

SARAH GOLBAZ & HELLMUT WAGNER

# Global Spices for Everyday Cooking

*h.f.*fullmann

# Caraway

## Origins and distribution

Caraway, also known as meridian fennel or Persian cumin, belongs to the parsley family. The plant takes two years to complete its life cycle. Originally, it was endemic to the lands round the Mediterranean and the Middle East. Today it is mainly cultivated in the moderate climate zones of Europe, and also in Egypt. When the seed pods are harvested, they yield up to 3.75 tons per acre (1.5 tonnes per hectare). Caraway is one of the oldest spices in human history. Excavations have uncovered caraway seeds that are about 5,000 years old. Caraway also has a long history as a medicinal plant. Adding two cups of water to a teaspoon of crushed caraway seeds and bringing the mixture to the boil has long been one of the most widespread home remedies for flatulence and stomach trouble. In the Middle Ages, sumptuous celebratory banquets were often rounded off with sweet baked goods that were heavily spiced with caraway.

## Use

Caraway is a popular all-round spice in modern cooking. It is used to season boiled potatoes, for example, or included because its digestive properties work particularly well in fatty roast pork, goose, and duck dishes. Caraway is an indispensable ingredient in seasoning for sauerkraut and red and white cabbage. It also gives various spirits their distinctive flavor, including Aquavit and Köm.

# Turmeric

## Origins and distribution

Turmeric is a spice plant from the ginger family, and is endemic to India, Southeast Asia, and South America. A herbaceous, perennial plant, it grows up to 6 feet (2 meters) high. Its beautiful inflorescences, which range from cream colored to reddish, are also harvested as cut flowers.

## Interesting fact

Turmeric is famous for its vibrant color. The rhizome (rootstock) contains large quantities of the pigment curcumin. This substance is considered to have antioxidant, cancer-inhibiting, and anti-inflammatory effects.

## Use

The whole, ground, or chopped rhizome is dried and used as a spice. Turmeric is most commonly used as a key ingredient in curry powders. The use of ground turmeric on its own is less common in northern latitudes, although it offers lots of fantastic possibilities in cooking. One easy tip is to stir a generous amount of turmeric into cooking oil and spread the mixture onto chicken breast fillets. When the chicken is grilled it develops an exquisite flavor and takes on a magnificent golden hue. Adding just a pinch of turmeric to scrambled eggs gives them an amazing color and taste.





## Key pepper varieties

**Lampung pepper** from the island of Sumatra.

**Malabar pepper** from the Malabar Coast of India, the birthplace of pepper.

**Muntok pepper** from the Indonesian island of Banka. This pepper variety derives its name from the island's main port for shipping pepper.

**Periyar pepper** from the Indian state of Kerala. Endemic varieties of pepper have long been grown extensively here, resulting in pepper with an unadulterated and complex taste.

**Sarawak pepper** from the island of Borneo, which mainly produces black pepper. It is milder than the Indian varieties of pepper.

**Tellicherry** from the Indian state of Kerala. This is the premium Indian pepper product and consists of hand-picked berries with a specific minimum size.

# Avocado and chicken sandwich Serves 4

14 oz (400 g) chicken breast fillets  
1 tbsp olive oil  
¼ tsp spicy **SMOKED PAPRIKA**  
1 ripe avocado  
juice of 1 lemon  
1 tsp **CUMIN**  
1 Batavia lettuce  
2 tomatoes  
1 red onion  
8 slices of rye bread  
salt, pepper

Wash the chicken breast fillets and pat them dry. Heat the oil in a pan and fry the meat for approximately 10 minutes, turning them every so often. Season with the salt, pepper, and smoked paprika, then wrap in aluminum foil and set to one side.

Cut the avocado in half, remove the pit, scoop the fruit out of the shell with a spoon, and mash it with a fork. Add salt, lemon juice, and cumin to taste. Wash the lettuce and toss it until it is dry. Wash the tomatoes and cut them into thin slices. Peel the onion and slice it into rings. Cut the chicken breast fillets into thin slices too.

Toast the bread and spread the avocado mixture over each of the slices. Set out 4 slices of the toasted bread and lay 1 lettuce leaf, some chicken, 2 slices of tomato, onion rings, and then another lettuce leaf on each of them, before placing the second slice of bread on top. Cut the sandwiches in half and serve.

# Hummus Makes approx. 1 cup (250 ml)

generous 2 cups (250 g) chickpeas  
(from a can)  
1 garlic clove  
3 tbsp light tahini (sesame paste)  
1 tbsp olive oil  
salt  
2 tbsp lemon juice  
1 tsp **CUMIN**

Drain the chickpeas and rinse under cold water. Peel the garlic and crush it or chop it very finely.

