

### Plants yielding condiment and spices

#### **Syllabus: List of important spices, their family and parts used**

Spices are seed, fruit, flower, buds root, bark, or other plant substances that are harvested for primarily use in flavouring, colouring, or preserving food.

| S.No. | Common Name                               | Botanical Name   | Family                    | Parts Used                   | Uses  |
|-------|---|--|---------------------------|------------------------------|---|
| 1.    | Ajmod, Radhuni                            | <i>Apium graveolens</i><br>Roxb.   | Apiaceae/<br>Umbelliferae | Seed                         | Used as spice in Indian cookery   |
| 2.    | Anise (Mahuri, Saunf)                     | <i>Pimpinella anisum</i> L.  | Apiaceae/<br>Umbelliferae | Dried ripe fruits            | Used as spices, also used in medicine for its carminative and expectorant properties      |
| 3.    | Cardamom/aromatic cardamom/ choti elaichy | <i>Amomum aromaticum</i><br>Roxb.  | Zingiberaceae             | Dried seeds                  | Used as spices and used as an ingredient with betel leaf                                  |
| 4.    | Asafoetida (Hing)                         | <i>Ferula foetida</i> Regel.<br><i>F. allicia</i> Boiss.<br><i>F. narthex</i> Boiss. | Apiaceae/<br>Umbelliferae | Gum resins of the root       | Used as condiment in preparation of Indian cookery.                                       |
| 5.    | Betel nut, Arica nut (Supari)             | <i>Areca catechu</i> L.  | Palmae/Arecaceae          | Seed together with endosperm | Chewed as a masticator with betel leaf  |
| 6.    | Betel-vine (Pan, paan)                    | <i>Piper betle</i> L.  | Piperaceae                | Leaves                       | Betel leaves are chewed raw and also used as poultice (treatment) for various complaints. |
| 7.    | Bishop's weed (Joan, Ajowan), Carom       | <i>Trachyspermum ammi</i><br>(L.) Sprague  | Apiaceae/<br>Umbelliferae | Seeds                        | Used as a spice   |
| 8.    | Black cumin (Kalojira, Kalonji)           | <i>Nigella sativa</i> L.   | Ranunculaceae             | Seeds                        | Used as a spice in curries and other dishes   |

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| 9.    | Black mustard<br>(Benarasi rai sarisha,<br>Kalisarsoon, Asli rai) | <i>Brassica nigra</i> (L.)<br>Koch. | Cruciferae/<br>Brassicaceae | Seeds                             | Used as spice, powdered seeds used as table mustard, seed oil used as edible oil                                     |
| 10.   | Black pepper (Gol morich, Kali mirich)                            | <i>Piper nigrum</i> L.              | Piperaceae                  | Small one seeded fruits (berries) | Used in the preparation of sauces, soups and curries etc.  |
| 11.   | Caraway (Shia-jira)   | <i>Carum carvi</i> L.               | Apiaceae/<br>Umbelliferae   | Seeds                             | Used as spice and for flavouring bread , cakes and cheese.   |
| 12.   | Tejpata   | <i>Cinnamomum tamala</i><br>Nees.   | Lauraceae                   | Leaves                            | Leaves used as spice in curry dishes especially as a flavouring agent.   |
| 13.   | Chilli, Goat pepper, Spur pepper (Lanka, Lal mirich)              | <i>Capsicum frutescens</i> L.       | Solanaceae                  | Fruits                            | Eaten raw or cooked as spice in chutneys and curries. Also used as flavouring agent in pickles.                      |
| 14.   | Coriander (Dhane, Dhania)   | <i>Coriandrum sativum</i> L.        | Apiaceae/<br>Umbelliferae   | Young leaves and mature seeds     | Young leaves are used in salads and flavouring soups. Seeds are used as spice.                                       |
| 15.   | Cumin (Jira, Jeera)   | <i>Cuminum cyminum</i> L.           | Apiaceae/<br>Umbelliferae   | Fruits                            | Used in all curry preparations. Fruits are often candied, may be used externally as poultice.                        |
| 16.   | Fennel (Mouri, Souf, Saunt)                                       | <i>Foeniculum vulgare</i><br>Mill.  | Apiaceae/<br>Umbelliferae   | Seeds, fruits and leaves          | Seeds are used as a flavouring agent; fruits are used as a masticatory. Young leaves are used as a flavouring agent. |

