

Winter spices

Culinary



We love spices! Sure, we use through the whole year, but the season we enjoy the most when it comes to spices is winter. There are so many delicious spices which won't just make your meal more delicious but will also have a special warming effect on your whole body.

All of you know that whatever food without spices is practically tasteless. So, spicing up your food can really make a whole different dish at the end.

Besides some regular spices we usually all use on daily basis, we like to add some special ones, just for winter or better said colder days. In that period of time, our bodies tend to feel cold, more exhausted and are a perfect target for different viruses. So, why not help ourselves to feel better?

Our favorite warming spices:

- Ginger
- Turmeric
- Cayenne pepper
- Black pepper
- Cardamom
- Cinnamon
- Cloves
- Chili (ground or flakes)

How to use those spices?

There are really endless possibilities of how to incorporate these spices in your daily dishes. You can either use them separately or mix them up to get a spice blend.

Most of those spices are more or less known as a part of Indian cuisine. But don't worry, this doesn't mean that you only have to cook curry.

Black and cayenne pepper can be practically added to every dish you make. You can also add some fresh ginger or turmeric when making pumpkin or carrot soup.

Or if you are a fan of spicy food, try making a sweet potato marinade, made of black pepper, cayenne pepper, smoked red pepper, salt, and sesame oil. This kind of sweet potato chip or crostini is such a winner.

Usually, cardamom, cinnamon, and cloves are used more in sweet dishes, which we totally agree and use them in the same way, but try adding a few cardamom pods or cloves when making a curry soup or cooking some plain rice or millet as a side dish. The flavor at the end is amazing.

Otherwise adding some of these spices in your morning winter porridge ([link how to video](#)) or in a smoothie ([link tabletop video](#)), is also a good idea, because they will really warm up your body from the inside out.

Another way to use these spices is warm drinks, like tea, coffee or different lattes.

We love a black coffee with a pinch of ground cardamom and a splash of homemade almond milk or just making some classical warm lemonade with a twist.

Our favorite spice blend:

We are sharing with you one of our favorite spice blend we use in many winter recipes. With this blend, you can make different soups, toss some root veggies or even make your very own curry. To always have it on hand, try double or triple the number of ingredients and have it in your pantry.

Winter spice blend

Prep time: 5 minutes

Ingredients

- 2 tbsp ground turmeric
- 1 tsp ground cumin

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- 1 tsp ground ginger
- ½ tsp ground black pepper
- ¼ tsp ground cayenne pepper
- ½ tsp ground cinnamon

Mix up all the spices in a glass jar. Seal it, tag it and keep it in your pantry for up to 3 months.