Blend the chickpeas to a creamy paste with the tahini, olive oil, salt, garlic, and lemon juice, using a handheld blender. Add 2 to 4 tablespoons of water if required. Add salt and cumin to taste.

Serve fresh flatbreads or vegetable crudité with the hummus.

# Eggplant mousse

3 eggplants  
2 garlic cloves  
3 tbsp tahini (sesame paste)  
juice of 2 lemons  
2 tbsp olive oil + olive oil for brushing  
¼ tsp **SMOKED PAPRIKA**  
1 tbsp pomegranate seeds to decorate  
chopped parsley to decorate  
salt

Pre-heat the oven to 430 °F (220 °C). Slice the eggplants in half lengthways and score them in a crisscross pattern. Brush with a little olive oil and sprinkle with salt. Place them on a tray covered in baking parchment and bake in the oven for approximately 15 to 20 minutes. They are ready when the eggplant is soft. Remove the eggplants from the oven, scoop the flesh out with a spoon, and leave to drain in a sieve.

Peel the garlic cloves and crush them or chop them finely. Place the garlic, eggplant pieces, tahini, lemon juice, and olive oil in a bowl and mash with a fork. Add salt and paprika to taste. Garnish with the pomegranate seeds and parsley.



# White asparagus tart with flower blossoms Serves 4

## *For the pastry*

1¾ cups (250 g) flour  
¾ cup (150 g) butter  
1½ tsp fleur de sel  
baking beans

## *For the filling*

14 oz (400 g) white asparagus  
generous ¾ cup (200 g) crème fraîche  
1 egg  
grated zest of ½ lemon  
1 tbsp **DRIED EDIBLE FLOWERS**  
(e.g. cornflower, lavender, orange, thyme,  
violet blossoms)  
salt, pepper

To make the pastry, mix the flour, butter, and salt to a crumbly consistency with your hands. Add 2 tablespoons of ice-cold water and knead until you can form a ball. Wrap the pastry in plastic wrap and place in the refrigerator for about 1 hour.

Pre-heat the oven to 355 °F (180 °C). Roll the pastry out onto a lightly floured surface, and then place it in a tart tin, pressing the sides firmly.

Place a circle of baking parchment on top of the pastry and cover it with baking beans. Bake in the oven for 15 minutes, then take out and remove the baking beans and baking parchment.

Meanwhile, to make the filling, peel the asparagus, cut off the woody ends, and blanch the spears in boiling water. Drain and leave to dry.

Mix the crème fraîche and egg with the lemon zest and dried flowers, then season with salt and pepper. Spoon the mixture into the tart case and place the asparagus on top. Bake in the oven for 25 minutes.

A green salad with berry vinegar vinaigrette would make a good accompaniment to this tart.

# Raspberry and rose crumble Serves 4

generous 1 lb (500 g) raspberries  
(frozen or fresh)  
1 tbsp **ROSE PETALS**  
4½ tbsp (60 g) cane sugar  
¾ cup (100 g) flour  
2 tbsp shredded coconut  
7 tbsp soft butter + extra for greasing the tin  
2 tbsp pistachios, chopped  
pinch of salt

Wash the fresh raspberries or thaw the frozen raspberries. Pre-heat the oven to 390 °F (200 °C). Crush the rose petals and sugar finely in a mortar. Using your fingers, work the rose sugar, flour, shredded coconut, salt, and butter to a crumbly consistency.

Grease a baking dish and spread the raspberries over the bottom of it. Scatter over the crumble mixture and bake in the oven for approx. 20 minutes. Sprinkle with the chopped pistachios. This goes well with tonka ice cream (see page 43).





# Curry powder

There are countless variations on this spice mixture, which is prevalent and popular within Indian cuisine. Here is an established basic recipe:

- 25% turmeric
- 15% cumin
- 15% coriander seeds
- 8% mustard seeds
- 6% sweet paprika
- 5% black pepper
- 4% ginger
- 3% Chinese (Cassia) cinnamon
- 3% bay leaves
- 3% grated nutmeg
- 2% chilies
- 2% cardamom
- 2% cloves
- 2% fenugreek seeds
- 2% lemongrass
- 2% allspice
- 1% Sichuan pepper

# Garam masala

Garam masala is an Indian spice mixture that is ideal for seasoning Asian rice dishes. Here is a recipe that can be tweaked and supplemented according to taste:

- 35% coriander seeds
- 35% cumin
- 10% cardamom (ground in a bowl)
- 8% pepper
- 8% nutmeg
- 4% Chinese (Cassia) cinnamon

The easiest way to make this blend is to mix pre-ground spices. A more lavish method, but one that has a far more flavorsome end result, is to toast the whole individual spices briefly, and only then to grind them finely in a spice or coffee grinder.



