Hindi : Hing

Italian: ASSAFETIDA

Greek: Aza

French Ferule Asafoetida

Asafoetida is extensively used for flavoring curries,

sauces, and pickles.

Medicinal uses: antibiotic properties, digestive aid,

reduces flatulence, helpful in cases of bronchitis and asthma

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Hindi : tejpatta

Italian: Alloro

Greek: laurel leaf

French Laurier

Bay leaves are used as spice and flavouring in soups, stews, meat, fish, and sauces and in confectionaries. Both leaves and fruits possess aromatic, stimulant and narcotic properties.

Medicinal uses: Anti-microbial, anti-fungal, hypoglycaemic, anti-ulcerogenic etc.

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Hindi : Chhoti elaichi

Italian: Cardamomo

Greek: kárdamo

French Cardamome

“Queen of Spices”- because of its very pleasant aroma and taste.

The major use is for the preparation of ‘gahwa’ – a strong cardamom

coffee concoction which is a symbol for hospitality among Arabs.

Apart from this cardamom is widely used, in both whole and

ground form, as a flavoring material, cordials,

and liquors and in perfumery.

Medicinal uses: in treatment for mouth ulcers,

digestive problems, cold, flu and depression

Hindi : Dalchini

Italian: cannella

Greek: kanéla

French: cannelle

Cinnamon bark is a popular spice with a delicate fragrance

and a warm agreeable taste. It is widely used in flavouring

confectionary, liquors, pharmaceuticals and cosmetics.

Medicinal uses: help diabetics in digestion of sugar, has stimulant

and carminative properties, checks nausea and vomiting,

oil has anti-fungal properties.

Hindi : Laung

Italian: chiodi di garofano

Greek: Garifalo

French: Clou de girofle

The plant is indigenous to North Molucca Islands of Indonesia.

The use of clove in whole or ground form is mainly for

culinary purposes and as a flavouring agent in food industry

as it blends well with both sweet and savory dishes.

In Indonesia, the lion share of production is consumed

in production of ‘kretek’ cigarettes.

Medicinal uses: carminative, stimulant, antiseptic and antibiotic

properties; used in dentistry, oral and pharyngeal treatments;

preparations of toothpaste and mouthwashes, soaps and perfumes.

Hindi : Jira or Jeera

Italian: Comino

Greek: kýmino

French: Cumin

Cumin seed have an aromatic odour and bitter taste. It is used as

a condiment, and is an ingredient in curry powders, seasonings

of breads, cakes and cheese. Cumin seed oil is used in perfumery

and for flavoring liqueurs and cordials

Medicinal uses: used as a stimulant, carminative, stomachic

and astringent.

Hindi : Saunf

Italian Finocchio

Greek: márathou

French: Fenouil

The leaves of fennel are used for garnishing. Leaves and stalks are

used in salads. Seeds have fragrant odor and pleasant aromatic

taste and used as a masticatory;` for flavoring soups, meat dishes,

sauces, pastries, confectionaries and liquors.

Medicinal uses: can cure bad breath problem and indigestion,

chronic coughs, fennel water is used to ease flatulence in infants; made

into syrup (gripe water) to treat babies with colic or painful Teething

Hindi : Methe

Italian Fieno Greco

Greek: moshoseitaro

French Fenugrec

Fenugreek is used both as a food and food additive as well as in

medicines. Fresh tender pods, leaves and shoots are eaten as

curried vegetable. As a spice, it flavours food. Fenugreek extract is

used as a flavoring agent of imitation maple syrup. It is one of the

principle constituent of curry powder.

Medicinal uses: seeds are used in colic flatulence, dysentery, diarrhoea,

dyspepsia, chronic cough and enlargement of liver and spleen, rickets,

gout and diabetes; oil is used in the manufacture of hair tonics.

Hindi : Jaiphal

Italian Noce moscata

Greek: moshokarido

French Muscade

Nutmeg & Mace are two distinctly different spices produced from a

fruit of an evergreen tall tree. Nutmeg is the dried seed kernel of the fruit.

Mace is a spice made from the waxy red covering that surrounds nutmeg

seeds. The flavor is similar to that of nutmeg, with a hint of pepper

and a more subtle note. Both condiments particularly in sweet foods;

spice in the ground form is mainly used in the food processing industry

especially as a standard seasoning. Mace is used in savory dishes.

