 269
 Spicy Italian Marinara Sauce, **241–242**
 Spinach and Ricotta Gnocchi, **236–237**
- Italian Herb Blend:
 recipe for, **371**
 Spicy Italian Marinara Sauce, **241–242**
- Italian lavender, *see* Lavender
- Italian sea salt:
 “New” Bay Seasoning, **336**
- Italy (country of origin):
 anise, black, 36
- Jalapeño chiles, *see* Chiles, jalapeño
- Jamaica:
 allspice, 26
- Jamaica pepper, *see* Allspice
- Japan (country of origin):
 mitsuba, 223
 wasabi, 329–331
- Japanese blends, **401**
 Gomaisho, **401**
 Seasoning Salt, Japanese, **355**
 Shichimi-Togarashi, **401**
- Japanese chervil, *see* Mitsuba
- Japanese cuisine:
 fenugreek in, 158
 ginger in, 178
 mitsuba in, 223
 mugwort in, 226
 seaweeds in, 293
 Shichimi-Togarashi, **401**
 shiso in, 297
 Sichuan pepper in, 301

- Spice-crusted Pork Chops, **270**
wasabi in, **329**
Japanese horseradish, *see* Wasabi
Japanese mild chile flakes: Shichimi-Togarashi, **401**
Japanese parsley, *see* Mitsuba
Japanese pepper (sansho), *see* Sichuan pepper
Japanese sea salts, **291–292**
Japonés chiles, **103**
Jerk rubs:
allspice, **27**
recipe for, **362–363**
Joy of the mountains, *see* Marjoram
Juniper (juniper berries), **189–191**
Baharat-and-Mint-crusted Lamb, **222**
English Beef Rub, **373**
Glogg Spices, **366**
Juniper and Mustard Sauerkraut, **191**
- Kabsa, Arabic Chicken, **65**
Kaffir lime, **192–194**
Phō (Vietnamese Soup), **208–209**
Spiced Whitefish in Lotus Leaf, **164**
Thai Red Curry Paste, **398**
- Kala jeera*, *see* Cumin, black
Kala masala, **22**
Pumpkin and Lentils with Black Masala, **30**
recipe for, **389**
Kala namak, *see* Black salt
Kalangi, *see* Nigella
Kansas City-style barbecue, **339–340**
Barbecue Rub and Sauce Base, Kansas City, **340**
Kari patta (*kari pincha*), *see* Curry leaf
Kashmiri Garam Masala, **388–389**
Kashmiri-style Curry Powder, **386**
Kemiri nut, *see* Candlenut
Kencur, **195–196**
Basa Genep, **397**
Kerr, Graham, **42**
Kharcho, **374**
Khmeli-Suneli, **374**
Russian White Beans with Vinegar and Walnuts, **159–160**
- Knotted marjoram, *see* Marjoram
Kokum, **197–198**
Pumpkin and Lentils with Black Masala, **30**
Korean mint, **188, 221**. *See also* Hyssop, anise
Kormas:
bay leaf, Indian, **61**
cardamom, green and white, **81**
coriander, Indian, **131**
cumin, black, **143**
Lamb, with Cashews, **265**
- Laksa plant, *see* Coriander, Vietnamese
Lamb:
Baharat-and-Mint-crusted, **222**
Korma with Cashews, **265**
Tagine, with Lemon and Figs, **319–320**
Laos root, *see* Galangal, greater
Latin America, *see* Central America; South America
Latin American cuisine:
annatto in, **37, 38**
oregano, Mexican, in, **243–244**
Latin cuisine:
avocado leaf in, **46**
common spices for, **6**
Laurel:
Californian, *see* Bay leaf, Californian
poet's, *see* Bay leaf, Turkish
Lavender, **199–201**
Herbes de Provence, **368**
Lemonade, Lavender and Anise Hyssop, **188**
Ras el Hanout, **377–378**
Shortbread, Lavender, **201**
Leaves, **1–2**
Lebanese cuisine:
garlic in, **172**
Leek and Potato Soup with French Herbs, **316**
Lemon:
Baba Ganoush, **86**
Citrus Honey Mustard, **231**
Fennel and Asparagus Antipasto, **156**
Lamb Tagine with Lemon and Figs, **319–320**
Lavender and Anise Hyssop Lemonade, **188**
Malay Citrus Atjar, **179**
Oven-blasted Cauliflower with Dill and, **149**
- Provençal Roast Chicken and Potatoes, **92–93**
Spice-crusted Pork Chops, **270**
Spiced Whitefish in Lotus Leaf, **164**
Tamarind Refreshers, **312–313**
Lemonade, Lavender and Anise Hyssop, **188**
Lemon crystals:
Shichimi-Togarashi, **401**
Lemongrass, **207–209**
Chinese Five-spiced Beef, **304**
heating of, **14**
Phō (Vietnamese Soup), **208–209**
Thai Red Curry Paste, **398**
Lemon ironwood, *see* Lemon myrtle
Lemon juice:
Hummus, **306–307**
Tikka Masala, **323**
Lemon myrtle, **202–203**
Shrimp with New Australian Spice Dust, **74**
Lemon peel:
Adobo, **356**
Alaskan Crab Boil, **348**
Harissa, **393–394**
Paprika Poultry Rub, **342**
Piri-Piri, **394**
Steak Spice Blend, **346**
Syrian Zahtar, **380**
Yucatan Rojo Rub, **360**
Lemon thyme, **318**
Lemon verbena, **204–206**
Cheesecake, **205–206**
Lemon Verbena Cheesecake, **205–206**
- Lentils:
brown, red, or yellow
Lamb Tagine with Lemon and Figs, **319–320**
Sambhar Masala, **390**
Pumpkin and, with Black Masala, **30**
- Licorice, **210–211**
Grilled Beef on Licorice Skewers, **211**
Licorice mint, *see* Hyssop, anise
Lily:
resurrection, *see* Kencur wild, *see* Sweet flag
Lime. *See also* Black lemon
Annatto-oiled Snapper, **39–40**
- Balinese Chicken Satay, **288–289**
Chiles Rellenos with Avocado Leaf, **47–48**
dried, *see* Black lemon
Indonesian, *see* Kaffir lime
kaffir, *see* Kaffir lime
Spiced Whitefish in Lotus Leaf, **164**
wild, *see* Kaffir lime
Lipstick tree, *see* Annatto
Liqueurs, **16**
banana
Spiced Bananas Foster, **123–124**
Homemade Coffee, **328**
Liquirizia, *see* Licorice
Liquors:
anise, brown, **34**
Long coriander, *see* Culantro
Long pepper, **257**
Loomi, *see* Black lemon
Lotus Leaf, Spiced Whitefish in, **164**
Louisianan cuisine:
cayenne in, **100**
celery in, **90**
chicory in, **94**
parsley in, **251**
Love in the mist seed, *see* Nigella
Lumi, *see* Black lemon
- Macadamia nuts:
Basa Genep, **397**
Mace, **212–214**
Central Indian-style Garam Masala, **388**
Kashmiri Garam Masala, **388–389**
Lemon Verbena Cheesecake, **205–206**
Pumpkin Pie Spice, **352**
Quatre-Épices, **371**
Ras el Hanout, **377–378**
Spinach and Ricotta Gnocchi, **236–237**
Madras-style Curry Powder, **385**
Mahleb (mahlab, mahlep, mahlebi), **215–216**
Malaysia (country of origin):
candlenut, **75–76**
Malaysian cuisine:
basil in, **54**
Citrus Atjar, Malay, **179**
galangal, greater, in, **163**
kencur in, **195**
Maldon salt, **292**
Mango powder, *see* Amchoor

- Mangosteen, black, *see* Kokum
- Ma Pua Do Fu, **301–302**
- Marigold, Mexican mint, *see* Tarragon
- Marinades:
allspice, 27
juniper, 190
- Marinara Sauce, Spicy Italian, **241–242**