# Spotlight on Curry Powder

Curry powder is a spice mixture made from at least ten ingredients, and sometimes containing over twenty. Its uniform yellow color comes from turmeric. Making this mixture is something of an art, as the taste of no single spice can be allowed to overpower the rest. India is the birthplace of curry powder. Spice mixtures, known as masalas, have been in widespread use there for thousands of years. This local tradition later gave rise to curry powder. The origins of the curry mixtures prevalent today date back to the time of the British Raj in the 18th century. The colonial officials of that time were fascinated by Indian cuisine and were quick to copy the masalas that were most suited to their palate.

The British adopted the southern Indian word Kari, referring to various spicy dishes, and used it for the spice mixtures that were new to them. The word “curry” is derived from this stem. The new spice blends were soon adopted throughout Europe and won many fans across the whole of the British Empire. A number of spice-processing factories were founded in Madras in the late 18th century and exported curry blends all over the world.

Besides India, curry mixtures exist in other Asian countries such as Thailand, Sri Lanka, and Malaysia. These have very different components from the standard curry powder sold in shops in the West, but they still enjoy a long tradition within their respective regions of origin.



# Index of Recipes

- Ajo blanco 115  
Avocado and chicken sandwich 30  
Beet salad with goat's milk cheese 40  
Bergamot pavlova with tangerine and lemon curd and persimmons 89  
Braised leg of lamb with rosemary polenta 85  
Buckwheat risotto with beet and scamorza 39  
Burrata with cherries and pepper 107  
Caraway and thyme crispbreads 33  
Carrot and cardamom soup 82  
Carrot cake with orange blossom frosting 143  
Chai affogato 143  
Chestnut soup with hazelnuts 39  
Chicory and pear salad with dark rye bread croutons 81  
Chocolate beet cake 44  
Chocolate mousse with Sichuan pepper 116  
Couscous salad with mushrooms 40  
Creamy polenta with spinach and poached eggs 135  
Cucumber yogurt with rose petals 57  
Curry grissini 128  
Duck rillettes à l'orange 81  
Eggplant mousse 30  
English scones with saffron 54  
Fennel soup with star anise oil 82  
Feta with honey marinade and herbs 129  
Fillet of beef with chimichurri 108  
Fish parcels with ginger 108  
Fried merguez with fennel couscous 136  
Fried zucchini flowers with lavender 57  
Ginger crème brûlée 116  
Gnocchi with melted tomatoes and star anise 86  
Harissa 104  
Hot salmon ceviche in coconut milk 107  
Hummus 30  
Lamb burgers in ras el hanout rolls 132  
Lentil and goat's milk cheese salad with mustard dressing 111  
Lentil curry with mango and garam masala 139  
Mango and turmeric ice cream 43  
Marinated salmon with orange and coriander 78  
Melon gazpacho with rose petals 62  
Moroccan chickpea salad 140  
Mussel soup with curry 140  
Orange and cardamom parfait 89  
Orange blossom fougasse 54  
Orange blossom tart 64  
Oriental lamb casserole 34  
Oven-baked seabream with lemongrass and zucchini 60  
Panna cotta with citrus fruit salad 119  
Pea and green curry soup 139  
Persian saffron rice with barberries and chicken 134  
Pho bo 115  
Plantain chips 104  
Poppy seed whirls 44  
Pork tenderloin in orange caramel 85  
Potato and sage pizza 84  
Potato rösti with salmon tartare 33  
Pull-apart bread with herb butter 131  
Rabbit in tarragon and mustard sauce 111  
Raspberry and rose crumble 58  
Roasted almonds with smoked salt 33  
Salted cookies with za'atar 128  
Savory cheesecake 78  
Spiced plum chutney 129  
Spicy grilled octopus salad 112  
Spicy olives 104  
Spinach fritters with yogurt 34  
Strawberry ice cream with Espelette pepper 119  
Strawberry salad with roasted asparagus and vanilla vinaigrette 63  
Sweet potato soup with pepper 112  
Tomato soup with lemongrass 62  
Tonka ice cream with hazelnut brittle 43  
Vanilla and tomato jam 55  
Vanilla flan 64  
Vanilla risotto 61  
Veal tenderloin with lavender glaze and blackberries 61  
Warm roasted pepper salad with saffron 63  
White asparagus tart with flower blossoms 58  
Zucchini quiche with goat's milk cheese 86