Nutmeg oil is used in cosmetics and toiletries.

Medicinal uses: stimulant, carminative, astringent and aphrodisiac properties.

Excessive doses have a narcotic effect.

Hindi : Rai

Italian Senape

Greek: spórous moustárdas

French Moutarde

Mustard seed powder is used in the manufacture of mayonnaise; whole mustard is used as a flavouring agent in Indian cooking, whereas ground mustard provides flavour and consistency in fish curries etc.

Medicinal uses: antioxidant properties

Hindi : kali Mirch

Italian : Pepe

Greek: piperi

French Poivre

Pepper is considered to be originated in the hills of South Western Ghats of India. It is largely used by meat packers and in canning, pickling, baking, considering for its preservative value. It has the ability to correct the seasoning of dishes, therefore used as a final dash at the end of cooking to effectively adjust the flavour. It is also used as an ingredient in spice mixes. White pepper is used in products like mayonnaise.

Medicinal uses: Black pepper is an essential ingredient in Indian system of medicine. Piperine, the pungent principle in pepper oleoresin helps to enhance bio-availability and therefore used in pharmaceuticals. The major functional properties of pepper are analgesic, anti-pyretic, anti-oxidant and anti-microbial.

Hindi : kesar

Italian : Zafferano

Greek zafora or safrani

French Safran

Saffron, the most expensive spice in the world is derived from the dry stigmata of the plant Crocus Sativus. Saffron is a native of Southern Europe and cultivated in Mediterranean countries, particularly in Spain, Austria, France, Greece, England, Turkey, Iran. In India, it is cultivated in Jammu & Kashmir and in Himachal Pradesh

The name saffron comes from the Arabic word for saffron - "za'fran" - meaning "to be or to become yellow.

Saffron is used as a culinary seasoning and to colour, cottage cheese, chicken and meat, rise, mayonnaise, liquors and cordials. It is also used in speciality breads, cakes, confectionaries, Mughlai dishes. Saffron is also used as a perfume in cosmetics.

In medicine saffron is used in fevers, melancholia, and enlargement of liver and spleen, to heal arthiritis. Impotence and infertility.

Hindi : Anasphal

Italian : Anice stellato

Greek glykániso

French Anis de la chine

Star Anise is indigenous to South Eastern China and is known as Ba Jiao in Chinese. Commercial production is limited to China and Vietnam. In India, it is produced to a small extent in Arunachal Pradesh.

The crop requires specific agro climatic conditions available only in the traditional growing areas, which has prevented repeated attempts of other countries to grow star anise.

Star anise is one of the signature flavours of Chinese savory cooking. The five-spice powder mix common in China contains star anise. It is used to flavour vegetables, meat, and to marinate meat. It is used as a condiment for flavouring curries, confectionaries, spirits, and for pickling. It is also used in perfumery. The essential oil of star anise is used to flavour soft drinks, bakery products and liquors.

The fruit is anti-bacterial, carminative, diuretic and stomachic. It is considered useful in flatulence and spasmodic.

Hindi Haldi

Italian : Curcuma

Greek kourkoúmi̱

French Curcuma

Turmeric is the boiled, dried, cleaned and polished rhizomes of Curcuma longa. It is a native of India. Apart from India, it is cultivated in Pakistan, Malaysia, Myanmar, Vietnam, Thailand, Philippines, Japan, Korea, China, Sri Lanka, Nepal, East & West Africa, South Pacific Islands, Malagasy, Caribbean Islands and Central America. In India,

Turmeric is used to flavour and to colour foodstuffs. It is a principal ingredient in curry powder. Turmeric oleoresin is used in brine pickles and to some extent in mayonnaise and relish formulations, non-alcoholic beverages, gelatins, butter and cheese etc. The colour curcumin extracted from turmeric is used as a colourant.

Turmeric is also used as a dye in textile industry. It is used in the preparation of medicinal oils, ointments and poultice. It is stomachic, carminative, tonic, blood purifier and an antiseptic. It is used in cosmetics. The aqueous extracts has biopesticidal properties.