



Spice Facts

With access to 100s of spices, these are our Top 20 Picks.
Can't find a spice you are looking for, ask. We probably have it!

SPICE	ORIGIN	INTERESTING FACTS	CULINARY USES	HEALTH BENEFITS
Amchur	India	Made from unripened Mangoes.	Marinades, Curries, Chutneys, Soups. A citrusy, tangy seasoning.	High Iron content. Contains phenols that aid digestion Also used as a thickener.
Sumac	Mediterranean	Can be used in place of fresh lemon.	Sprinkled before serving. Pairs well with veggies. Tart, fruity flavor.	Great Heart-healthy antioxidant and bone-supporting hummus, grilled chicken and fish.
Aji Panca	Peru	Member of the pepper family. Berry-like with rich smoky flavor.	Used in stews, sauces, rubbed on meat before roasting, oven fries.	Improves performance and reduces LDL Cholesterol. Aids in weight loss.
Fleur de Sel	Brittany, France	The 'Caviar' of Salts. Used as a finishing salt at the end of cooking as a garnish.	Sprinkle on anything that requires more oomph, right before consuming.	It is a pure and unaltered salt. Contains no additives.
Turmeric	India	Belongs to the ginger family and contains Curcumin.	Curries, stews, vegetables, rice dishes, eggs, golden milk.	Anti-inflammatory and boosts cognitive brain function.
Ceylon Cinnamon	Sri Lanka	Comes from the Cinnamon Tree Ceylon is lighter in color than regular or Cassia cinnamon.	Beef dishes, stews, chili, desserts, cookies, coffee.	Contains cancer-fighting enzymes. Anti-inflammatory, an anti-oxidant, anti-microbial that supports immune health
Grains of Paradise	West Africa	Also known as Alligator Pepper. A member of the ginger family and is more flavorful than regular pepper.	Vegetables, grains, greens, and used on any meat. Keep in a grinder at the dinner table.	Improves digestion and intestinal health.
Black Hawaiian Sea Salt	Hawaiian Islands	Volcanic flavor from activated charcoal trapped in salt crystals.	Used as a finishing salt prior to consuming. Amazing finishing salt.	Aids in weight loss. Also used as laxative and great for heartburn. Promotes healthy hair.
Hawaiian Pink Sea Salt	Hawaiian Islands	Holy Salt	Use as you would regular salt.	Contains less sodium and contains iron, potassium, and magnesium.
Himalayan Sea Salt	Punjab region, Pakistan	Comes from salt mines that are dated to be 450 million years old.	Use as you would regular salt.	Contains minerals to create electrolyte balance. Increases hydration and prevents muscle cramping.
Christmas Peppercorn	United States	Pink and green peppercorns to adorn your Christmas table as a condiment.	Use as you would any pepper for finishing. Keep in a grinder at the Christmas dinner table.	Contains gallic acid that regulates insulin and contains fiber.
Ground Cloves	India	Comes from a dried unopened flower.	Use in mulled wine, warm ciders, desserts, curries and chutneys.	Cloves essential oil aids in digestion. Whole cloves can be used as an oral painkiller for toothache.
Dark Cocoa	United States and baking	Black or Ebony powder used in cooking.	Use in any recipe that calls for cocoa.	The Happy Spice.

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Ground Nutmeg	India	Comes from the Evergreen Tree.	Use in dairy based dishes, custards, desserts, Holiday cookies and cakes, and pies.	Contains Myristicin, a substance with psychoactive sauces, properties but that is used to treat depression.
Star Anise	Vietnam	Intense, muscular, warming and floral.	Use in sweet and savory dishes. Infuse in teas, soups and pasta and calms gastric activity.	In China and India this spice is used to treat indigestion Contains essential oil Anethole that freshens breath.
Black Garlic	Various Countries	An aged garlic that is sweet, savory and earthy.	Use in chili, puree and smear over chicken or fish prior to roasting.	Contains many vitamins and phosphorous that builds strong bones and teeth. Lowers cholesterol, disease protection, and helps with diabetes. Also contains magnesium, calcium, and selenium.
Jerk Seasoning	Africa, Jamaica, Various	Jerk in a style of cooking native to Jamaica.	Marinate any meat, fish, or chicken prior to cooking. Use as a dry rub or paste.	
Ceylon Cinnamon	Sri Lanka	Is your 'best friend' at breakfast.	Goes well in savory dishes like soups and stews, Does wonders on meat and chicken. It shines in desserts like apple pie, doughnuts, cookies and cakes. Great in a tea and potpourri.	Cinnamon is hearty-healthy and helps to reduce LDL 'Bad' cholesterol. In pill form, it helps with Type 2 diabetes. There has been benefit on blood glucose levels.
Smoked Paprika	Spain	Spanish smoke their paprika over oak fires.	Unique smokiness to all sorts of dishes from comforting stews to punchy marinades. Heating the spice will unlock its flavor.	Rich source of vitamin E. Contains lycopene that acts against free radicals.
Hungarian Paprika	Hungary	Paprika is dried in the sun.	Goes well in any savory food including eggs, meat, chicken, pork, fish, soup, steamed veggies and sauces. For most recipes it is added near the end of the cooking process.	Full of antioxidants and good for your eyes as it is rich in Vitamin A, lutein, and zeaxanthin that helps prevent diseases that can damage the eyes.
Ginger	Southeastern Asia	Is a herb. In the same family as turmeric and cardamom.	Goes well with pork, chicken, and fish. Rice dishes, chili, and vegetables. Golden Milk	Ginger has many health benefits that include blood pressure regulation, reduces hypertension, anti-inflammatory and aids in gastrointestinal relief.
Juniper Berry	Europe, Asia and North America	Comes from cones on evergreen shrub.	Spicy, aromatic. Can be used fresh, dried, or whole to flavor casseroles, marinades, and crushed stuffings. Juniper berries compliment pork, beef, venison and duck. They can be used in sweet dishes as well as fruitcake. They provide the main flavoring for gin!	Juniper contains antioxidants that help prevent disease. Used for digestive problems including upset stomach, intestinal gas, heartburn and bloating. Improves skin conditions, including rash, eczema and vitiligo. Also aids in a restful sleep.



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