## Picture credits

Ariane Bille: pp. 31, 65  
BESH: p. 99 bottom  
Fotolia: p. 5 all, 8, 11, 13, 18 both, 21 both, 22 both, 25 both, 26 both, 29, 36, 48 top, 51 both, 52 bottom, 66, 68 both, 71 both, 72 both, 75 both, 76 both, 92 both, 95 both, 96 bottom, 99 top, 100 both, 103, 120, 122, 123, 124, 125, 126  
Kornelia Bille: pp. 16, 32, 35, 38, 41, 45 top, 46, 56, 59, 60, 80, 84, 88, 130  
Sarah Golbaz: p. 7, 45 bottom, 55, 79, 105, 117, 133, 138  
Shutterstock: U1, U4, pp. 37, 127  
Stockfood: pp. 42, 83, 87, 90, 102, 106, 109, 110, 113, 114, 118, 137, 141, 142  
Bildagentur Look: p. 48 bottom, 52 top  
Wikipedia: p. 96 top

## Abbreviations and Quantities

1 oz = 1 ounce = 28 grams  
1 lb = 1 pound = 16 ounces 1  
1 cup = approx. 5–8 ounces\* (see below)  
1 cup = 8 fl uid ounces = 250 milliliters (liquids)  
2 cups = 1 pint (liquids) = 15 milliliters (liquids)  
8 pints = 4 quarts = 1 gallon (liquids)  
1 g = 1 gram = 1/1000 kilogram = 5 ml (liquids)  
1 kg = 1 kilogram = 1000 grams = 2½ lb  
1 l = 1 liter = 1000 milliliters (ml) = 1 quart  
125 milliliters (ml) = approx. 8 tablespoons = ½ cup  
1 tbsp = 1 level tablespoon = 15–20 g\* (depending on density) = 15 milliliters (liquids)  
1 tsp = 1 level teaspoon = 3–5 g \* (depending on density) = 5 ml (liquids)

\*The weight of dry ingredients varies significantly depending on the density factor, e.g. 1 cup of flour weighs less than 1 cup of butter. Quantities in ingredients have been rounded up or down for convenience, where appropriate. Metric conversions may therefore not correspond exactly. It is important to use either American or metric measurements within a recipe.

© Verlags- und Vertriebsgesellschaft Dort- Hagenhausen Verlag- GmbH & Co. KG, Munich, Germany  
Original Title: *Kochen mit ökologischen Naturgewürzen. Ein Feuerwerk der Aromen*  
ISBN 978-3-86362-044-8

Recipes: Sarah Golbaz

Profiles: Hellmut Wagner

Further contributions: Christine Paxmann (pp. 9, 12, 14, 17, 47, 67, 91, 121), Gewürzkampagne UG (pp. 10, 14, 37, 126)

Project coordinators: Marcus Reckewitz, Lars Pietzschmann

## Disclaimer

The information and recipes printed in this book are provided to the best of our knowledge and belief and based on our own experience, but they are not a substitute for personal consultation, examination, diagnosis, or treatment from a doctor, in particular with regard to interactions with medicines that you may be taking, and in relation to age, allergies, pregnancy, or breastfeeding. Please ensure that all plants, in particular those with a potent effect, are always used in exactly the amounts stated. The information and recipes contained in this book are used at the reader's own risk. We assume no liability for the accuracy or completeness of this information, or for any effects or adverse reactions that may occur. Neither the author nor the publisher shall accept liability for any damage whatsoever which may arise directly or indirectly from the use of this book.

This disclaimer applies in particular to the use and consumption of untreated raw milk and/or raw milk products, which the author and publisher strongly advise against due to the associated health risks. It is advisable not to serve dishes that contain raw eggs to very young children, pregnant women, elderly people, or to anyone weakened by serious illness. If in any doubt, consult your doctor. Be sure that all the eggs you use are as fresh as possible.

© for this English edition: h.f.ullmann publishing GmbH

Translation from German: Maisie Fitzpatrick in association with First Edition Translations Ltd, Cambridge, UK

Typesetting: The Write Idea, Cambridge, UK

Cover design and layout: Simone Speth, Potsdam

Overall responsibility for production: h.f.ullmann publishing GmbH, Potsdam, Germany

Printed in Germany, 2016

ISBN 978-3-8480-0934-3

10 9 8 7 6 5 4 3 2 1

X IX VIII VII VI V IV III II I

www.ullmann-publishing.com

newsletter@ullmann-publishing.com

facebook.com/hfullmann

twitter.com/hfullmann\_int





This excerpt by h.f.ullmann publishing is not for sale.

All rights reserved. The use of text or images in whole or in part, as well as their reproduction, translation, or implementation in electronic systems without the written consent of the publisher is a copyright violation and liable to prosecution.

© h.f.ullmann publishing, Potsdam (2016)

You can find this book and our complete list on [www.ullmannmedien.com](http://www.ullmannmedien.com).