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| 17.   | Fenugreek (Methi, Maythi)                       | <i>Trigonella foenugraecum</i> L. | Leguminosae/<br>Fabaceae    | Seed                                 | Used as condiment or spice  |
| 18.   | Garlic (Rashun, Lehsoon)                        | <i>Allium sativum</i> L.          | Amaryllidaceae              | Bulb (stem)                          | Used in flavouring dishes   |
| 19.   | Ginger (Ada, Adrak)                             | <i>Zingiber officinale</i> Rosc.  | Zingiberaceae               | Rhizome (stem)                       | Used as a spice in cookery and medicine.                                      |
| 20.   | Indian mustard, Mustard (Rai sarisha, Asli rai) | <i>Brassica juncea</i> Coss.      | Brassicaceae/<br>Cruciferae | Seeds                                | Seeds are used to flavor curries.   |
| 21.   | Large Cardamom (Bara elach, Bari elaichy)       | <i>Amomum subulatum</i> Roxb.     | Zingiberaceae               | Seeds                                | Used in the preparation of sweet food, used as an adjunct to other stimulants |
| 22.   | Long pepper, The Cubebs (Pipul, Pipli, Mirch)   | <i>Piper longum</i> L.            | Piperaceae                  | Dried unripe fruits and roots        | Used as spice and also used as medicine                                       |
| 23.   | Mint (Pudina, Pudeena)                          | <i>Mentha piperita</i> L.         | Labiatae/<br>Lamiaceae      | Leaves                               | Used for culinary and confectionary purposes                                  |
| 24.   | Nutmeg (Jaiphal, Jaitri)                        | <i>Myristica fragrans</i> Houtt.  | Myristicaceae               | Hard brown oval kernel of the seed   | Used as a culinary spice. Also used with any sweet dishes and beverages.      |
| 25.   | Onion (Piaj, Pianj)                             | <i>Allium cepa</i> L.             | Alliaceae                   | Bulb together with fleshy leaf bases | Used as a flavouring agent and spice.   |
| 26.   | Saffron (Jafran, Safron)                        | <i>Crocus sativus</i> L.          | Iridaceae                   | Stigmas of the flower                | Used as a colouring and flavouring agent in many dishes                       |

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| 27.   | Sweet flag (Bach)                        | <i>Acorus calamus</i> L.                                 | Acoraceae                   | Rhizomes (stem)                  | Used in the preparation of aromatic vinegar. In Europe used as a spice for flavouring beer. |
| 28.   | Clove (Lavanga, Long)                    | <i>Syzygium aromaticum</i> (L.) Merr.                    | Myrtaceae                   | Dried and unexpanded flower buds | Used as a spice and chewed as a masticator.   |
| 29.   | Mango ginger (Amada, Amhaldi)            | <i>Curcuma amada</i> Roxb.                               | Zingiberaceae               | Rhizome (stem)                   | Used as a condiment in the preparation of 'chutnies.'                                       |
| 30.   | True cardamom (Choto elaich, Elaichy)    | <i>Elettaria cardamomum</i> Maton.                       | Zingiberaceae               | Ripe fruits containing seeds     | Used as a spice and flavouring agent in dishes and confectionaries.                         |
| 31.   | True cinnamom (Darchini, Dalchini)       | <i>Cinnamomum zeylanicum</i> Bl.                         | Lauraceae                   | Bark of the stem                 | Popular spice for flavouring food.  |
| 32.   | Turmeric (Haldu, Haldi)                  | <i>Curcuma longa</i> L.<br><i>Curcuma domestica</i> Val. | Zingiberaceae               | Rhizome (stem)                   | Important spice and condiment in Indian cooking   |
| 33.   | White mustard (Sweet rai, Benarasi raie) | <i>Brassica hirta</i> Moench,<br><i>Sinapsis alba</i>    | Brassicaceae/<br>Cruciferae | Seeds                            | Important spice and condiment in Indian cooking.  |