- Marjoram, **217–219**
Bouquet Garni, **368**
Farm Sausage Spice, **353**
Fines Herbes, **369**
Greek Seasoning Salt, **355**
Herbes de la Garrigue, **369**
Herbes de Provence, **368**
Herb Poultry Rub, **341–342**
home garden, for, 17
“Instant” Stuffing Spice Mix, **351**
Italian Herb Blend, **371**
Mélange Classique, **370**
Paprika Poultry Rub, **342**
Rejepolsiko Marjoram-Stuffed Duck, **218–219**
wild, *see* Oregano, Mediterranean
- Markets, spice, 8–10
- Masa harina:
Simplified Pork Mole, **104**
- Masalas:
Black, Pumpkin and Lentils with, **30**
Capetown, **395**
Mavrou, **83**
Char, **384**
Chat, **384**
coriander, European, 130
fenugreek in, 158
Garam masala, **388–390**
Central Indian-style, **388**
cinnamon, 117
cumin, brown, 141
Kala Masala, **389**
Kashmir Garam, **388–389**
Panch Phoron, **390**
Sambhar Masala, **390**
Kala, 22
Pumpkin and Lentils with Black Masala, **30**
recipe for, **389**
Sambhar, **390**
Tikka, **365**
Chicken, **323**
Mavrou, **83**
Mayan Cocoa Mix, **360–361**
- Meat:
amchoor as tenderizer for, 29
marinades
allspice, 27
juniper, 190
rubs
English Beef Rub, **373**
Poudre Douce, **372**
Poudre Forte, **372**
Spiced Meat Pie, **285–286**
- Medicinal uses:
angelica, 31
Boldina leaf, 68
cubeb, 136
dill, 148
garlic, 171
licorice, 210
mugwort, 226
nutmeg, 235
oregano, Mediterranean, 240
sea salts, 290
- Medieval blends, **372–373**
English Beef Rub, **373**
Poudre Douce, **372**
Poudre Forte, **372**
- Mediterranean (region of origin). *See also specific countries*
celery, 89–90
hyssop, 186
oregano, Mediterranean, 238–242
rosemary, 267–270
sumac, 305–307
winter savory, 284–286
- Mediterranean cuisine:
basil in, 52
fennel in, 154
juniper in, 189
licorice in, 210
- Mediterranean oregano, *see* Oregano, Mediterranean
- Mediterranean sea salts, 292
- Mélange Classique, **370**
Lamb Tagine with Lemon and Figs, **319–320**
- Melegueta pepper, *see* Grains of paradise
- Memphis-style barbecue rub, 338–339
Beale Street Barbecue Rub, **339**
- Methi (leaf), *see* Fenugreek
- Mexican blends, 356–359
Adobo, **356**
chili powders, 357–359
Ancho Chili Powder, **357–358**
Chipotle Chili Powder, **358**
Mole Powder, **358–359**
Taco and Fajita Seasoning, **359**
- Mexican coriander, *see* Culantro
- Mexican cuisine:
annatto in, 37
avocado leaf in, 47
chiles in, 97
oregano, Mexican, in, 243–244
pasilla Oaxaca in, 103
tamarind in, 312
tarragon in, 315
Zicil P’ak, **107**
- Mexican grade cinnamon, 116
- Mexican mint marigold, *see* Tarragon
- Mexican oregano, *see* Oregano, Mexican
- Mexican peppertree, *see* Pepper, pink
- Mexican tarragon, *see* Tarragon
- Mexico (country of origin):
avocado leaf, 46–48
epazote, 150–152
tarragon, 314–316
- Middle American cuisine:
Kansas City-style barbecue, 339
sausage spices, 353
- Middle East (region of origin). *See also specific regions and countries*
barberry, 49–50
cumin, brown, 140–142
licorice, 210–211
safflower, 271
- Middle East, spice markets of, 8–10
- Middle Eastern blends, 376–380
Baharat, **376**
barberry in, 49
coriander, European, in, 130
Hawayil, **376–377**
Qalat Daqqa, **377**
Ras el Hanout, **377–378**
thyme in, 318
zahtar, 379–380
Israeli Zahtar, **379**
Syrian Zahtar, **380**
Zhug, **380**
- Middle Eastern cuisine:
Baba Ganoush, **86**
black salt in, 66
cardamom, black, in, 86
cassia in, 121
cubeb in, 136
cumin, black, in, 143
mint in, 221
nigella in, 233
pomegranate seeds in, 262, 263
saffron in, 275
- Mignonette Pepper, **370**
- Mint, 220–223
Baharat-and-Mint-crusted Lamb, **222**
Chat Masala, **384**
Chermoula, Mint, **392**
Duqqa, **393**
Herbes de la Garrigue, **369**
Hummus, **306–307**
Khmeli-Suneli, **374**
Korean mint, *see* Hyssop, anise
licorice mint, *see* Hyssop, anise
Qalat Daqqa, **377**
Vietnamese mint, *see* Coriander, Vietnamese
- Mitsuba, 223
- Moles, 243
Powder, Mole, **358–359**
Simplified Pork Mole, **104**
- Molucca Islands (region of origin):
candlenut, 75–76
cloves, 126–128
- Mom’s Holiday Corn Bread Dressing, **279–280**
- Montreal steak spice, 346
- Moon salt, 291
- Moorish African cuisine:
fenugreek in, 158
- Morita chiles, 102
- Moroccan cuisine:
basil in, 52–53
mint in, 221
Tagine with Lemon and Figs, Lamb, **319–320**
- Mortars and pestles, 12
- Mountain pepper (mountain pepperleaf), 224–225
Shrimp with New Australian Spice Dust, **74**
- Mountain radish, *see* Horseradish
- Mountains, joy of the, *see* Marjoram
- Mount Tellicherry, 253
- Mugwort, 226
- Mulato chiles, *see* Chiles, mulato
- Mulga, *see* Wattle seeds

- Mulling:
allspice, 26
Cranberry Sauce, Mulled, 82
Spices, Mulling, 367
- Muntok white peppercorns,
See Peppercorns, Muntok white
- Mushrooms:
Chinese Mountain Duck Soup, 51
Portobellos with Garlic Cream, 173
Steak with Pepper-Mushroom Crust, 256
wild-crafted, 8
Wild Mushroom Fajitas, 244–245
- Mustard:
Citrus Honey Mustard, 231
Juniper and Mustard Sauerkraut, 191
- Mustard powder:
Beale Street Barbecue Rub, 339
Citrus Honey Mustard, 231
Kansas City Barbecue Rub and Sauce Base, 340
“New” Bay Seasoning, 336
- Mustard seeds, 227–231
black, 228, 229
brown, 228, 229
Citrus Honey Mustard, 231
Madras-style Curry Powder, 385
Panch Phoron, 390
Poudre de Colombo, 363
Ras el Hanout, 377–378
Sambhar Masala, 390
Shrimp with New Australian Spice Dust, 74
- Juniper and Mustard Sauerkraut, 191
large-scale production of, 8
white, 228, 229
yellow, 228, 229
Beale Street Barbecue Rub, 339
Cajun Blackening Spice Mix, 344
Chesapeake Crab Boil, 348
Citrus Honey Mustard, 231
Corned Beef Spice Mix, 349
Gulf Coast Shrimp Boil, 347
- Overnight Coleslaw, 79
Pickling Spice Mix, 350
- Myrtle:
bog, *see* Gale
lemon, *see* Lemon myrtle
Myrtle grass, *see* Sweet flag
Myrtle pepper, *see* Allspice
- Naan, 22
- Naming confusion, 6–7
chiles, 96
cinnamons, 116–117
coriander, Vietnamese, 133
garlic, 170, 171
kencur, 195
Near East pepper, 98–99
Neem, *see* Curry leaf
Negotiating prices, 9
Negro pepper, 258
Nepalese cardamom, *see* Cardamom, black
- New Australian Spice Dust, Shrimp with, 74
