



PAPRIKA

Paprika is the dried, ground pods of *Capsicum annuum* L., a red capsicum. Smoked paprika is made from smoking and drying capsicums. It has a rich smoky flavour and vibrant colour.



SEA SALT

Sea salt is a mineral comprising mainly sodium chloride and is found in the sea. It is one of the most loved seasonings throughout human history and has been sourced around the world for centuries. Sea salts differ in colour and flavour depending on the minerals in the local water and how and where they are harvested.



CORIANDER

Coriander seeds have a mild, sweet citrus flavour that is well suited to Asian and Mexican cuisines.



ONION POWDER

Onion powder is dried, ground onion and is an important flavouring in almost every country in the world.

When combined with other ingredients, onion's flavour is rarely overwhelming or assertive. Onion powder is great in soups, egg dishes, sauces and casseroles.



CARDAMOM

Cardamom is native to southern India and has a slightly sweet, savoury and bold flavour with citric elements. It can be used in both sweet and savoury dishes. It can be used for sauces, seafood, meats, poultry, vegetables and even desserts or pastries or other baked goods. It also can be used in coffee and other beverages. Use sparingly.

Flavour Forecast 2018 RECIPE CHALLENGE



A BITE OF EAST AFRICA

KEY SPICES IN A BERBERE SPICE BLEND

East African cuisine is a treasure trove of flavour. The hot, sweet and citrusy flavour of this signature Ethiopian Berbere Spice Blend lends richness to whatever it touches, whether rubbed on meats, stirred into soups and stews, or sprinkled onto lentils and vegetables.



CINNAMON

Cinnamon has a warm, sweet flavour, with the quills best used in slow-cooked dishes such as stews, curries, tagines and bolognaise sauces, as they will keep their shape and give the dish a rich and intense flavour during cooking. Ground cinnamon is best used to spice up hot drinks, cakes and pastries.



CAYENNE PEPPER

Cayenne pepper, also known as red pepper, is hot and spicy. An earthy hot pepper, cayenne has mild chilli flavour notes making it suitable to add sparingly to most dishes.



BLACK PEPPER

Black pepper is native to India and has been around since ancient times. Black pepper is flavourful and pungent and comes as whole, cracked peppercorns or ground into powder.



GINGER

Ginger is native to south-eastern Asia and has a pungent, aromatic and hot flavour.



ALLSPICE

Allspice is a cured, unripe berry. It has a warm, fragrant aroma that tastes like a mixture of cinnamon, nutmeg, ginger and cloves. Allspice adds a touch of warmth to meats and winter vegetables. Whole allspice also works well in beverages or curries. (Remember to remove the whole allspice before serving.) Ground allspice can be mixed with juices, brown sugar and oil to create a sauce, salad dressing or marinade for pork, fish or chicken.