

**ANNATTO**

**Where:** Latin America

**Flavor Profile:** Slightly sweet, nutty, smoky, and flowery

**Uses:** Pairs well with poultry and complements hot chili

**JAMAICAN JERK**

**Where:** Jamaica

**Flavor Profile:** Aromatic allspice packed with heat with notes of ginger, garlic and onion

**Uses:** Most commonly used for seasoning pork and other proteins

**STAR ANISE**

**Where:** East Asia

**Flavor Profile:** Sweet and pepper-like flavor that intensifies when cooked

**Uses:** Accompany savory dishes with meat and put into liquors and desserts



photo by | **SOPHIA LIU**

Sources from Spiceography and Herbcos

**UTAZI**

**Where:** Nigeria

**Flavor Profile:** Simultaneously bitter and sweet

**Uses:** Put into soups and stews, mixes well with vegetables and leafy greens

**BYADAGI**

**Where:** India

**Flavor Profile:** Sweet, aromatic, similar to paprika taste-wise but with more heat

**Uses:** Crushed into a powder that provides heat



# ADD A LITTLE *Spice*

Explore spices and herbs from all around the world, their tastes, flavor profiles and different ways to use them

**BORAGE**

**Where:** Europe (Germany, Italy, Greece)

**Flavor Profile:** Cucumber

**Uses:** Complements salads, also blended into condiments like green sauce and green tzatziki

**LICORICE ROOT**

**Origin:** Southern Asia

**Flavor Profile:** Resembles anise, bitter and sweet

**Uses:** Making candy, flavor maximized when soaked in hot water to create teas, sauces and syrups

**TOGARASHI**

**Where:** Japan

**Flavor Profile:** Spicy, sweet and zesty

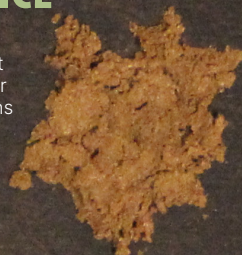
**Uses:** Sprinkled over noodles and rice, the Japanese equivalent of "salt and pepper"

**CHINESE 5-SPICE**

**Where:** China

**Flavor Profile:** Spicy and sweet mix of fennel, cinnamon, star anise, Szechuan peppercorns and ginger

**Uses:** Used to enhance the fatty taste in braised or roasted meats

**BAY LEAVES**

**Where:** India, Turkey, Italy

**Flavor Profile:** Pepper-like flavor, similar to oregano

**Uses:** Pairs well with hearty meat dishes