“New” Bay Seasoning, 336
- New England cuisine:
seafood boils, 347
- Nigella, 143, 232–233
Crackers, Nigella, 233
Hawayil, 376–377
Panch Phoron, 390
Ras el Hanout, 377–378
toasting of, 13
- Nori, 293
Shichimi-Togarashi, 401
- North Africa (region of origin). *See also specific countries*
ajwain, 21–24
marjoram, 217–219
sesame seeds, 295–296
- North African blends:
caraway in, 78
- North African cuisine:
Baba Ganoush, 86
cardamom, black, in, 86
cubeb in, 136
mint in, 221
thyme in, 318
- North America (region of origin). *See also specific areas*
hyssop, anise, 187–188
sassafras, 281–283
- Northern Europe (region of origin). *See also specific countries*
angelica, 31–32
caraway, 77–78
dill, 146–149
gale, 167–168
mustard seeds, 227–231
sage, 277–280
- Northern European blends, 365–366
Glogg Spices, 366
Tikka Masala, 365
- Northern European cuisine:
dill in, 148
- Northern India (region of origin). *See also specific regions and countries*
bay leaf, Indian, 61
cardamom, black, 86
cumin, black, 143
- Northern Indian cuisine:
cumin, black, in, 143
- Northern Mediterranean (region of origin). *See also specific countries*
chicory, 94
mint, 220–223
- Norwegian cuisine:
cicely in, 110
- Nuts. *See also specific types*
flavor and age of, 4
kemiri, *see* Candlenut
- Nutmeg, 234–236
Baharat, 376
Basa Genep, 397
Berberé, 391–392
ground versions of, 4
Jerk Rub, 362–363
Kashmiri Garam Masala, 388–389
Lemon Verbena Cheese-cake, 205–206
Mélange Classique, 370
Pumpkin Pie Spice, 352
Qalat Daqqa, 377
Quatre-Épices, 371
Spinach and Ricotta Gnocchi, 236–237
Tikka Masala, 365
Trinidad Curry, 364
Tunisian Five-Spice, 395
- Oaxaca chiles, *see* Chiles, Oaxaca
- Oils:
Annatto, 40
lemongrass, 208
lemon verbena, 204
mint, 220
mustard seed, 229
rosemary, 268
sassafras, 281
sesame, 295
thyme, 317
- Okra:
Creole Gumbo, 282–283
- Old man, *see* Rosemary
- Olives, black:
Lamb Tagine with Lemon and Figs, 319–320
- Onion chives, 107–108
Onion grass, *see* Chives
Onion seed, black, *see* Nigella
- Oranges:
Malay Citrus Atjar, 179
- Orange oil:
Triple-Rise Cinnamon Rolls, 122–123
- Orange peel:
Adobo, 356
Classic Sweet Chai Mix, 383
Mulling Spices, 367
Seattle Salmon Rub, 343
- Oregano, 6
Greek
Seasoning Salt, Greek, 355
home garden, for, 17
Mediterranean, 238–242
Beale Street Barbecue Rub, 339
dry vs. fresh, 238
Italian Herb Blend, 371
varieties of, 239–240
wild, 239
- Mexican, 243–245
Adobo, 356
Cajun Blackening Spice Mix, 344
Chiles Rellenos with Avocado Leaf, 47–48
Southern Catfish Mix, 343
Taco and Fajita Seasoning, 359
Tex-Mex Chile Corn Bread, 105–106
Wild Mushroom Fajitas, 244–245
Yucatan Rojo Rub, 360
- Turkish
Creole Spice Blend, 345
Farm Sausage Spice, 353
Israeli Zahtar, 379
Kansas City Barbecue Rub and Sauce Base, 340
- Orozuz, *see* Licorice
Osfor, *see* Safflower
Ouzo, 34
Oven-blasted Cauliflower with Dill and Lemon, 149
- Overnight Coleslaw, 79

- Pacific Island cuisine:
 annatto in, 38
 bay leaf, Indonesian, in, 62
 Red-Crusted Chicken, Pacific, **248**
- Pacific Northwest cuisine:
 pepper, pink, in, 260
 sage in, 278
 seafood boils, 347
- Pacific sea salt, 290–291
- Pakistani cuisine:
 Curry Powder, Pakistani-style, **386**
 fenugreek in, 158
- Palm sugar:
 Thai Curried Beef, **194**
- Panch phoron*, 153–154, 233, **390**
- Pandan leaf, *see* Screw pine
- Pan d'épices*, 117
- Panko (Japanese bread crumbs):
 Beet-and-Wasabi-crusted Halibut, **330–331**
 Spice-crusting Pork Chops, **270**
- Paprika, 6
 Hungarian
 Beale Street Barbecue Rub, **339**
 Cajun Blackening Spice Mix, **344**
 Creole Spice Blend, **345**
 Hungarian Goulash, **250**
 Kansas City Barbecue Rub and Sauce Base, **340**
 Mole Powder, **358–359**
 “New” Bay Seasoning, **336**
 Pacific Red-Crusted Chicken, **248**
 Paprika Poultry Rub, **342**
- pimentón*, 246–250
 Ancho Chili Powder, **357–358**
 Baharat, **376**
 Berberé, **391–392**
 Capetown Masala, **395**
 Chipotle Chili Powder, **358**
 Georgian Spiced Bean Balls, **112–113**
 Grilled Beef on Licorice Skewers, **211**
 Harissa, **393–394**
 Kharcho, **374**
 Khmeli-Suneli, **374**
 Mint Chermoula, **392**
 Mole Powder, **358–359**
- Overnight Coleslaw, **79**
 Pakistani-style Curry Powder, **386**
 Piri-Piri, **394**
 Ras el Hanout, **377–378**
 Russian White Beans with Vinegar and Walnuts, **159–160**
 Smoked Corn Chowder, **249**
 smoky flavor of, 16
 Southern Catfish Mix, **343**
 Spice-crusting Pork Chops, **270**
 Tarheel Barbecue Rub and Sauce Base, **340–341**
 Tikka Masala, **365**
 Yucatán Chicken Rojo, **28**
- Paradise, grains of, *see* Grains of paradise
 Paradise Pepper Steak, **183**
 Parmigiano-Reggiano cheese: Spinach and Ricotta Gnocchi, **236–237**
 Parnigiano-Reggiano cheese: Oven-blasted Cauliflower with Dill and Lemon, **149**
- Parsley, 251–252
 Bouquet Garni, **368**
 Chinese, *see* Cilantro
 Creole Gumbo, **282–283**
 dried, 11
 Fines Herbes, **369**
 French, *see* Chervil
 Georgian Spiced Bean Balls, **112–113**
 Hummus, **306–307**
 Hungarian Goulash, **250**
 Japanese, *see* Mitsuba
 Portobellos with Garlic Cream, **173**
 Russian White Beans with Vinegar and Walnuts, **159–160**
 Saffron Butternut Bisque, **276**
 Sauce, Parsley-Butter, **252**
 Smoked Corn Chowder, **249**
 Tikka Masala, **323**
 Parsley-Butter Sauce, **252**
- Parsnips:
 Root Vegetable Curry, **132**
- Pasilla chiles, *see* Chiles, pasilla
 Pasilla Oaxaca, 103
- Pastes. *See also* Pesto
 achiote, 38
 fennel, 154–155
 galangal, greater, 163
 ginger, 174
 Indonesian sambals, 396
 Balinese Chicken Satay, **288–289**
 Basa Genep, **397**
 Sambal Goreng, **396**
 kaffir lime, 194
 red or black bean
 Ma Pua Do Fu, **301–302**
 Thai Red Curry, **398**
 wasabi, 330
 Zhug, **380**
- Pastis, 34
- Pastry:
 Triple-Rise Cinnamon Rolls, **122–123**
- Peanuts:
 Sambal Goreng, **396**
 West Indian Groundnut Soup, **23–24**
- Pebrella* (Spanish wild thyme), 318. *See also* Thyme
- Pecans:
 Triple-Rise Cinnamon Rolls, **122–123**
- Pepper. *See also* Peppercorns
