



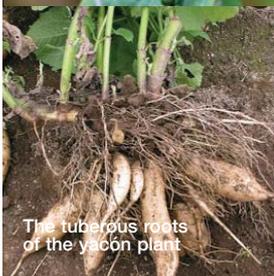
Glossary

Sweet on pepper

Pepper's tongue-tingling, bold edge can be tempered by naturally sweet ingredients like syrups and exotic fruits. After hiding in plain sight for so many years, pepper is finally capturing the spotlight. Its up-front bite and lingering sensation offer the next wave of spicy flavour.



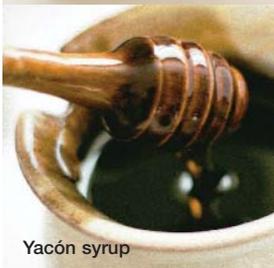
Unripe drupes of Black Pepper



The tuberous roots of the yacón plant



Date syrup with pepper



Yacón syrup



Coconut nectar

Black pepper is produced from the berry of the vine *Piper Nigrum*. For black pepper, the berries are picked while still green, allowed to ferment and are then dried until they shrivel and turn a brownish black colour. When dried, the fruit is known as a peppercorn. Black pepper has a sharp, penetrating aroma and a characteristic woody, piney flavour. It is hot and biting to the taste. Dried ground pepper has been used since antiquity for both its flavour and as a traditional medicine. Black pepper is the world's most traded spice. It is one of the most common spices added to cuisines around the world.

White pepper consists solely of the seed of the pepper plant, with the darker-coloured skin of the pepper fruit removed.

Green pepper, like black, is made from the unripe drupes/berries. Dried green peppercorns are treated in a way that retains the green colour and pickled peppercorns, also green, are unripe drupes preserved in brine or vinegar.

Orange pepper or red pepper usually consists of ripe red pepper drupes preserved in brine and vinegar.

Syrups

Brown rice syrup, also known as rice malt syrup, is a healthy and versatile natural sweetener. It is 100% fructose free and often used as a sugar, honey or maple syrup substitute. It is rich in compounds categorised as sugars and is derived by culturing cooked rice starch with saccharifying enzymes to break down the starches, followed by straining off the liquid and reducing it by evaporative heating until the desired consistency is reached.

Yacón syrup is a sweetening agent extracted from the tuberous roots of the yacón plant. The yacón is a species of perennial daisy traditionally grown in the northern and central Andes from Colombia to northern Argentina for its crisp, sweet-tasting, tuberous roots. Their texture and flavour are very similar to jicama, mainly differing in that yacón has some slightly sweet, resinous, and floral (similar to violet) undertones to its flavour. Another name for yacón is Peruvian ground apple.

Sorghum syrup is made from sorghum cane. Sorghum cane grows 3 to 6 meters tall and the stalk is pressed for the juice. The sorghum juice is then boiled to produce the syrup. It is a healthy alternative for a sweetener and contains iron, calcium and potassium. It is also ranked highly when tested for antioxidants.

Barley malt syrup is a natural sweetener that is dark brown in colour, with a pleasant malty taste. It is about half as sweet as honey, and similar to brown rice syrup. It is produced by cooking sprouted barley malt. It can be used like honey on bread or pancakes and goes well in many recipes. It is not quite as sweet as sugar.

Coconut nectar is produced from coconut palm blossoms and is a great tasting, low GI alternative for people with fructose sensitivities. It works well in desserts and sweets as it may be used to replace sugar/sweeteners in all areas of cooking.

The above syrups can be found at supermarkets, health shops or speciality shops.

Pronunciation Guide

- Yacón [yay-CON]



Glossary

Modern Med

Discover the new Mediterranean cuisine of the 21st century. Melding Eastern Mediterranean ingredients with Western European classics, cooks can create homey dishes with a fresh take.



