

## Spices for the sweet

**Author: Matuseac Margarita**  
**Ling. cons.: A. Jechiu**

*This work is about spices for sweet courses. Here you can see their description: how they look like, taste and flavor. Also the report tells about spices' belonging to medicine; their health use.*

Cooking without spices is like painting without color, writes a great chef Sybil Kapoor.

A spice is a dried seed, fruit, bark, or leaf used as a food additive for the purpose of flavor or color. The story of Indian Spices is more than 7000 years old.

*Vanilla* Beans are the long, greenish-yellow seed pods of the tropical orchid plant. They have a sweet, perfumed aroma with a smoky flavor. It is one of the most popular flavorings in the world. It is used in flavoring most desserts, beverages and sauces. *Anise* Seed is a gray-brown oval seed. They smell and taste like licorice. It is used in soups, stews and candies, anise oil is used in liqueurs. *Cardamom* is the ground seed of a tropical fruit. It has an intense, pungent and sweet flavor. It is used in curry blends, and as a flavoring for coffee. *Cinnamon* is the dried bark of various laurel trees. It has a sweet, woody fragrance. It is used in cakes, cookies, fruit dishes; stick cinnamon is used in pickling and for flavoring hot beverages. *Cloves* are brown, dried, unopened flower buds. They are strong, pungent and sweet. Cloves are used in muffins, applesauce and other sweets. *Ginger* has a slightly biting and hot note. Its aroma is rich, sweet, warm and woody. It is used in ginger ale, gingerbread, and Asian dishes. *Mint* has two important species: spearmint and peppermint. It is strong, sweet with a cool after taste. It is used in salad dressings, flavored tea, mint jelly or in chocolate desserts. The *nutmeg* tree produces two separate spices, nutmeg and mace. Nutmeg is more pungent and sweeter than mace. Ground nutmeg is an ideal baking spice, it's also used in meats, soups, preserves; mace is most popular in Europe where

it's used in both savory and sweet dishes. *Poppy* seeds are tiny nutty-tasting, blue-gray seeds inside capsules. They have a nutty aroma and taste. They are used to flavor breads, cakes, rolls, and cookies, also it is used in noodle, fish, and vegetable dishes. *Saffron* is the world's most expensive spice. It has a spicy, pungent flavor with a sharp odor. It is probably best known for its use with dried fruit in a yeast cake, it colors rice yellow. *Sesame* seed is the seed of an annual herb. Seeds are yellow, red, or black. They have a nut-like, mild flavor. It is used in candies, main dishes, as a garnish on pasta and vegetables. *Allspice* is the dried, unripe berry of an evergreen tree. It is pungent and fragrant. Allspice is used in both savory (soups, stews, curries, pickling.) and sweet (cakes, cookies, pies) foods [1]; [3].

Spices and herbs are good not only for our taste buds but also for our health. For example: Vanilla can elevate mood. Anise is used to aid digestion and epileptic attacks. Cardamom treats teeth, gums and throat infections. Cinnamon helps with hair loss, heart diseases, colds. Cloves improve memory, treat skin diseases. Ginger saves from vomiting, treats the flu, headaches. Mint is effective against asthma and indigestion. Nutmeg treats depression, relaxes the muscles. Poppy seeds cure sleeplessness. Saffron helps reduce inflammations. Sesame seeds prevent high blood pressure. Allspice tea may prevent allergies [4].

In conclusion I want to say that spices not only allow us to modify different courses, but also emphasize the taste of products and give the dish a certain "completeness". Spices positively affect on the organism and promote well-being and good mood! [2]

### **Bibliography:**

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