 Africa pepper, *see* Grains of paradise; Pepper, negro
 Aleppo
 Svanetti Salt, **375**
 Annatto-oiled Snapper, **39–40**
 black. *See also* Pepper, Tellicherry black
 Beet-and-Wasabi-crusting Halibut, **330–331**
 Chiles Rellenos with Avocado Leaf, **47–48**
 Cuban Black Beans, **152**
 Georgian Spiced Bean Balls, **112–113**
 Hungarian Goulash, **250**
 Lamb Tagine with Lemon and Figs, **319–320**
 Ma Pua Do Fu, **301–302**
 Mom’s Holiday Corn Bread Dressing, **279–280**
 Rejepolsiko Marjoram-Stuffed Duck, **218–219**
 Russian White Beans with Vinegar and Walnuts, **159–160**
- Spicy Italian Marinara Sauce, **241–242**
Tourtière (Spiced Meat Pie), **285–286**
 Chinese prickly ash, *see* Sichuan pepper
 donkey pepper (winter), *see* Savory, summer and winter
 Dorrigio, *see* Mountain pepper
 fagara, *see* Sichuan pepper
 flower, *see* Sichuan pepper
 Guinea, *see* Grains of paradise
huascas, *see* Pepperleaf
 Jamaica, *see* Allspice
 Japanese, *see* Sichuan pepper
 long, 257
 melegueta, *see* Grains of paradise
 Mignonette, **370**
 myrtle, *see* Allspice
 negro, 258
 Paradise Pepper Steak, **183**
 pepper herb (summer), *see* Savory, summer and winter
 pepperpods, *see* Chiles
 pink, 259–260
 Leek and Potato Soup with French Herbs, **316**
 tailed, *see* Cubeb
 Tasmanian, *see* Mountain pepper
 Tellicherry black
 Farm Sausage Spice, **353**
 Hummus, **306–307**
 Kashmiri Garam Masala, **388–389**
 Southern Catfish Mix, **343**
 white
 Fennel and Asparagus Antipasto, **156**
 Pacific Red-Crusted Chicken, **248**
 Philippine Chicken Adobo, **311–312**
 Saffron Butternut Bisque, **276**
 Spice-crusting Pork Chops, **270**
 Spiced Whitefish in Lotus Leaf, **164**
 Spinach and Ricotta Gnocchi, **236–237**
 Thai Red Curry Paste, **398**

- Tourtière* (Spiced Meat Pie), **285–286**
yerba santa, *see* Pepperleaf
- Peppers, chile, *see* Chiles
 Pepper berry, *see* Pepper, pink
 Peppercones, *see* Pepper, long
 Peppercorns, black, green, white, and “true” red, **6**, **253–259**
- Adobo, **356**
 Baharat, **376**
 Basa Genep, **397**
 Berberé, **391–392**
 black, **256**
 Adobo, **356**
 Baharat, **376**
 Basa Genep, **397**
 Berberé, **391–392**
 Capetown Masala, **395**
 Central Indian-style Garam Masala, **388**
 Chat Masala, **384**
 Chinese Five-Spice, **399**
 Classic Sweet Chai Mix, **383**
 English Beef Rub, **373**
 Hawayil, **376–377**
 Jerk Rub, **362–363**
 Kala Masala, **389**
 Kharcho, **374**
 Khmeli-Suneli, **374**
 Madras-style Curry Powder, **385**
 Mignonette Pepper, **370**
 Mint Chermoula, **392**
 Pakistani-style Curry Powder, **386**
 pink, **255**, **256**
 Piri-Piri, **391**
 Portobellos with Garlic Cream, **173**
 Poudre de Colombo, **363**
 Poudre Forte, **372**
 Qalat Daqqa, **377**
 Quatre-Épices, **371**
 Ras el Hanout, **377–378**
 Roast Chai Mix, **383**
 Sichuan, **255**. *See also* Sichuan pepper
 Chinese Five-Spice, **399**
 Smoked Corn Chowder, **249**
 Spice-crusting Pork Chops, **270**
 Sri Lankan-style Curry Powder, **387**
 Steak Spice Blend, **346**
 Steak with Pepper-Mushroom Crust, **256**
 Svanetti Salt, **375**
 Tellicherry black, **255**
 Alaskan Crab Boil, **348**
 Beale Street Barbecue Rub, **339**
 Cajun Blackening Spice Mix, **344**
 Chesapeake Crab Boil, **348**
 Corned Beef Spice Mix, **349**
 Creole Spice Blend, **345**
 Gulf Coast Shrimp Boil, **347**
 Chinese Five-Spice, **399**
 Classic Sweet Chai Mix, **383**
 Duqqa, **393**
 English Beef Rub, **373**
 green, **256**
 Hawayil, **376–377**
 Jerk Rub, **362–363**
 Kharcho, **374**
 Khmeli-Suneli, **374**
 long, **255**
 Madras-style Curry Powder, **385**
 Mignonette Pepper, **370**
 Mint Chermoula, **392**
 Muntok white
 Corned Beef Spice Mix, **349**
 Creole Spice Blend, **345**
 Pickling Spice Mix, **350**
 “New” Bay Seasoning, **336**
 origin of, **7**
 Pakistani-style Curry Powder, **386**
 pink, **255**, **256**
 Piri-Piri, **391**
 Portobellos with Garlic Cream, **173**
 Poudre de Colombo, **363**
 Poudre Forte, **372**
 Qalat Daqqa, **377**
 Quatre-Épices, **371**
 Ras el Hanout, **377–378**
 Roast Chai Mix, **383**
 Sichuan, **255**. *See also* Sichuan pepper
 Chinese Five-Spice, **399**
 Smoked Corn Chowder, **249**
 Spice-crusting Pork Chops, **270**
 Sri Lankan-style Curry Powder, **387**
 Steak Spice Blend, **346**
 Steak with Pepper-Mushroom Crust, **256**
 Svanetti Salt, **375**
 Tellicherry black, **255**
 Alaskan Crab Boil, **348**
 Beale Street Barbecue Rub, **339**
 Cajun Blackening Spice Mix, **344**
 Chesapeake Crab Boil, **348**
 Corned Beef Spice Mix, **349**
 Creole Spice Blend, **345**
 Gulf Coast Shrimp Boil, **347**
 Herb Poultry Rub, **341–342**
 “Instant” Stuffing Spice Mix, **351**
 Kansas City Barbecue Rub and Sauce Base, **340**
 Pacific Red-Crusted Chicken, **248**
 Paprika Poultry Rub, **342**
 Pickling Spice Mix, **350**
 Seattle Salmon Rub, **343**
 Tarheel Barbecue Rub and Sauce Base, **340–341**
 Trinidad Curry, **364**
 Western Seasoning Salt, **354**
 white, **256**
 Mélange Classique, **370**
 Mignonette Pepper, **370**
 Quatre-Épices, **371**
 Tunisian Five-Spice, **395**
 Yucatan Rojo Rub, **360**
 Zhug, **380**
- Pepper herb (summer), *see* Savory, summer and winter
- Pepperleaf, **261**
 Peppermint, **221**
 Chat Masala, **384**
 Duqqa, **393**
 Herbes de la Garrique, **369**
 Khmeli-Suneli, **374**
 Qalat Daqqa, **377**
 Pepper pods. *See also* Chiles
 Ras el Hanout, **377–378**
 Pequin chiles, *see* Chiles, pequin
 Perilla, *see* Shiso
 Persia (country of origin):
 anise, brown, **33–35**
 asafetida, **43–45**
 borage, **69–70**
 pomegranate seeds, **262–263**
 Persian cuisine:
 cumin, black, in, **143**
 fenugreek in, **158**
 pomegranate seeds in, **263**
 sumac in, **306**
 Peruvian cuisine:
 pepperleaf in, **261**
 Pesto, **54**
 culantro, **138**
 Petals, rose, *see* Rose petals
 Philippine Chicken Adobo, **311–312**
 Phô:
 finger root, **161**
 galangal, greater, **163**
 kaffir lime, **193–194**
 Vietnamese Soup, **208–209**
- Pickling spices, **350**