Cloves

Baharat is the Arabic word for 'spices' (the plural form of bahar 'spice'). It is a staple in Eastern Mediterranean cooking. It typically contains black pepper, cumin, cardamom, cloves, coriander, nutmeg and paprika. However, each region puts their unique stamp on baharat seasoning so it becomes an indispensable, fragrant blend for Eastern Mediterranean cooking. It can add depth to rice, soups, meat, fish and chicken dishes and helps cut the acidity of tomato-based dishes.



Cumin seeds

Key spices in a Baharat Blend:

Cloves are the dried, unopened flower buds of a small evergreen tree and have a strong, pungent and sweet - almost hot - flavour.

Cumin has a slightly sweet, warming and aromatic flavour and is popular in many cuisines.

Coriander seeds have a mild, sweet citrus flavour that is well suited to Asian and Mexican cuisines.



Coriander seeds

Cardamom is native to southern India and has a slightly sweet and savoury flavour with citric elements. It can be used in both sweet and savory dishes. It can be used for sauces, seafood, meats, poultry, vegetables and even desserts or pastries or other baked goods. It also can be used in coffee and other beverages.

Black pepper is native to India and has been around since ancient times. Black pepper is flavourful and pungent and comes as whole, cracked peppercorns or ground into powder.



Cardamom

Nutmeg is the seed of a tropical tree and has a sweet, warm, earthy flavour and is fragrant. Nutmeg is suitable for many sweet and savoury dishes.

Paprika is the dried, ground pods of *Capsicum annuum* L., a sweet red pepper. Smoked paprika is made from smoking and drying sweet peppers. It has a rich smokey flavor and vibrant color.



Black pepper

Regional variations

Each country or region prides itself on its own blend. For example, Tunisian baharat is made simply of ground cinnamon, dried rose petals and very finely ground black pepper and is quite different from the baharat spice mix of the Levant (Middle Eastern countries). By contrast, Turkish baharat has mint as its modal element and in the Arab states of the Persian Gulf, loomi (dried black lime) and saffron may also be used for the kebsa spice mixture (also called 'Gulf baharat').



Nutmeg

Western European ingredient spotlight:

Spaetzle is a kind of soft egg noodle found in the cuisines of southern Germany, Austria, Switzerland, Hungary and Alsace. The spaetzle dough typically consists of few ingredients, principally eggs, flour, and salt. The rule-of-thumb is to use one more egg than the number of persons who will eat the spätzle.



Paprika



Spaetzle

Pronunciation Guide

- Barberries [BAR-bear-ees]
- Baharat [ba-HA-rat]
- Spaetzle [SCHPETS-luh]

Sources:
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<http://www.adventuressheart.com/2011/07/arabic-seven-spice-baharaat.html>
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Glossary

Egg yolks: The sunny side of flavour

Egg yolks leave breakfast behind! These golden gems add richness and indulgence in a surprising fashion to a wide range of lunch and dinner menus. Taking on the different tastes and styles of each dish, yolks add excitement, protein and exceptional flavour.



White and brown chicken eggs are the most common eggs used in cooking, however, many other varieties exist. Here is a snapshot of some of the varieties:

Brown chicken eggs are also chicken eggs but they are laid by brown or red hens. There is no difference in the nutritional value of white and brown chicken eggs.

Hilsa eggs are a delicacy in India, especially in the Eastern parts of the country. Hilsa eggs are very rich in Omega-3 fatty acids and also considered very nutritious for expectant mothers.

Bantam eggs look like chicken eggs but they are much smaller however, bantam eggs are much higher in iron. The name Bantam refers only to the variety of the small hen producing these eggs.

Turkey eggs are obviously much larger than chicken eggs and mostly popular in the USA where they are produced in greater numbers. Although turkey eggs, due to their size, are richer in nutrients they are more expensive as they do not produce eggs in the same number or frequency as chickens do and need more space due to their size.

Duck eggs are white like chicken eggs but they are slightly flattish in circumference. Duck eggs are high in complex Vitamin B group.

