



How to use spices to maximize taste

Most foods that we think taste good are flavored with lots of salt and sugar: two ingredients that are not so good for our health. Too much salt can lead to hypertension and too much sugar gives us extra calories that can lead to weight gain and potentially diabetes.

Nature gives us many herbs that when blended together, brings out the delicious flavors of foods.

Herbs come in four basic flavors: spicy, sweet, sour and salty. It takes all four flavors mixed together to really enhance foods. So have fun experimenting with taste until you find the perfect blend that fits your taste buds!

TIPS:

1. Be sure to taste each spice first so that you know what it taste like by itself.
2. Start mixing with ¼ teaspoon of each herb. Taste as you go and add a “pinch” of the flavor you want more of. Keep adding a pinch until you’ve got the perfect flavor for you!
3. Be careful with the Spicy herbs! Start with a pinch. Spicy herbs like cayenne get HOTTER the longer you cook it. A good tip is to add cayenne last- right before the food is done cooking. A pinch of spicy can go a long way.

Here’s a sample of different herbs and spices for each of the four flavors:

Spicy	Sweet	Sour	Salty
Cayenne	Cinnamon	Lemon	Garlic
Ginger	Coriander	Onion	Kombu
Basil	Nutmeg	Turmeric	Sea Salt