 cloves, **128**
 coriander, European, **129**, **130**
 dill, **147–148**
 juniper, **190**
 recipe for, **350**
- Pies:
 Pumpkin Pie Spice, **352**
 Spiced Meat (*Tourtière*), **285–286**
- Pigweed, *see* Epazote
 Pimento (*pimenta*), *see* Allspice
 Pimentón, *see* Paprika, *pimentón*
 Piments d’Espelette, **102**
 Pimientos:
 Overnight Coleslaw, **79**
 Yucatán Chicken Rojo, **28**
- Pineapple mint, **221**
 Pink pepper, *see* Pepper, pink
 Piri-Piri, **394**
- Pitas, Cauliflower and Asafetida, **44–45**
- Pizzelle, **34**
 Pliny the Elder, **154**, **174**, **309**
 Poblano chiles, *see* Chiles, poblano
 Poet’s laurel, *see* Bay leaf, Turkish
- Polish cuisine:
 Rejepolsiko Marjoram-Stuffed Duck, **218–219**
- Pomegranate seeds, **262–263**
 Chat Masala, **384**
- Poppadams, **22**
 Poppy seeds, **264–265**
 Kala Masala, **389**
 Lamb Korma with Cashews, **265**
 Shichimi-Togarashi, **401**
- Pork:
 Dim Sum, Pork, with Shiso, **298–299**
 Scotch Eggs, **155–156**
 Simplified Pork Mole, **104**
 Spice-crusting Pork Chops, **270**
 Spicy Shrimp Toast, **196**
- Portobellos with Garlic Cream, **173**
- Potatoes:
 bay leaf, Californian, **60**
 Leek and Potato Soup with French Herbs, **316**
 Provençal Roast Chicken and, **92–93**
 Root Vegetable Curry, **132**

- Potatoes (*continued*):
 Spinach and Ricotta
 Gnocchi, **236–237**
Tourtière (Spiced Meat Pie),
285–286
- Pot marjoram, *see* Marjoram
- Poudres:
 de Colombo, **363**
 Douce, **372**
 Forte, **372**
 grains of paradise, 182
 Poultry rubs, **341–342**
 Herb Poultry Rub, **341–342**
 Paprika Poultry Rub, **342**
- Preserving agents. *See also*
 Pickling spices
 black salt, 66
 corned beef spices, 349
 fennel, 154
- Prickly ash, Chinese, *see*
 Sichuan pepper
- Provençal Roast Chicken and
 Potatoes, **92–93**
- Puerto Rican oregano, *see*
 Oregano, Mexican
- Pumpkin:
 Black Masala, Pumpkin and
 Lentils with, **30**
 pumpkin pie spices, 352
 recipe, **352**
 Steamed Spiced Fig Cake,
213–214
- Pumpkin seeds:
 Zicil P'ak, **107**
- Purity standards, 8
- Qalat daqqa*, 121
 grains of paradise, 182
 recipe for, **377**
- Quatre-Épices, **371**
 “Quest for tart,” 312
- Quills (quillings), cinnamon,
 116
- Radish, mountain, *see* Horse-
 radish
- Raisin(s):
 desert, *see* Bush tomato
 Steamed Spiced Fig Cake,
213–214
 Triple-Rise Cinnamon
 Rolls, **122–123**
- Raita, 172
- Ras el hanout*, 266
 recipe for, **378**
- Rau ram*, *see* Coriander,
 Vietnamese
- Reconstituting dried
 spices/herbs, 13–14
- Red bean paste, *see* Pastes, red
 or black bean
- Red chile flakes, *see* Chile
 flakes, red
- Red chiles, *see* Chiles, red
- Red cole, *see* Horseradish
- Red-Crusted Chicken, Pacific,
248
- Red Curry Paste, Thai, **398**
- Red lentils, *see* Lentils, brown,
 red, or yellow
- Red peppercorns, *see*
 Peppercorns, black,
 green, white, and “true”
 red
- Red Savina habaneros, 101
- Red sesame seeds, *see* Sesame
 seeds, red
- Red Thai chiles, *see* Chiles,
 Thai red
- Refreshers, Tamarind, **313**
- Rejepolsiko Marjoram-Stuffed
 Duck, **218–219**
- Relishes:
 Malay Citrus Atjar, **179**
- Resurrection lily, *see* Kencur
- Rice:
 Poudre de Colombo, **363**
- Ricotta cheese:
 Chiles Rellenos with
 Avocado Leaf, **47–48**
 Gnocchi, Spinach and
 Ricotta, **236–237**
- Rind, sour, *see* Kokum
- Roast Chai Mix, **383**
- Roast Chicken and Potatoes,
 Provençal, **92–93**
- Rocoto* (chiles), 98
- Rojos*, 243
 Yucatan Rojo Rub, **360**
- Rolls, Triple-Rise Cinnamon,
122–123
- Roman cumin, *see* Caraway
- Roman laurel, *see* Bay leaf,
 Turkish
- Root:
 finger, *see* Finger root
 Holy Ghost, *see* Angelica
 Laos, *see* Laos root
 sweet, *see* Licorice
- Root Vegetable Curry, **132**
- Rosemary, 6, 267–270
 Bouquet Garni, **368**
 Farm Sausage Spice, **353**
 Herbes de la Garrigue, **369**
 Herb Poultry Rub, **341–342**
 home garden, for, 17
 Italian Herb Blend, **371**
 Mélange Classique, **370**
- Smoked Corn Chowder,
249
- Southern Catfish Mix, **343**
- Spice-crusting Pork Chops,
270
Tourtière (Spiced Meat Pie),
285–286
 Western Seasoning Salt, **354**
- Rose petals, 266
- Ras el Hanout, **377–378**
- Round cardamom, *see* Carda-
 mom, Thai
- Rubbing of herbs, 10
- Rubs. *See also specific types of*
rubs, e.g.: Barbecue rubs
 barberry, 49
 bush tomato, 74
 cassia, 121
 Chinese Five-Spice, **399**
 cloves, 128
 coriander, European, 130
 English Beef Rub, **373**
 fennel, 153
 Jerk Rub, **362–363**
 lavender, 200
 mint, 221
 pomegranate seeds, 263
 Poudre Douce, **372**
 Poudre Forte, **372**
 Qalat Daqqa, **377**
 Ras el Hanout, **377–378**
 Tabil, **394**
- Rum:
 Spiced Bananas Foster,
123–124
 Tamarind Refreshers,
312–313
- Russian blends, 374–375
 Kharcho, **374**
 Khmeli-Suneli, **374**
 Svanetti Salt, **375**
- Russian cuisine:
 cicely in, 110
 dill in, 148
 mahleb in, 215
 White Beans with Vinegar
 and Walnuts, Russian,
159–160
- Russian hogweed, *see* Golpar
- Saars, 198
- Sack, 182
- Safety standards, 8
- Safflower, 271
- Saffron, 272–276
 bastard, *see* Safflower
 Cauliflower and Asafetida
 Pitas, **44–45**
 Georgian Spiced Bean Balls,
112–113
- Hawayil, **376–377**
 Indian, *see* Turmeric
- Kashmiri-style Curry
 Powder, **386**
- Lamb Tagine with Lemon
 and Figs, **319–320**
 reconstituting dried, 14
- Russian White Beans with
 Vinegar and Walnuts,
159–160
- Saffron Butter Nut Bisque,
276
 Yucatán Chicken Rojo, **28**
- Sage, 6, 277–280
 Bouquet Garni, **368**
 Farm Sausage Spice, **353**
 Herbes de la Garrigue, **369**
 Herb Poultry Rub, **341–342**
 home garden, for, 17
 “Instant” Stuffing Spice
 Mix, **351**
 Italian Herb Blend, **371**
 Kansas City Barbecue Rub
 and Sauce Base, **340**
 Mom’s Holiday Corn Bread
 Dressing, **279–280**
 Paprika Poultry Rub, **342**
Tourtière (Spiced Meat Pie),
285–286
- St. Lucie Cherry, *see* Mahleb
- Salaam* leaf, *see* Bay leaf,
 Indonesian
- Salads:
 chicory, 94
 mugwort, 226
 Overnight Coleslaw, **79**
- Salmon Rub, Seattle, **343**
- Salts:
 black, 66
 Chat Masala, **384**
 cooking vs. finishing, 292