Goose eggs are among largest bird eggs to be found. They taste very similar to chicken eggs but as they are 3 times the size of an average chicken egg, are much higher in protein, fat and other nutrients

Quail eggs are much smaller than chicken eggs, have a brownish colour and are spotted. Quail eggs are very nutritious as they are rich in Vitamin D and B12.



Cooking with Eggs

*** Egg safety and handling:** Consuming raw or undercooked eggs may increase your risk of foodborne illness. Wash hands with soap and warm water before handling eggs and at every step of egg preparation.

There are various techniques that can be used when cooking the egg yolk including boiling, poaching, baking and curing. Regardless of technique, the fresher the egg generally the better the result.

Cured yolk

Packed in salt and spices to cure for several days, these yolks are a buried treasure of umami taste. Serve the firm yolks with congee, or grate, shave or crumble over pasta, noodles, rice, salads, vegetables and soups.

Poached eggs

A poached egg is an egg removed from its shell before cooking and cooked in simmering water for a short amount of time or until yolk is cooked to the desired level (soft to hard).





Glossary

Rise & shine to global tastes

No more excuses for the same boring breakfast! Think outside the box and try a bowl brimming with new ingredients and captivating flavours to help you power through the day. From exciting ancient grains and rice varieties, to a Middle Eastern-inspired breakfast hash topped with a spicy sauce, these are the global tastes worth getting out of bed for.



Ancient grains

For many years archaeologists reported finding the remains of grains and grain stores in ancient sites. However, the term ancient grain doesn't mean just a 4,000 year old grain seed. It refers to the ancient types of grains that have only recently been 'discovered' by the West. These heritage grains are now being grown all over the world and often used at breakfast time for a nutritious start to the day. Some examples include quinoa, chia, millet, wild rice, amaranth, buckwheat, polenta, bulgar and ancient forms of wheat such as spelt, farro (also known as emmer).

Farro is one of the oldest grains in the world and needs to be soaked and then cooked. Cooking produces a firm and chewy texture with an earthy, nutty taste. It can be a staple to any meal but more importantly the level of flavour gives depth to root vegetables and a nutty note with steamed greens. It is sometimes referred to as spelt and may be used like barley.

Quinoa has a subtle nutty flavour with a fluffy, creamy and slightly crunchy texture. It can be used in a similar way to rice, tossed through a salad, or served hot with a stir-fry, stew or casserole. It can be added to soups, frittatas or vegetable patties and quinoa flour can be used for baking gluten-free cakes, muffins, cookies, pancakes and breads.

Forbidden rice or black rice is an heirloom rice varietal from China treasured for its delicate, roasted nutty taste, soft texture and deep purple-black hue when cooked. Serve plain or use in pilafs, stir fries, salads or rice pudding. Forbidden rice can be found in health food stores, the organic and Asian section of some supermarkets or online specialty stores.

Whole grain sorghum adds a hearty, nutty flavour to your favourite recipes. Sorghum grain can be prepared like rice, quinoa or other whole grains. Sorghum pops (just like popcorn) when heated on the stove top. You can cook sorghum using your stovetop, slow cooker, oven or rice cooker.

Milk alternatives to consider

- Almond milk
- Coconut milk
- Macadamia milk
- Rice milk
- Soy milk

Skhug, a popular Middle Eastern condiment, brings spice to the table in a hot sauce form. Traditional ingredients like cumin and cardamom combine with the heat of chillies, freshly chopped herbs, olive oil and tangy lemon juice to create a versatile topping for savory breakfast bowls and a whole lot more. Is it just us, or is breakfast about to get a little hotter?

Congee is a type of rice porridge popular in many Asian countries. Additional ingredients, such as meat, fish, and flavourings, can be added while preparing the congee. It is most often served as a meal on its own, especially for the ill. Names for congee are as varied as the style of its preparation. Despite its many variations, it is usually a thick porridge of rice largely disintegrated after prolonged cooking in water.



Skhug

Pronunciation Guide

- Congee [kän-jē]
- Sorghum [sór-gum]
- Skhug [shug]