 sea salts, 6, 290–292
 Gomaisho, **401**
 Japanese, 291–292
 “New” Bay Seasoning,
336
 Pacific, 290–291
 seasoning salts, 354
 smoked, 291
 smoky flavors of, 15, 16
 Spiced Whitefish in
 Lotus Leaf, **164**
 seasoning salts, 354–355
 French, **355**
 Greek, **355**
 Japanese, **355**
 Western, **354**
 smoky flavors of, 15, 16
 Svanetti, **375**

- Sambals, Indonesian, 396
 Basa Genep, 397
 Sambal Goreng, 396
 Balinese Chicken Satay, 288–289
- Sambhars*:
 fenugreek in, 158
 Masala, Sambhar, 390
- Sansho (Japanese pepper), *see* Sichuan pepper
- Sassafras, 281–283
 Creole Gumbo, 282–283
- Satay, Balinese Chicken, 288–289
- Sativa*, *see* Nigella
- Sauces:
 horseradish, 184, 185
 Kansas City Barbecue Rub and Sauce Base, 340
 Mulled Cranberry, 82
 nutmeg, 235
 oregano, Mediterranean, 241
 Parsley-Butter, 252
 Piri-Piri, 394
 Simplified Pork Mole, 104
 Spicy Italian Marinara, 241–242
 Tarheel Barbecue Rub and Sauce Base, 340–341
- Sauerkraut, Juniper and Mustard, 191
- Saunf* (seeds), *see* Fennel
- Saunth*, *see* Ginger
- Sausage spices, 353
 Farm Sausage Spice, 353
- Savory, summer and winter, 284–286
 Herbes de la Garrique, 369
 Kharcho, 374
 Khmeli-Suneli, 374
Tourtière (Spiced Meat Pie), 285–286
- Sawleaf, *see* Culantro
- Scandinavian cuisine:
 cardamom, green and white, in, 81
 dill in, 148
 horseradish in, 185
 nutmeg in, 235–236
- Scotch Eggs, 155–156
- Scoville, Wilbur, 99
- Scoville heat scale, 99, 101
- Screw pine, 287–289
- Seafood. *See also* Fish
 boils, seafood, 347–348
 Alaskan Crab Boil, 348
 bay seasoning, 336
 Chesapeake Crab Boil, 348
 coriander, European, 129, 130
 Gulf Coast Shrimp Boil, 347
 lemongrass, 208
 “New” Bay Seasoning, 336
 rubs, seafood, 342–343
 Seattle Salmon Rub, 343
 Southern Catfish Mix, 343
 Shrimp with New Australian Spice Dust, 74
 Spicy Shrimp Toast, 196
- Sea salts, 6, 290–292
 Gomaisho, 401
 Japanese, 291–292
 “New” Bay Seasoning, 336
 Pacific, 290–291
 seasoning salts, 354
 smoked, 291
 smoky flavors of, 15, 16
 Spiced Whitefish in Lotus Leaf, 164
- Seasoning salts, 354–355
 French, 355
 Greek, 355
 Japanese, 355
 Western, 354
- Seattle Salmon Rub, 343
- Seaweeds, 293–294
 Shichimi-Togarashi, 401
- Seeds, 1–2. *See also specific types*
 flavor and age of, 4
 mortar and pestle for grinding, 12
- Sel gris*, 291
 Provençal Roast Chicken and Potatoes, 92–93
- Serpolet* (French wild thyme), *see* Thyme
- Sesame, wild, *see* Shiso
- Sesame seeds, 295–296
 black
 Gomaisho, 401
 Kala Masala, 389
 Pork Dim Sum with Shiso, 298–299
 Shichimi-Togarashi, 401
 Spiced Whitefish in Lotus Leaf, 164
 Duqqa, 393
 Mole Powder, 358–359
 Philippine Chicken Adobo, 311–312
 red
 Pork Dim Sum with Shiso, 298–299
 Sesame Brittle, 296
 white
 Baba Ganoush, 86
 Basa Genep, 397
 Gomaisho, 401
 Israeli Zahtar, 379
 Pork Dim Sum with Shiso, 298–299
 Sesame Brittle, 296
 Shichimi-Togarashi, 401
 Spiced Whitefish in Lotus Leaf, 164
 Syrian Zahtar, 380
Shah jeera, *see* Cumin, brown
- Shallots:
 Balinese Chicken Satay, 288–289
 Basa Genep, 397
 Leek and Potato Soup with French Herbs, 316
 Sambal Goreng, 396
 Thai Red Curry Paste, 398
- Sheng zhang*, *see* Ginger
- Shichimi-Togarashi, 401
 Japanese Seasoning Salt, 355
- Shiso, 297–299
 Pork Dim Sum with, 298–299
- Shortbread, Lavender, 201
- Shrimp:
 Creole Gumbo, 282–283
 Gulf Coast Shrimp Boil, 347
 with New Australian Spice Dust, 74
 Pork Dim Sum with Shiso, 298–299
 Spicy Shrimp Toast, 196
- Shrimp paste:
 Sambal Goreng, 396
 Thai Red Curry Paste, 398
- Shrimp with New Australian Spice Dust, 74
- Sichuan pepper, 300–302
 Chinese Five-Spice, 399
 import ban, 193, 301
 Ma Pua Do Fu, 301–302
- Silver sweet lavender, *see* Lavender
- Simplified Pork Mole, 104
- Skunkweed, *see* Epazote
- Slow Food Movement, 90
- Smallage, *see* Celery
- Smartweed, *see* Coriander, Vietnamese
- Smoked chiles, *see* Chiles, smoked
- Smoked Corn Chowder, 249
- Smoked paprika, *see* Paprika, *pimentón*
- Smoked salt, 291
- Smoking of food, herbs and spices for, 15–16
- Snapper, Annatto-oiled, 39–40
- Soft stick cinnamon, *see* Cinnamon
- Soups:
 Berberé, 391–392
 Bouquet Garni, 368
 Chinese Mountain Duck, 51
 Creole Gumbo, 282–283
 Leek and Potato, with French Herbs, 316
Phō, 208–209
 Saffron Butternut Bisque, 276
 Smoked Corn Chowder, 249
 Vietnamese, 208–209
 West Indian Groundnut, 23–24
- Sources of herbs and spices, 3
- Sour rind, *see* Kokum
- South African cuisine:
 Mavrou, 83
- South America (region of origin). *See also specific countries*
 annatto, 37–40
 boldina leaf, 67–68
 chiles, 95–105
 lemon verbena, 204–206
 paprika, 246–250
 pepper, pink, 259–260
 pepperleaf, 261
 vanilla bean, 324–328
- South American blends, 360–361
 Mayan Cocoa Mix, 360–361
- South American cuisine:
 annatto in, 37
 chiles in, 97
 cilantro in, 111
- South Asia (region of origin). *See also specific countries*
 Korean mint, 187–188
- Southeast Asia (region of origin). *See also specific countries*
 amchoor, 29–30
 black lemon, 63–65
 cardamom, Thai, 84
 chiles, 103
 coriander, Vietnamese, 133–134
 kaffir lime, 192–194
 kencur, 195–196
 lemongrass, 207–209
 screw pine, 287–289

- Southeast Asian blends, 396–398
- arrowroot in, 41
 - Indonesian sambals, 396
 - Basa Genep, **397**
 - Sambal Goreng, **396**
 - Thai curry pastes, 398
 - Thai Red Curry Paste, **398**
- Southeast Asian cuisine:
- annatto in, 38
 - coriander in, 2
 - culantro in, 139
 - cumin, brown, in, 140–141
 - finger root in, 161
 - ginger in, 174
 - kaffir lime in, 192
 - preparing curries for, 12
 - screw pine in, 287
 - zedoary in, 334
- Southeastern Australia (region of origin):
- mountain pepper, 224–225
- Southern Catfish Mix, **343**
- Southern China (region of origin):
- star anise, 303–304
- Southern Europe (region of origin). *See also specific countries*
- caraway, 77–79
 - catnip, 87–88
 - celery, 89–90
 - chervil, 91–93
 - fennel, 153–156
 - juniper, 189–191
 - mahleb, 215–216
 - parsley, 251–252
 - thyme, 317–320
- Southern India (region of origin). *See also specific regions and countries*
- kokum, 197–198
- Southern Indian cuisine:
- curry leaf in, 145
- Southern U.S. cuisine:
- Carolina-style barbecue, 340
 - cayenne in, 100
 - celery in, 90
 - Memphis-style barbecue, 338–339
 - saffras in, 281–282
 - seafood boils, 347
- South Pacific (region of origin):
- Indonesian cassia-cinnamon, 119–124
- South Pacific cuisine:
- screw pine in, 287
- Southwestern U.S. cuisine:
- chiles in, 97
 - oregano, Mexican, in, 243–244
- Spain (country of origin):
- piments d’Espelette, 102
- Spanish cuisine:
- saffron in, 275
 - smoked paprika in, 247
- Spanish wild thyme, *see* Thyme
- Spearmint, 221
- Mint Chermoula, **392**
- Spices:
- in aromatic infusions, 14–15
 - bulk bin purchasing of, 4
 - buying, 2–5
 - defined, 1–2
 - flavor and age of, 3–4
 - grinding, 10–12
 - names of, 6–7
 - reconstituting dried, 13–14
 - regional differences among, 7–8
 - smoking with, 15–16
 - stocking, 5–6
 - storage of, 10–11
 - toasting, 12–13
- Spice blends, *see* Herb and spice blends
- Spice-crusted Pork Chops, **270**
- Spiced:
- Bananas Foster, **123–124**
 - Fig Cake, Steamed, **214**
 - Meat Pie, **285–286**
 - Whitefish in Lotus Leaf, **164**
- Spice mixes:
- Adobo, **356**
 - ajwain in, 22
 - Cajun Blackening, **344**
 - cassia, 121
 - Chinese Stock Spices, **399–400**
 - Corned Beef, **349**
 - Farm Sausage Spice, **353**
 - Glogg Spices, **366**
 - grains of paradise, 182
 - “Instant” Stuffing, **351**
 - Mulling Spices, **367**
 - Pickling, **350**
 - Pumpkin Pie Spice, **352**
 - Southern Catfish Mix, **343**
- Spice trade, ix–x
- cloves, 126–128
 - cumin, brown, 140–141
 - ginger, 176–177
 - grains of paradise, 181–182
 - mustard seeds, 229
 - nutmeg, 234
 - pepper, long, 257
 - peppercorns, 255, 256
 - profit motive in, 2
 - rose petals, 266
 - zedoary, 334
- Spicy Italian Marinara Sauce, **241–242**
- Spicy Shrimp Toast, **196**
- Spike lavender, *see* Lavender
- Spinach and Ricotta Gnocchi, **236–237**
- Spiny coriander, *see* Culantro
- Spreads:
- Baba Ganoush, **86**
 - Zicil P’ak, **107**
- Squash (butternut):
- Saffron Butternut Bisque, **276**
- Sri Lanka (country of origin):
- cinnamon, true cinnamon, 115–118
- Sri Lankan cuisine:
- Curry Powder, Sri Lankan style, **387**
 - kencur in, 195
- Standards, 8
- Star anise, 303–304
- Chinese Five-Spice, **399**
- Chinese Stock Spices, **399–400**
- Kala Masala, **389**
 - Mulling Spices, **367**
 - Seattle Salmon Rub, **343**
 - smoking with, 15
- Steak:
- Chinese Five-spiced Beef, **304**
 - Mavrou, **83**
 - Paradise Pepper, **183**
 - with Pepper-Mushroom Crust, **256**
 - Spice Blend, **346**
 - Steamed Spiced Fig Cake, **213–214**
- Stems, smoking with, 15
- Stews:
- Arabic Chicken Kabsa, **65**
 - Creole Gumbo, **282–283**
 - Hungarian Goulash, **250**
 - Lamb Tagine with Lemon and Figs, **319–320**
 - Philippine Chicken Adobo, **311–312**
- Stocks:
- Berberé, **391–392**
 - Bouquet Garni, **368**
 - Chinese Stock Spices, **399–400**
 - coriander, European, 130
 - finger root, 161
 - galangal, lesser, 166
 - kaffir lime, 193
- Storage, 10–11. *See also specific herbs and spices*
- Stuffing:
- bread stuffing spices, 351
 - “Instant” Stuffing Spice Mix, **351**
 - Mom’s Holiday Corn Bread Dressing, **279–280**
 - Rejepolsiko Marjoram-Stuffed Duck, **218–219**
- Succory, *see* Chicory
- Sumac (sumak), 305–307
- Hummus, **306–307**
 - Israeli Zahtar, **379**
 - Syrian Zahtar, **380**
- Sumatra cinnamon, *see* Indonesian cassia-cinnamon
- Summer bean herb, *see* Savory, summer and winter
- Summer pepper herb, *see* Savory, summer and winter
- Sushi, 293, 297
- Sushoga*, *see* Ginger
- Svanetti Salt, **375**
- Russian White Beans with Vinegar and Walnuts, **159–160**
- Sweet basil, *see* Basil
- Sweet bay, *see* Bay leaf, Turkish
- Sweet cicely, *see* Cicely
- Sweet fennel, *see* Fennel
- Sweet flag, 308
- Sweet gale, *see* Gale
- Sweet grass, *see* Sweet flag
- Sweet marjoram, 217
- Sweet root, *see* Licorice
- Sweet trefoil, *see* Bread clover
- Sweet verbena, *see* Lemon myrtle
- Sweetwood, *see* Licorice
- Swiss cuisine:
- bread clover in, 71
- Sylphium, 309
- Syrian Zahtar, **380**
- Tabasco sauce, 100
- Tabil:
- recipe for, **394**
 - West Indian Groundnut Soup, **23–24**
- Table salt, 290
- Taco and Fajita Seasoning, **359**
- Wild Mushroom Fajitas, **244–245**

- Tagine with Lemon and Figs, Lamb, **319–320**
- Tahini:
Baba Ganoush, **86**
Hummus, **306–307**
- Tailed pepper, *see* Cubeb
- Tamari:
Beet-and-Wasabi-crusted Halibut, **330–331**
Philippine Chicken Adobo, **311–312**
Pork Dim Sum with Shiso, **298–299**
Spicy Shrimp Toast, **196**
- Tamarind (*tamarindo*), **310–313**
Chinese Stock Spices, **399–400**
Philippine Chicken Adobo, **311–312**
Tamarind Refreshers, **312–313**
- Tangerine peel:
Shichimi-Togarashi, **401**
- Tarheel Barbecue Rub and Sauce Base, **340–341**
- Tarragon, **314–316**
Fines Herbes, **369**
Herbes de Provence, **368**
- Tartar, cream of, *see* Cream of tartar
- Tartaric acid, *see* Cream of tartar
- Tartness, quest for, **312**
- Tasmanian pepper, *see* Mountain pepper
- Teas:
chai spices, **381–383**
galangal, lesser, **166**
ginger, **175**
lemongrass, **208**
lemon verbena, **205**
mint, **221–222**
rose petals, **266**
- Tejpat leaf, *see* Bay leaf, Indian
- Tellicherry peppercorns, *See under* Peppercorns, black, green, white, and “true” red
- Temperature, storage, **10**
- Texan cuisine:
chiles in, **97**
cilantro in, **111**
Tex-Mex Chile Corn Bread, **105–106**
- Thai basil, *see* Basil, Thai
- Thai cardamom, **84**
- Thai chiles, *see* Chiles, Thai
- Thai cuisine:
basil in, **53**
cardamom, Thai, in, **84**
curry pastes, **398**
Red Curry Paste, **398**
Spicy Shrimp Toast, **196**
Thai Curried Beef, **194**
galangal, greater, in, **163**
kaffir lime in, **194**
shiso in, **297**
tamarind in, **312**
- Thai curry pastes, **398**
Red Curry Paste, **398**
Spicy Shrimp Toast, **196**
Thai Curried Beef, **194**
- Thai red chiles, *see* Chiles, Thai red
- Thickening, for:
arrowroot, **41**
- Thornberries, *see* Barberry
- Thyme, **317–320**
Beale Street Barbecue Rub, **339**
Bouquet Garni, **368**
Cajun Blackening Spice Mix, **344**
Creole Spice Blend, **345**
Duqqa, **393**
Georgian Spiced Bean Balls, **112–113**
Herbes de la Garrigue, **369**
Herbes de Provence, **368**
Herb Poultry Rub, **341–342**
home garden, for, **17**
Israeli Zahtar, **379**
Jerk Rub, **362–363**
Kansas City Barbecue Rub and Sauce Base, **340**
Lamb Tagine with Lemon and Figs, **319–320**
Mélange Classique, **370**
Steak Spice Blend, **346**
Taco and Fajita Seasoning, **359**
Tourtière (Spiced Meat Pie), **285–286**
- Tikka Masala, **365**
Chicken, **323**
- Tisanes:
lemon verbena, **205**
- Toast, Spicy Shrimp, **196**
- Toasting of spices, **12–13**. *See also specific spices*
- Tofu:
Ma Pua Do Fu, **301–302**
Phô (Vietnamese Soup), **208–209**
- Tomatoes:
bush, *see* Bush tomato
- Spicy Italian Marinara Sauce, **241–242**
- Tourtière* (Spiced Meat Pie), **285–286**
- Trassi (shrimp paste):
Sambal Goreng, **396**
Thai Red Curry Paste, **398**
- Trefoil, *see* Mitsuba
- Trefoil, sweet, *see* Bread clover
- Trinidad Curry, **364**
- Triple-Rise Cinnamon Rolls, **122–123**
- True cinnamon, *see* Cinnamon
- True lavender, *see* Lavender
- “True” red peppercorns, *see* Peppercorns, black, green, white, and “true” red
- Tulsi* (holy basil), *see* Basil
- Tunisian Five-Spice, **395**
- Turkey (country of origin):
licorice, **210–211**
mahleb, **215–216**
savory, summer and winter, **284–286**
- Turkish bay leaf, *see* Bay leaf, Turkish
- Turkish blends:
cardamom, green and white, in, **81**
- Turkish Coffee, **81**
- Turkish cuisine:
bay leaf, Turkish, in, **58**
cardamom, green and white, in, **81**
cumin, brown, in, **140–141**
mahleb in, **215**
mint in, **221**
- Turkish oregano, *see* Oregano, Turkish
- Turmeric, **321–323**
Arabic Chicken Kabsa, **65**
Basa Genep, **397**
Berberé, **391–392**
Capetown Masala, **395**
Cauliflower and Asafetida Pitas, **44–45**
- Citrus Honey Mustard, **231**
Hawayil, **376–377**
Kala Masala, **389**
Kashmiri-style Curry Powder, **386**
Khmeli-Suneli, **374**
Madras-style Curry Powder, **385**
Poudre de Colombo, **363**
Ras el Hanout, **377–378**
- Sambhar Masala, **390**
in spice blends, **5**
Tikka Masala, **365**
Trinidad Curry, **364**
wild, *see* Zedoary
- Turnips:
Root Vegetable Curry, **132**
Saffron Butternut Bisque, **276**
- Tzatziki*, **172**
- Urucum*, *see* Annatto
- Vanilla bean, **324–328**
Homemade Coffee Liqueur, **328**
Lemon Verbena Cheese-cake, **205–206**
- Vanilla extract:
Lavender Shortbread, **201**
Triple-Rise Cinnamon Rolls, **122–123**
- Vanilla ice cream:
Spiced Bananas Foster, **123–124**
- Vegetables:
Beets Roasted with Cumin, **141–142**
Root Vegetable Curry, **132**
Spinach and Ricotta Gnocchi, **236–237**
- Verbena:
lemon, *see* Lemon verbena
sweet, *see* Lemon myrtle
- Vietnamese coriander, *see* Coriander, Vietnamese
- Vietnamese cuisine:
cilantro in, **112**
coriander, Vietnamese, in, **134**
finger root in, **161**
galangal, greater, in, **163**
kaffir lime in, **193–194**
Phô, **208–209**
screw pine in, **287**
shiso in, **297**
- Vietnamese mint, *see* Coriander, Vietnamese
- Vinegar:
rosemary, **268**
Russian White Beans with Walnuts and, **159–160**
- Vodka:
caraway, **78**
for making
extracts/liqueurs, **16**
Oven-blasted Cauliflower with Dill and Lemon, **149**
vanilla extract, **327**

- Walnuts:
 Georgian Spiced Bean Balls, **112–113**
 Russian White Beans with Vinegar and, **159–160**
 Steamed Spiced Fig Cake, **213–214**
- Wasabi, **329–331**
 Beet-and-Wasabi-crusted Halibut, **330–331**
 Spiced Whitefish in Lotus Leaf, **164**
- Water chestnuts:
 Thai Curried Beef, **194**
- Wattle seeds (wattle), **332–333**
- West Africa (region of origin). *See also specific countries*
 grains of paradise, **181–183**
- Western Asia (region of origin). *See also Asia Minor; specific countries*
 bay leaf, Turkish, **56–58**
 caraway, **77–79**
 nigella, **232–233**
 poppy seeds, **264–265**
- Western Seasoning Salt, **354**
- West Indian bay leaves, *see* Allspice
- West Indian cuisine:
 cinnamon, white, in, **125**
 Groundnut Soup, West Indian, **23–24**
- West Indies (region of origin):
 allspice, **25–28**
 arrowroot, **41–42**
 cinnamon, white, **125**
- White anise, *see* Anise, brown
- White Beans with Vinegar and Walnuts, Russian, **159–160**
- White cardamom, *see* Cardamom, green and white
- White cinnamon, *see* Cinnamon, white
- White cumin, *see* Cumin, brown
- Whitefish, Spiced, in Lotus Leaf, **164**
- White peppercorns, *see* Peppercorns, black, green, white, and “true” red
- White sesame seeds, *see* Sesame seeds, white
- Whole spices:
 buying, **2**
 flavor of, **4**
- Wild celery, *see* Angelica
- Wild-crafted herbs and spices, **8**
- Wild lily, *see* Sweet flag
- Wild lime, *see* Kaffir lime
- Wild marjoram, *see* Oregano, Mediterranean
- Wild Mushroom Fajitas, **244–245**
- Wild sesame, *see* Shiso
- Wild thyme, **318**. *See also* Thyme
- Wild turmeric, *see* Zedoary
- Wine:
 Glogg Spices, **366**
 Mulling Spices, **367**
- Winged cardamom, *see* Cardamom, black
- Winter marjoram, **217**
- Winter savory, *see* Savory, summer and winter
- Winter tarragon, *see* Tarragon
- Worcestershire:
 Beale Street Barbecue Rub, **339**
 Grilled Beef on Licorice Skewers, **211**
- Leek and Potato Soup with French Herbs, **316**
- Taco and Fajita Seasoning, **359**
- Wormseed, *see* Epazote
- Yellow lentils, *see* Lentils, brown, red, or yellow
- Yellow mustard seeds, *see* Mustard seeds, yellow
- Yerba santa*, *see* Pepperleaf
- Yogurt:
 Cauliflower and Asafetida Pitas, **44–45**
- Yomogi*, *see* Mugwort
- Yucatán Rojo Rub:
 recipe for, **360**
 Yucatán Chicken Rojo, **28**
- Za’atar*, **318–319**
- Zahtar, **379–380**
 Israeli, **379**
 Syrian, **380**
 thyme, **318**
- Zarvelas*, **275**
- Zedoary, **334**
- Zereshk*, *see* Barberry
- Zhug*, **81**, **380**
- Zicil P’ak, **107**